

Middle School XC Girls Place 3rd at Beckley Chick Fil-A meet

By Shirley Shuman

In the Chick Fil-A meet last Saturday, the Knights finished third out of nine teams. Leah Payne placed fourth at 14:17, and Reece Carpenter seventh out of 106 girls. Her time was 14:43. Both received medals.

Coach Robert Lloyd said, "The sun was out in full force by the time the girls' race began. [They did very well on this course and competed to the very end." Runners from 23 schools competed in the girls' race.

Braxton boys finished eighth out of 13 teams with runners from 22 schools competing. Holden Lloyd and Ira Ransbottom led the boys' team. Lloyd finished 28th out of 139 runners, and Ransbottom came in 31st. Coach Lloyd pointed out that



Leah Payne and Reece Carpenter Top 10 Placers. this was the first meet in which the boys were able to compete as a team. He also emphasized that, for some, this was their first time running in a cross-country meet.

Continued on Page 8

Circuit Court Hearings

Several Braxton County Circuit Court hearings have recently been completed by the Honorable Judge Richard A. Face-mire. Braxton County Prosecuting Attorney Jasmine R.H. Morton represented the state during the proceedings.

On August 9, Joseph Bradley Thayer was found not guilty of fleeing with reckless indifference in a jury trial.

On July 22, Judge Face-mire rejected a plea agreement entered for Samuel Thomas Workman. In the agreement, Workman would have pled no contest to the felony charge of death of a child by a parent, guardian, or custodian by abuse and the first degree murder and child neglect creating risk of injury charges would have been dismissed. The court felt dismissing the murder charge as the case involves a three year old

child was "contrary to the effective administration of justice and not in the best interests of justice." The case will now go to jury trial.

On July 14, Lamar Edward James and his attorney Kevin Hughart appeared for an arraignment hearing. The defendant entered a not guilty plea to the felony count of burglary and the misdemeanor count of petit larceny. Jury trial has been set for September 27.

Bailey James Fleming came before Judge Face-mire with his attorney Kevin Hughart for a plea hearing. Also present were Tyler Morlan from the Braxton County Probation Office and the victim's mother. Bailey entered a guilty plea to two counts of the felony offense of sexual assault in the third degree. The state will stand silent at

the initial sentencing and dismiss other charges. After accepting the plea agreement, Judge Face-mire set the sentencing hearing for September 19.

On July 11, Dennis Moyer Samples appeared in court for a sentencing hearing. He was represented by David Karickhoff. The defense requested some type of alternative sentence as he taken responsibility for his actions that resulted from family issues. The victim informed the court he believed home confinement would be suitable. The state however asked for Samples to serve time due to the seriousness of the offense and that it involved a firearm. The court agreed with the state and sentenced Samples to five years in prison on the felony offense of wanton endangerment involving a firearm.

Braxton County Books for Babies returns for fifth year



Anne Johnson (Left) and Joyce Floyd head up the Books for Babies Program.

Braxton Books for Babies is gearing up for a new school year. For the past five school years, they have been working with parents to increase literacy skills from birth to school-enrollment. Books for Babies provides parents with tips that encourage preliteracy skills, along with engaging and educational activities for children. The focus of the program is to instill at an early age the importance of literacy. Parents can register each month to receive a packet that contains books for toddlers. The packets also contain early literacy and math activities for parents to complete with their babies.

Parents can register their child for the program each month, packets are picked up at the Board of Education, followed by a Facebook live event, where the parents and their children participate in toddler-focused activities, such as song and dance videos and a read aloud of one of the month's book selections. This year's themes include: fall, farm, opposites, healthy habits, peek-a-boo, emotions/kindness, sharing and spring.

This program provides an opportunity to

Braxton Magistrate Report

Magistrate Beth Smith

August 18: Chase Buckley Goldsmith of Charleston, expired MVI, no contest plea, expired registration, dismissed proof provided, fine/court costs assessed.

August 29: David Williams of Burnsville, driving suspended-general, leaving the scene of an accident with property damage, warrant issued, bond set at \$1800 personal recognizance.

August 30: George Edward Hulse of Baltimore, MD, speeding, no contest plea, fine/court costs assessed; Joshua Ryan Summers of Ireland, no seatbelt, no contest plea, fine assessed and paid; Hardy Willis Arner of Little Birch, prohibited person in possession of a firearm, guilty plea, possession of meth, dismissed per plea, domestic battery, dismissed per plea, domestic assault, dismissed per plea, destruction of property, dismissed per plea, 12 months of jail with credit for time served of 43 days, remainder suspended and placed on 18 months of unsupervised probation, fine/court costs assessed; Samantha Brooke Starcher of Wallback, petit larceny, dismissed, defendant is entering into a plea agreement in circuit court case.

Magistrate David Singleton

August 23: John D. Keener, II of Charleston, DUI-drugs, no contest plea, 180 days of jail with credit for time served of five days, remainder suspended and placed on 12 months unsupervised probation, fine/court costs assessed.

August 24: Lisa Utt of Gassaway, obstructing an officer x2, dismissed, false reporting of an emergency incident, dismissed; Ernest Scott Bartram of Delbarton, no PFD for child under 12, no contest plea, fine/court costs assessed paid; Benton L. Spencer of Pulaski, VA, expired MVI, dismissed proof provided; Carla J. King of Orlando, no proof of insurance, dismissed, proof provided; Justin Michael Williams of Cowen, possession of meth, guilty plea, possession of marijuana, dismissed per plea, 90 days of jail with credit for time served of two days, remainder suspended and placed on eight months unsupervised probation, fine/court costs assessed.

August 25: Matthew Ben Hamrick of Gassaway, burglary x2, warrantless arrest, bond set at \$10,000 cash only; Jason

Matthew Rose of Sutton, petit larceny, obstructing an officer, warrant issued, bond set at \$2500 personal recognizance; Marco Antonio Reys of Rockville, MD, speeding, no contest plea, fine/court costs assessed; Ashley N. Brown of Flatwoods, no seatbelt, no contest plea, fine assessed.

August 26: Brian E. Stover of Erie, PA, DUI-commercial vehicle, warrantless arrest, bond set at \$1500 cash or surety; Steven Ronald Crisp of Burnsville, no proof of insurance, dismissed proof provided; James Collins of Birch River, conducting timbering without license x2, no contest plea, fines/court costs assessed; Jessica Ann Taylor of Summersville, bringing contraband into jail, preliminary hearing waived, transferred to circuit court.

August 27: Christopher Wayne Hoffman of Napier, DUI-drugs, possession of controlled substance, warrantless arrest, \$4000 cash, surety, or 10% to the court.

August 28: Michael Kevin Tanner of Webster Springs, possession of meth with intent to deliver, warrantless arrest, bond set at \$50,000 cash only.

In Memory

Craig Smith former Publisher Braxton Democrat-Central

In Remembrance of my One True Love and Soul Mate, Craig Allen Smith.

I feel compelled on this day, one year since your passing, to write about how much you are missed.

Each night as I lay upon my pillow,
I dream of you and your loving arms.
Sometimes, when I awake late at night,
I feel the wind blow through the curtains,
and know that you are with me.

When morning approaches, I wake up happy
and reach over to touch your face, only to
realize that you are now only in my heart.

Until we meet again.
We think about you always,
We talk about you still,
You have never been forgotten, and you never will.
We hold you close within our hearts, and there you will remain,
To walk and guide us through our lives,
until we meet again.

Love Forever more, your Aggie



Legislative Update

By Delegate Brent Boggs

I enjoy celebrating the birthdays of others, but growing up, my parents always kept birthdays in the immediate family a low-key event. That changed for me when I married Jean. She grew up with birthdays being a celebration and always has made my birthday, those of our kids and grandkids, and our family a special time. She's also great at sending cards and greetings to extended family, neighbors, and friends throughout central West Virginia.

Last Wednesday, my dad celebrated his ninety-second birthday and Jean did a great job in making it special for him throughout the week, since family was unable to get together mid-week. And, as our family has a reunion in late August annually, both dad and mom were able to enjoy several special days, an hour or two at a time. These days, they tire easily and don't venture out for very long. When I watch my grandkids

walking beside them, my mind quickly drifts back to seeing them as I did in my youth. But despite all the ongoing challenges they face, I never cease to give thanks for still having both my parents

I also want to thank everyone that made time to wish Dad a happy birthday through my social media account. Dad isn't on Facebook, but he was humbled and amazed that hundreds of messages of well-wishes were sent his way.

Now that school is officially underway throughout the State and we have our first week of high school football in the books, everyone is hopeful for a year that isn't interrupted by COVID. Students and our communities need an uninterrupted school year but make no mistake – we're not out of the woods yet with COVID and the evolving variants.

Meanwhile, school security is on everyone's mind after the tragic events that have plagued

our nation in recent years; most recently the unspeakable tragedy in a Texas elementary school a few months ago. I've written and spoken about school safety on several occasions. I am concerned that excluded from the many conversations and plans that Governor Justice has for surplus revenue, he fails to put forth a comprehensive plan for securing our schools. Not just some schools and not just superficial upgrades, but a tight, secure, and meaningful security plan that is tailored to each school. This would also include safeguards from emergency exits being left propped open, broken, or inadequately secured.

A few interim meetings ago, then School Building Authority Executive Director, David Roach, met with both the Finance and Education Committees to discuss the need to fully secure our schools from the threats of today and tomorrow. I'm sure all the communities that have experienced mass casualty events never dreamed their school would be one that was affected. Our citizens now realize that we can ill afford to assume it cannot happen in West Virginia or anywhere else. Preliminary estimates indicate that it will cost in the neighborhood of \$500,000 per school. Some may not require that much expense, but in some, the cost may run into the millions of dollars. And, with hundreds of schools in our State, you can do some quick math to know this will not be an inexpensive initiative.

During the legislative session, many of us felt that this is of such importance to protect our students, staff, and teachers that a portion of the budget surplus should be set

aside to begin the planning process to get a better understanding of costs and timelines for completion. Sadly, that suggestion was not met with support of the executive branch.

In recent days, the former Executive Director of SBA has now been elevated to the position of State Superintendent of Schools after former Supt. Clayton Burch decided to step down to lead the WV School for the Deaf and Blind in Romney, near where his elderly parents reside in Hampshire County. Superintendent Roach is well versed in the school security issue, and I have hope that in his new role, he can influence legislative leaders to move swiftly and decisively on this issue.

History has shown quite clearly that budget surpluses are cyclic in nature. Over the past twenty-five years, we've laid aside a \$1 billion rainy day balance (adjusted for the stock market fluctuations); privatized workers comp (saving our businesses hundreds of millions of dollars); paid down pension debt so that a fully funded state pension system is within sight, due to policies we've implemented twenty years ago that tightened our state belt with realistic state budgets.

Over the next few months, you will hear many pros and cons regarding tax proposals. Pay close attention who they will benefit and who will be left out. Take note of the power grab under-

way that could potentially shift local control of schools and taxes to the Legislature. Twenty-four-hour cable news may have everyone's attention, but sometimes what is happening or not happening close to home is what is really the most important.

If you need assistance, please contact me at my home office at: 151 Park Street, Gassaway, WV 26624. The phone number is 304-364-8411. For those with Internet access, my legislative email address is: Brent.Boggs@WV-House.gov

Remember to thank a Veteran every day for their service and remember our troops - at home and abroad - and keep them and their families in your thoughts and prayers. Until next week, take care.

Meet a MFB Food Banker



Melissa England, Volunteer Coordinator and Office Receptionist/Data Entry

This week the Mountaineer Food Bank is highlighting Melissa England!

Melissa serves as our Volunteer Coordinator and Office Receptionist/Data Entry. She has worked with MFB since 1999. Melissa's interest to serve as the Volunteer Coordinator came from her own prior experience of volunteering. She served at her church as a Girls Club Counselor, which involved volunteering at nursing homes and hospitals and she also was a parent volunteer at her children's schools.

Melissa, alongside of her husband, Rodney, and their two children Amanda and Gabriel, pioneered the Mid State Church of God in Gassaway, WV, 23 years ago, where her husband serves as the Pastor. Melissa currently serves on the WV Church of God State Women's Discipleship Board. She enjoys family time and activities with her five grandchildren.

Thank you, Melissa, for all you do from all of us here at the Mountaineer Food Bank.



Junior Girl Scouts Troop 34969 will hosts a bake sale on Saturday, September 3rd at Kroger.

Junior Girl Scout Troop 34969 hosts bake sale

The Junior Girl Scouts from Troop 34969 are having a bake sale on September 3, 2022 from 9:00 am to 1:00 pm. at Kroger.

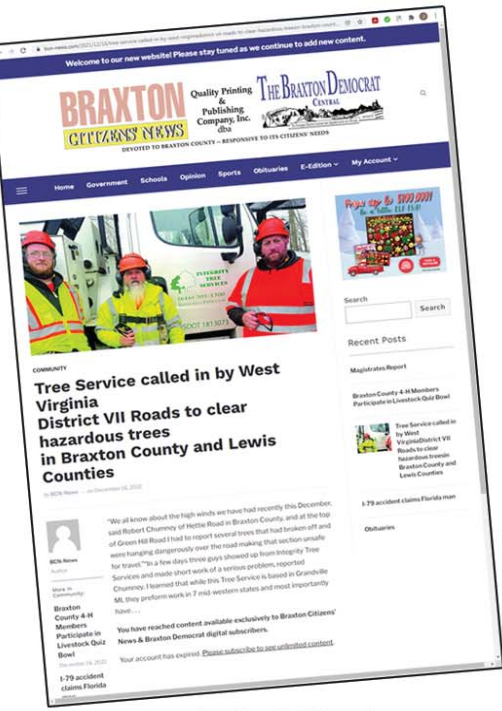
They have been volunteering at the Sutton Com-

munity Garden all summer and now would like to bring berry bushes to the garden.

Come out and support these girls and the Sutton Community Garden.

Take a look who is making their debut on the World Wide Web!

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Obituaries

Mack W. Green

Mack W. Green, 78 of Webster Springs passed away on Wednesday, August 24, 2022 at Summersville Regional Medical Center. He was born June 23, 1944 in Webster Springs to the late Allen Elliott and Mary Elizabeth Payne Green.

He worked for the School Board, enjoyed fishing, was an avid hunter, and enjoyed playing guitar. He was Pentecostal by faith.

Mack is survived by his sons Hubert (Crystal) Green and William (Kerry) Green; daughters Lisa (Bennie) Anderson and Janie (Joseph) Malley; mother of his children, Judy Green; sisters Louberta Carol Utt and Retha M. Grimes; grandchildren Cody, Dustin, Bennie Jr., Samantha, Bailey, Serenity, Joey, Charlie and Aaliyah; and several nieces, nephews and extended family and friends to mourn his passing.

In addition to his parents, he was preceded in death by his brothers Orlando, George, Roy, and Lantie Green; and sisters Reba Carden, Leoma Loucille Hamrick, Deloris Mcle, Lenora Clutter, and Eva Carpenter; and granddaughter Cassandra.

Friends joined the family for visitation on Saturday, August 27, 2022 from 6:00 to 9:00 PM at Dodd & Reed Funeral Home. Funeral Services to celebrate Mack’s life were held on Sunday, August 28, 2022 at 2:00 PM with Pastor Clarence McCourt officiating. Interment followed in Joe McCourt Cemetery, Webster Springs.

Online condolences may be made to the family at www.doddreedfh.com.

Charles Victor “Vic” Moyers

Charles Victor “Vic” Moyers, 67 of Butchers Run Road, Cedarville, WV; departed this earthly life in the later afternoon hours of Saturday, August 20, 2022 at his residence with his loving family by his side.

He was born October 21, 1954 in Sutton, WV; son of the late Charles Junior and Bernice Mae Childers Moyers.

Vic is a graduate of Gilmer County High School, class of 1972 and a graduate of Glenville State University class of 1979. Vic became a professional surveyor and worked for Smith Land Surveying for over 30 years. Vic had numerous accomplishments as a surveyor which included being President of the WV Society of Professional Surveyors in 2002 and 2003, Surveyor of the year in 2003, Director and Chapter Representative of the State Society for 12 plus years, served 3 years on the National Surveying Exam Writing Committee for NCEES, was a key member of the State Surveyors Society legislative team from 1996 to 2006 helping structure many of the laws and regulations surveyors operate under today. While at SLS, Vic served as Sr. Project Surveyor winning multiple mapping awards which

included the 1st National Mapping Award issued to a WV firm.

Vic was a Christian by faith and in his spare time he enjoyed time with family and friends, living the quiet life in Gilmer County, hunting, fishing, being outdoors, spending time in the mountains, and he loved listening, playing, and singing music.

On November 26, 1976 Vic was united in marriage to Roberta Stump Moyers, who survives at the Butchers Run home.

Surviving are 4 sons, Victor Shaun Moyers and wife Vanessa of Kingwood, WV; Keith Moyers and wife Nicole of Tanner, WV; Chris Moyers of Glenville, WV; and Doug Moyers and his wife Ciara of Cedarville, WV; and 2 siblings, Kevin “Joe” Moyers and wife Ann and Katherine Hark and husband David both of Cedarville.

Also surviving are 9 grandchildren, Laynie, Kaelynn, Garrett, Holly and Margaret Moyers, Arielle Rose and husband Anthony, John, Daniel, and Rebekah Baker, and numerous nieces, nephews, cousins, and many other wonderful family and friends.

Along with his parents, Vic is preceded in death by a granddaughter, Ella Grace Moyers.

A funeral service was conducted at the Ellyson Mortuary, Inc., 2 Vanhorn Drive, Glenville, WV; 26351 at 11:00 AM; Friday, August 26, 2022 with Pastor Bryan Groves officiating. Burial followed at the McHenry II Cemetery near Sand Fork. Friends were received from 4:00-7:00 PM, Thursday evening at the mortuary in Glenville.

In lieu of flowers, the family request memorial contributions be made to the C. Vic Moyers P.S. Memorial Scholarship Fund. Checks can be mailed to: GSU Foundation, 200 High Street, Glenville, WV 26351. Online donations can be made through the Glenville State University Foundation Donation Form | Glenville State University and choosing the “C. Vic Moyers P.S. Scholarship Fund” in the scholarship designation drop-down menu.

Ellyson Mortuary, Inc. is honored to assist the family of Charles Victor “Vic” Moyers with traditional arrangements.

James P. “Shorty” Rose, Sr.

James P. “Shorty” Rose, Sr., age 76 of Bergoo



passed away Friday, August 26, 2022. He was born November 29, 1945 in Bergoo and was the son of the late Gerald Rose, Sr and Mary Moore Rose Snyder who survives of Bergoo. He is also preceded in death by a brother, Gerald “Jerry” Rose Jr and sisters, Mary “Mousie” Hall and Brenda Brewer.

Shorty was well known throughout the county as talented carpenter; he was known to do work for people even though he knew they were not able to pay. He was always willing to help those in need whatever the situation was. Shorty loved his cars, flowers, hunting, fishing, ginsenging, just being outdoors but most of all he loved his family.

In addition to his mother he is survived by his wife, Carol Rose; sons,

James “Jimmy” Rose, Jr and Gerald Rose; daughter, Crystal Rose; eight grandchildren; three great grandchildren and one on the way; sisters, Anna Jean Vandevender and Sharon Davis.

Friends may join the family for visitation on Tuesday, August 30, 2022 from 6-9 PM at Dodd & Reed Funeral Home, Webster Springs. Funeral service will be held 11 AM on Wednesday, August 31, 2022 at the funeral home with Pastor Bennie Cowger officiating. Burial will follow at Swecker Cemetery at Brady Gate.

Online condolences may be made to the family at www.doddreedfh.com.

Dodd & Reed Funeral Home is honored to be serving the Rose family

Gloria Jean Singleton

Gloria Jean Singleton of Heaters, WV passed away on August 24, 2022. She was born in Charlottesville, VA on August 26, 1950 to parents Melvin and Helen Snow.

Gloria is preceded in death by her parents; brother: Roger Snow and sister: Nancy Shull.

She was a Christian by faith. Gloria enjoyed gardening, watching her beautiful flowers grow and loved spending time with family. She cherished her beloved dog, Elly.

Those left to cherish her memory are; husband: Roger Singleton; children: Kenny Buttry and Charlotte Dean; 4-grandchildren, 1-great grandchild; and brothers: Hank Snow and Bobby Snow. Several nieces and nephews and special niece: Theresa Snow.

Funeral Service were held at 3:00 pm on Saturday, August 27, 2022 at Stockert Funeral Home & Cremation, 378 Flatwoods Corner Road, Flatwoods, WV 26621. Family received friends two hours prior to the service from 1:00-3:00.

Stockert Funeral Home & Cremation is honored to serve the family of Gloria Jean Singleton.

Desiree R. Brown

Desiree R. Brown, 45, of Frametown, passed away on Wednesday, August 17, 2022.

She was born on April 29, 1977 in Virginia to Frances Lydia Smith Dilley of Sutton and the late Roy Darrell Dilley.

Desiree was a clerk and shift manager at Citgo. She enjoyed reading fantasy books and watching scary movies. She truly enjoyed being around her family.

She will be forever remembered by her husband, Kevin Brown; sons, Dakota Brown, Christian Brown, Devin Brown and Colten Brown all of Frametown; mother, Frances Dilley of Sutton; brothers, Greg Dilley of Sutton and Joseph Deuly of Sutton.

Desiree will be cremated and a family memorial service will be held at a later date.

Arrangements by Roach Funeral Home, Gassaway.

Words of comfort and fond memories can be extended to the family at www.roachfuneralhome.com.

Gerald Raymond “Pop-paw Soggy” Flare

Gerald Raymond “Pop-paw Soggy” Flare of



Swiss, WV passed away August 17, 2022 peacefully surrounded by his whole family at his bedside. Gerald was preceded in death by his loving parents, Charles Raymond Glare and Isa Mahala Flare and a brother, James Loranzie Flare.

Gerald was from Webster Springs; he met his future wife Edwina and moved to the Swiss area in the early 80’s got married and started their beautiful family. Gerald was a well-known man for his outgoing personality and caring heart. He loved to make people laugh and carried a smile on his face always. He started doing shows and dances to continue to share his personality with the world to make more people feel happiness and joy and that is where he became “Pop-paw Soggy.”

Surviving are his wife Edwina “Winnie” Flare; son, Joshua (Kim) Flare of Summersville and daughter Jessica (J.D) Lanham of Dixie; grandchildren Brandon (Bacon) Lanham (19), Jordan (Biscuit) Lanham (16) and Khloe (Spitfire) Lanham (9).

Pop-paw Soggy was all about his family. He would do anything for them and to make sure they were happy and had anything they needed. He was a proud husband, father and grandfather. He had a heart of gold and was so full of life, laughter and love.

Please come help the family celebrate the life of this wonderful and outgoing man; graveside service will be held 2:00 PM, Saturday, August 27, 2022 at Fairview Cemetery, Webster Springs with Pastor Larry Cochran officiating.

Online condolences may be made to the family at www.doddreedfh.com.

Dodd & Reed Funeral Home, Webster Springs is honored to be serving Flare family.

Charles R. “Charlie” White

Charles R. “Charlie” White, age 48 of Lorain, passed away unexpectedly on July 30, 2022 in Lorain, Ohio.

Born January 25, 1974 to Dana and Loretta (nee Paul) White in Elyria, Charles spent most of his life in the Lorain County area. He also lived in Braxton County, West Virginia for a short time.

A workaholic, Charles loved working various jobs. He loved bluegrass music and spending time with his grandchildren.

Surviving are his children, Emily White, Carlie White, William White and Tyler Thompson; grandchildren, Emma, Micah and Jennah; father, Dana White Sr.; brothers, Alex, Robert, Dana Jr., Ronzal, Wayne and Billy; sister, Tanya as well as many aunts and uncles.

He was preceded in death by his mother in 2007; grandchild, Maddox as well as his uncle, Charles White.

The family will receive friends on Saturday, September 3, 2022 at 2:00 P.M. at Hope Baptist Church in Frametown, WV.

Benefit Dinner for Robert Stump

There will be a spaghetti benefit dinner held for retired firefighter Robert Stump on Sunday, September 4, 2022 at the Glenville Fire House starting at 12:00 P.M. The menu will consist of spaghetti, green beans, bread, and deserts. There will also be an auction. Robert Sump has been diagnosed with Pulmonary Fibrosis, because he spent many decades

daily risking his life to fight fires as a volunteer fire fighter. He struggles every moment for breath even with twenty-four hour oxygen and due to the quick decline in his health now struggles to walk and will need aid and a spike in copay for the very medications he needs to live, there is a major financial strain.

Full Board Meeting

The Region VI Workforce Development Board Full Board will meet Thursday, September 8, 2022 from 10:30 am at the Marion County Convention & Visitors Bureau located in Pleasant Valley, WV. For more information about the meeting, contact Maria

Larry at 304-368-9530. Region VI is and Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request for individuals with disabilities. If you have a hearing impairment and need assistance, please call WV Relay7-1-1.

Hope Baptist Church Community Giveaway

Hope Baptist Church WV will host a Community Giveaway in Frametown

on Saturday, September 10th from 8:00 A.M. to 12:00 P.M.

2022 Burnsville Lake, Battle Of Bulltown - Civil War Reenactment Schedule

Friday, October 14: 9:00 A.M. to 1:00 P.M. Kids Day Event. 4:00 P.M. to 10:00 P.M. Open Registration and Camp Set Up. Saturday, October 15: 7:00 A.M. Reveille (Military wakeup). 9:00 A.M. Camps open to public. 10:00 A.M. to 12:00 P.M. Field Tactical for Troops. 12:00 P.M. to 2:00 P.M. Lunch and Rest. 3:00 P.M. Confederates Memorial

Service. 5:00 P.M. Camps close to public and evening meal for re-enactors. 8:00 P.M. to 10:00 P.M. Civil War Ball at Campground Interpretive Shelter. (Open to public). Sunday, October 16: 7:00 A.M. Reveille (Military wakeup). 11:00 A.M. St. Michael’s Church Service (Open to public). 2:00 P.M. to 3:00 P.M. Break Camp and Return Home.

French & Sarah Jarvis Reunion

The French and Sarah Jarvis Reunion will be held September 4 at the Gassaway Firehouse Multi-purpose Room

from 10 am till ?? Come out and visit with family and friends. Bring a covered dish. Everyone is welcome.

Stout Reunion September 3

Friends and family of the late Tom and Rosa Stout are invited to attend our reunion at the home of Roger and Lucretia Stout

of Gassaway on Saturday, September 3, 2022. Plan to join us for a good Day of fellowship and delicious food.

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Sep 8th Free Naloxone Day Goes Fully Statewide

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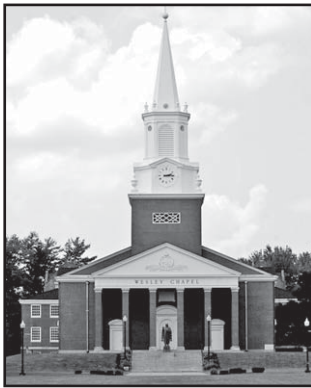
“Save a Life Day is about communities taking care of each other. It activates the local organizations and individuals that see every life as precious and worth saving. When we reach out to those in the depths of despair, we send the message that we want you to be well, and when you’re ready to begin healing we are here to help,” explained Dr. Didden, Medical Director of Overdose Prevention and Innovation Projects at the WV Bureau for Public Health. The Braxton County Health Department and Braxton Community Coalition is serving as the lead organizers for Save a Life Day in Braxton County. Organizers statewide plan to distribute over 10,000 naloxone doses throughout the day.

This Week in West Virginia History

The following events happened on these dates in West Virginia history. To read more, go to e-WV: The West Virginia Encyclopedia at www.wvencyclopedia.org.
Aug. 31, 1945: The USS West Virginia led American battleships into Tokyo Bay two days before the formal surrender of Japan on September 2, 1945.



Sept. 1, 1907: Walter Phillips Reuther was born to German immigrant parents in Wheeling. Reuther was a founder of the modern labor movement and a long-time president of the United Auto Workers.
Sept. 1, 1921: By this date during the Battle of Blair Mountain, miners had captured half of the 25-mile mountain ridge and were ready to descend upon Logan. President Warren Harding placed the strike zone under martial law, and ordered federal troops and a squadron of bomber aircraft into the state.
Sept. 2, 1722: Frontiersman William Crawford was born in present Jefferson County. He was a farmer, soldier, surveyor, and the land agent of George Washington.



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www.elktheatre.com

There will be six different locations set up throughout Braxton County. Each location is powered by local volunteers who attended training to be able to participate.
Family members, friends of people who take opioids for pain, friends of people who use drugs, and anyone who wants to be prepared to save a life are welcome to get trained on September 8, 2022. The training takes just 5-10 minutes and people can show up anytime during the hours listed for each site. Distribution sites are: Braxton County Health Department (11:00 - 5:00), Burnsville Public Library (11:00 - 5:00), Copen Community Building (11:00 - 1:00), Shiloh Outreach Center - The Red Rooster (11:00 - 5:00), Frametown Fire Department

Sept. 3, 1890: West Virginia Wesleyan College opened as the West Virginia Conference Seminary. In that first year, 201 men and women undertook a largely preparatory school curriculum. Gradually the school added college-level studies and award-

ed its first five degrees in 1905.
Sept. 3, 1966: President Lyndon B. Johnson dedicated the Summersville Dam and Lake. Summersville Lake, located on the Gauley River in Nicholas County, is West Virginia’s largest lake, with 2,790 surface acres at summer pool stage and 60 miles of shoreline.
Sept. 4, 1862: General Albert G. Jenkins and his men crossed the Ohio River and became the first to raise the Confederate flag on Ohio soil.
Sept. 5, 1861: Sutton was occupied by 5,000 Union troops. Later in 1861, General Rosecrans bivouacked 10,000 Union troops there, in-

Sutton High School Alumni meeting held September 8

The Sutton High School Alumni meeting scheduled for August 25 has been rescheduled for September 8 at the

Friends of Burnsville Lake sponsor Annual September to Remember

The Friends of Burnsville Lake will be sponsoring their annual September to Remember event on Saturday, September 10th. It will be held at Burnsville Lake in the Left Fork Day

(11:00 - 5:00),and Little Birch (Location and Time to Be Announced).
Many people know naloxone by one of its brand names, Narcan. Narcan is an easy-to-use nasal spray with no adverse side effects that works to reverse opioid overdoses. Naloxone has been approved by the FDA for over 50 years.
Naloxone saves lives. We are fortunate to have Narcan nasal spray being supplied to us for this event since it is easy to use and requires no assembly. Whether an opioid overdose is a child who accidentally ingests pills, a grandmother with memory lapses who took more medication than she should have, or someone’s child who is struggling with addiction, we have an amazing opportunity to save lives in our community.

cluding a future president, William McKinley.
Sept. 6, 1875: Members of the notorious James Gang robbed the Bank of Huntington and got away on horseback. The robbery spawned a host of legends, including stories about outlaw Frank James – brother of Jesse James -- hiding out

in Wayne County.
Sept. 6, 1980: The new Mountaineer Field opened in Morgantown with a 41-27 win over Cincinnati. It was the first game of new coach Don Nehlen, who would become the most successful coach in West Virginia University history.
e-WV: The West Virginia Encyclopedia is a project of the West Virginia Humanities Council. For more information, contact the West Virginia Humanities Council, 1310 Kanawha Blvd. E., Charleston, WV 25301; (304) 346-8500; or visit e-WV at www.wvencyclopedia.org.

Braxton County Senior Center pavilion at 6:00 pm.
Please bring a lawn chair.

Use Area. Each year, this event is held as a tribute of remembrance honoring the people lost during the 9/11 terror attacks.
Set up begins at 10:00 a.m. and runs through 5:00 p.m. Activities include a car show, craft vendors, food, door prizes, silent auction, 50/50 drawing and music provided by the Kowboyz. Interested vendors should contact Sherry at (304) 516-7234 or the Burnsville Lake Office at (304) 853-2371 ext. 0 for more information.
The car show will set up from 10-12 and awards begin at 3:00 p.m. Come out and spend some time with family and friends.
Check out the Friends of Burnsville Lake-FOBL facebook page for more details.

Glenville State University Homecoming Events Planned for October

Glenville State University will celebrate its annual Homecoming during the week of October 10, culminating on Saturday, October 15. A number of events are planned throughout the week for students, faculty, staff, alumni, and friends. Everyone is encouraged to make plans to come back to Glenville.
The special Homecoming honoree group will include former Percussion Ensemble members and the Homecoming Parade Marshal is Professor Emeritus John McKinney. McKinney, who led the Percussion Ensemble at Glenville State for nearly 40 years, retired last year.
Returning alumni and friends are invited to visit an exhibit highlighting the 150-year history of Glenville State. The exhibit – entitled “150 Years of a Changing Landscape: Glenville Normal School to Glenville State University” – includes photographs and historic artifacts. A reception for the exhibit is planned for the evening of Friday, October 14 from 3:00-5:00 p.m. in the Fine Arts Center gallery. The event is free to attend; light refreshments will be served.
On Saturday, October 15 the Homecoming Parade will take place

Braxton County Senior Center September Food Menu

2% milk served with each meal. Menu subject to change due to food availability.
Thursday 1 Labor of Love Taco Salad, Chips, Black Beans, Corn, Fruit. Friday 2 Chicken Corn Chowder, Boiled Cabbage, Cornbread, Fruit. Monday, 5 Holiday Center Closed. Tuesday 6 Pork Riblet on Bun, Sweet Potato, Fries, Fruit. Wednesday 7 Salmon Patty, Mixed Vegetables, Macaroni Salad, Fruit. Thursday 8 Pot Roast Mashed Potatoes with Gravy, Glazed Carrots, Garden Salad, Dinner Roll, Fruit. Friday 9 Pepperoni Roll, Tomato Soup

Dog Tails: Stories from the Braxton County Animal Shelter

Are you looking to add a four legged, tail wagging member to your family? Rescues from the Braxton County Animal Shelter are looking for their final “Furever” homes and are anxious to meet you.
There is a reason we call them man’s best friend. We can learn so many things from a dog’s behavior, personality, demeanor, resiliency, and most importantly, the willingness to provide their family members with unconditional love, loyalty, and companionship down to their very last breath. BCAS is open Monday through Friday from 10-3.
There is no charge to surrender a dog, but donations toward their care are appreciated. Adoptions are \$99.00 for male dogs and \$119.00 for female dogs, and include spay/neuter, rabies vaccination, parvo/distemper vaccination, kennel cough vaccination, flea treatment and deworming. No dog will leave the shelter unfixed and we are very willing to work with reputable 501c3 rescues.
Please call the shelter for vet pricing and ask for our adoption/rescue coordinator Megan at (304)765-2200

Returning Glenville State cheerleaders toss candy to attendees as they make their way down the parade route during the 2021 Homecoming festivities. (GSU Photo/Kristen Cosner)
in downtown Glenville starting at 10:00 a.m. All Pioneer alumni and friends are then invited to enjoy tailgating in the Morris Stadium parking area beginning at 11:00 a.m.
Former members of the Pioneer Marching Band are again invited to participate in this year’s Alumni Band. Returning members can register at the Fine Arts Center at 8:00 a.m. on Saturday morning, will march through the parade playing the GSU fight song, will be special guests at the alumni tailgate at Morris Stadium, and will be recognized and play the fight song during the homecoming pregame show. To sign up, contact Jason.Barr@glenville.edu or Lloyd.Bone@glenville.edu.
Alumni members of returning Greek organizations Lambda Chi Alpha, Theta Xi, Tau Kappa Epsilon, Sigma Sigma Sigma, and Delta Zeta will be holding tailgate reunions before the game. The groups will have special sections under the tailgate tent in close proximity to the larger alumni tent in which to visit and reminisce on Saturday.
Kickoff between the Glenville State Pioneers and the Alderson Broadus University Battlers happens at 1:30 p.m.
Other events, specifically for current students, will also take place throughout the week.
For additional information about Homecoming, contact Conner.Ferguson@glenville.edu.

with Cheese, Crackers Fruit. Monday 12 Country Fried Steak, Mashed Potatoes with Gravy, Dinner Roll, Pea Salad, Fruit. Tuesday 13 Sloppy Joe, Coleslaw, Tater Tots, Fruit. Wednesday 14 Chicken Parmesan, Garden Salad, Garlic Bread, Fruit. Thursday 15 Pork Chop, Scaloped Potatoes, Beets, Dinner Roll. Friday 16 Chicken Enchilada, Pepper Strips, Black Beans, Rice, Fruit. Monday 19 Chili, Sweet Potatoes, Crackers, Fruit. Tuesday 20 Red Beans and Rice, Smoked Sausage, Boiled Cabbage, Cornbread, Fruit. Wednesday 21 Pork BBQ Sandwich,

Sweet Potatoes, Fries, Coleslaw, Fruit. Thursday 22 Breakfast Bake, Hash Browns, Biscuit, Spiced Apples. Friday 23 Lasagna, Garden Salad, Garlic Bread, Fruit. Monday 26 Baked Fish, Macaroni and Cheese, Mixed Vegetables, Fruit. Tuesday 27 Hamburger Steak with Onion Gravy, Mashed Potatoes, Glazed Carrots, Dinner Roll, Fruit. Wednesday 28 Chicken Alfredo, Broccoli, Garlic Bread, Fruit. Thursday 29 Spaghetti with Meatballs, Garden Salad, Garlic Bread, Fruit. Friday 30 Meatloaf, Mashed Potatoes with Gravy, Peas, Dinner Roll, Fruit.

Freckles and Jelly Bean are fourteen to sixteen week old Heeler Hound mixes. They both weight twenty to twenty-five pounds. Freckles is a male and pictured first, Jelly Bean is a female and pictured second. These siblings are super sweet dogs who seem to already be on their way to walking well on a leash. Freckles is a little more outgoing and Jelly Bean loves to play fetch and roll over for belly scratches.

Dolly is a four year old female Bluetick Coonhound who weighs around seventy pounds. She was picked up along the interstate exit ramp by a family who was traveling home to Tennessee, she came to us as a stray. Dolly is leash trained and very friendly. Super friendly with all other dogs and not super energetic but will play. Dolly is treat motivated and has really good recall. She wouldn’t do well in a home with cats because she has the drive to chase them. Dolly keeps her paws on the floor so we think she’d do well with kids. This girl is just a joy to be around and puts a smile on everyone’s faces with her adorable hound ears and always happy tail

Communities In Schools helps Braxton County families soar into the new school year

On Friday, August 26th from 5:00 P.M. to 7:00 P.M. Communities in Schools hosted Braxton County organizations before the Braxton County High School Eagles first football game of the 2022 season for patrons to enjoy.

Several tables were set up with organizations including WVU Extension Service, Braxton County Rotary Club, Sutton Baptist Church, Sutton Moose Lodge #825 along with local Libraries, banks and more.

Guests were able to visit each table for additional information. Many organizations held raffles and giveaways.

Communities in Schools appreciates the involvement of all our community members who attended.



Beth Anderson was set up for the Burnsille Public Library.



Bobber the Water Safety Dog made an appearance!

Swimming in the Summer

By: Joseph J. Mazzella

When I was a boy we lived across a river from the main road and the only way to get to our house was across an old, wooden, swinging bridge. We also lived right next to Camp Caesar which hosted camps all summer long. And the best thing about it was it had a public swimming pool. I remember spending almost every day of my summers at that pool. I would be there when the pool opened at 1 P.M. and swim until it closed at 5 P.M. Usually my brothers and a lot of my friends would be there too. We had so much fun laughing, playing, swimming, splashing, and go-

ing off the diving board. One time, however, I went to the pool to find it crowded with strangers. None of my friends were there and mainly was older parents with little children. I stayed for a while but felt lonely. I left early and walked home sad and sulky. When I got to the swinging bridge, though, I saw my one friend who was never allowed at the pool. He stood on the bridge with his face smiling and his tail wagging. It was my dog, Doobie patiently waiting for me to come home. I hurried across the bridge to hug him and then we both ran down to the river below our house to swim. We jumped into the cold, clear water. We swum around each other. We romped, splashed and played fetch with a stick in the shallows. And Doobie happily chased my loneliness away with his doggie kisses and gentle love. During all of those Summers spent swimming as a boy that is the day I remember the most.
The Summers in this life fly by so fast. They are too precious to waste a moment feeling sad or sulky. Let God's love chase away your loneliness then. Spend your days here like my dear dog Doobie did: sharing love and scattering joy. And as you swim down this river of life always remember that love awaits you at its end.

Goodbye August

By: Jeanette Riffle

Some people are anxious for fall and others are hating to see summer end. Most are saying that August went by so fast. We stayed busy most of August getting ready for fall. On the nice days when it wasn't raining, Hubby did a lot of painting. The back deck and ramp needed painted. He mows several acres here every week. It is best to get out there early to get ahead of the heat. Mold, ragweed, and pollen from cut grasses are bad right now for those of us with allergies. Some people call it hay fever from the pollen of cut grasses are fly-

ing in the air. We will feel better when everything freezes down outside. It was only in he mid 50's when we got up this morning but reached 102 out in the sun, today.
Numbers were down at Rosedale Baptist this morning. A lot of folks were out sick with Covid. It seems to have made a come back. It's nice to have the Drive-In Church thing and just tune into 101.9 FM. You can hear what is going on inside. The elevator is down and some of us can't do all those steps up into the church. Also, if you don't feel well or you have been exposed to

Sutton Public Library Showing "Harriet"

Sutton Public Library will be showing the 2019 film, Harriet as an after-hours event on Tuesday, September 13th from 7-9 PM.
This showing is free to the public, but any participants must reserve spots ahead of time as seating is limited. Only 20 spots are

available. Parental discretion is advised as the movie is rated PG-13. RSVP by calling the library at (304)-765-7224.
Library hours are: Sunday: Closed, Monday: 8-4, Tuesday: 11-7, Wednesday: Closed, Thursday: 11-7, Friday: 8-4, Saturday: Closed



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SEP 16	BRAXTON AT EAST FAIRMONT
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WANTED



WANTED: Longtime postcard collector would like to purchase vintage Braxton County postcards of Sutton, Gassaway, Burnsville, and other communities in the county. Fair prices paid. If interested in selling call 304-364-9189 and leave message. 8-9 09-01p

MISC. ITEMS



GARAGE SALE: Thursday, September 1, and Friday, September 2, 9am to 6pm, and Saturday, September 3, 9am to 4pm. Drake residence on Big Run Hill on Wilsie Road, 2 mile off Rt. 4 from Frametown. 9-1p

MULTI-FAMILY YARD SALE: Thursday, September 1, Friday, September 2, and Saturday, September 3 from 8:00 am to 4:00 pm. Rain or shine. Located at 1330 Little Otter Rd, Gassaway, WV 26624. New items added. Items featured: lamps, CD's, DVD's, Xbox, Playstation2 & Wii games, kitchen & glass ware, small appliances, household décor, books, toys, seasonal items, clothing, shoes, tools, tires, lawn care items, costume jewelry, storage containers, crafts, sewing accessories, linens and much more. 9-1b
YARD SALE: Friday & Saturday, September 2 & 3 at 837 Cutlip Fork Rd Gassa-

way. Items include power washer, small push lawn mower, head, foot & railings for a ¾ size old metal bed, several items for men and much more. Crafts to finish. Rain or shine. Not responsible for accidents. 09-01b

YARD SALE: The ladies of St. Thomas Church will hold a multi-family yard sale at 624 Kanawha St. in Gassaway on September 1st and 2nd from 10:00 a.m. to 6:00 p.m. and on September 3rd 1 from 10:00 a.m. to 3:00 p.m. Lots of items including a bed, roll-top desk, TV cabinet, dresser, kitchen table and 4 chairs, other furniture, queen-size comforter set, weed-eater, grill, kitchen supplies, antiques, toys, children's desks, and men's, women's and children's clothes plus plenty of baby clothes and too many other items to mention are available for sale. 8-23 09-01p

YARD SALE: 2 Family yard sale Labor Day weekend September 2nd and 3rd. Sewing supplies, quilts, fabric and miscellaneous items. 276 Vernon Road, Newville. 08-23 09-01p

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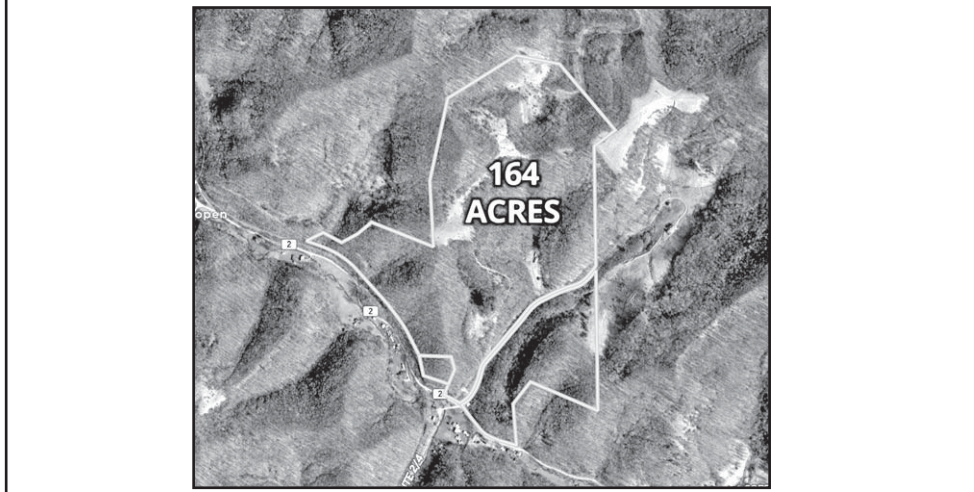
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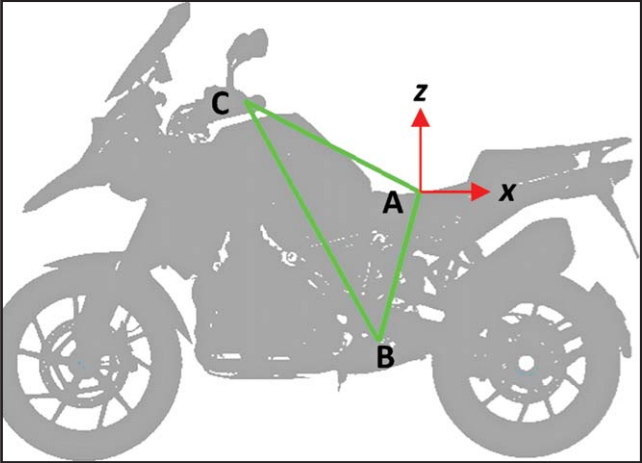
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Which motorcycle is right for me?

So, you have successfully taken and passed the Motorcycle Safety Foundation Basic Rider Course offered by the WV Department of Transportation and are proud to have your motorcycle endorsement on your driver's license. At this writing, there are more than 100 motorcycle manufacturers in the world, each offering a staggering number of models ranging from minibikes to cruisers. The following is a list of the more principal factors to consider before buying your first new motorcycle after you get your license. Buying a

used motorcycle will appear in a future edition of the Braxton Democrat.

Do not buy a motorcycle to look cool, impress your friends, feel powerful or badass, or to control traffic. Riding a motorcycle comes with added safety concerns, heightened awareness, requires proper attire, exposure to the elements, lack of physical comfort, limited storage and luggage, and require physical strength and freedom from issues with balance. The Braxton Democrat Central issue of 2022-08-23 covers the statistics of accidents on a motorcycle.



Foot peg to bar. X and Z-Seating angle. The aim of ergonomics on a motorcycle is to achieve optimal three-dimensional plan to allow a relaxed and fatigue-free ride. Riding position is critical to an enjoyable ride.

Still want a bike? OK, read on.

The six main types of motorcycles are recognized as standard, cruiser, touring, sports, off-road, and dual-purpose. Sport touring is sometimes recognized as a seventh category or integrated with the touring category.

Budget: In addition to the cost of the motorcycle one must include the cost of riding gear, cost of insurance, and maintenance and storage costs.

Ability: One common error among new motorcycle buyers is to buy

abike with more performance and weight than they can manage. I suggest you rent or borrow a few motorcycles before you commit to purchasing. Make sure you can control the bike when it stops. The bike will remain upright while traveling, however, when you stop at a light or stop sign, it's all you. Aim for a starter bike, you will get your dream bike as you get more experience.

Identify your needs: How often will you be riding? What kind of traffic will you ride? Short distances or long distances? On, or off road? Passenger? Get a bike that you will be excited to ride and bring you happiness. Stay away from impulsive choices. Do your research.

Ergonomics: Make sure that you will ride comfortably. This is more complicated than it sounds. Motorcycle ergonomics is an important concept because of its life saving and wellness improvement capabilities. Your feet should

be flat on the ground. This is crucial to balancing the bike. Your arms should reach the controls comfortably and be able to maneuver smoothly and comfortably. A common method used by bicycle riders to determine the ideal seat height involves standing barefoot on a solid surface with your back against a wall and placing a book between your legs with the spline facing out. Measure, or better yet, have someone measure the distance from the floor to the top of the book, multiply the result by 0.883, and subtract an eighth of an inch to get the correct seat height. Body position for safe and comfortable use of the handlebars, from Motorcycle Cruiser: Wrists shouldn't twist and should stay as straight as possible in relation to the forearm. Elbows should point down as much as possible and hang rather than be held

up. Shoulders need to be relaxed and dropped rather than suspended or flexed while riding. One's reach should be reduced so as not to roll or lift one's shoulders to grab the handlebar. One should steer with their arms, not the neck, shoulders or back. This site contains a decent ergonomics simulator, where you can input your body and bike model: <https://cycle-ergo.com/>

Conclusion: Take your time, do your research, sit on as many motorcycles as possible, and if you can, test ride, find the motorcycle that fits your needs, body size, and riding style. Oh yeah, and you can afford!

Here are a couple of helpful videos:

How to choose a motorcycle https://youtu.be/7g1R_LD0yyY

15 Best beginner motorcycles <https://youtu.be/N4vEkjGgSNM>



Different types of motorcycle bodies.



Popular Motorcycle Brands.

On the Other Side of the Mountain

By Verena Sava

There is a new definition of weather patterns that shows up in reports of extreme weather events, it is weather whiplash. It is used when all of a sudden changes of the opposite extreme occur. These extremes have to be record breaking, happen quickly and cause a significant number of deaths and have an impact on at least a million people. Scientists of atmospheric research all over the world are trying to figure out if and how weather whiplash is related to global warming.

When I read about the extreme heat waves and drought in Europe, in China, the Horn of Africa, fire storms in CA, floods in Kentucky and Texas, I am sometimes wondering if we have reached the tipping point that we have heard so much about or if these weather events are just a freak occurrence this year? We have had weather whiplash in our state in the past, but this year we have been spared for what ever reason and we are very thankful for it. The high temperatures this summer were all within the expected range. According to the national weather service we had 14" more rain than average since January first this year. We never had to water our garden, everything grew well. The pastures stayed green all summer long and regrew quickly when we rotated the animals. We never harvested as many wild mushrooms as this year and they keep on popping up in places. One drawback of the wet conditions is that we were unable to put up any hay so far. We need a few days for it to

dry after cutting it and we never had more than two days without any rain or drizzle. We also have to consider the terrain of our hayfields, it is steep and needs to be dry for getting the tractor on it without doing too much damage.

Heirloom tomatoes are ripening fast now. We preserve them by drying and canning. When we dry them, I apply some olive oil on the trays where we dry them. I slice the tomatoes into quarter inch wedges, carefully place them evenly on the tray, never over-lapping them, then put the trays on the drier. It usually takes 2 days for them to shrivel up and dry. We use dried tomatoes in many different ways. We break them into small pieces and add them to salads. If we use canned tomatoes, we add some dried ones to intensify the flavor. They can be used to make a delicious dip by reconstituting (softening) them in some hot water. I never use a recipe, I just taste what I concoct and add a little more of this or that. Once the tomatoes are soft, I put them in a food processor, add a handful or more of black olives, 5 cloves of garlic, a tiny bit of salt and a good amount of pepper. I you like it hot, add some hot pepper. My recipe free style of cooking does not work for baking goods, that's where Greg's exact measuring of all ingredients pays off in a perfect end result.

Canning tomatoes is easy. I use the cold pack method with quart jars. Many recipes ask for citric acid or lemon juice to make them more acidic, but I like the tomatoes the way they are. I use only high acid varieties

Wash the mason jars and tomatoes. Cut big tomatoes into chunks, paste tomatoes in half and check for bad spots inside, cut those out or if too damaged, throw them away. I keep the jars hot in the canner while I am getting ready to fill them up. I stuff the raw tomatoes into the jar, using a mallet. I make sure there is at least an inch head space left, then clean off the rim of the jar, before I put on the heated lid. Follow the directions of your canner. I use a pressure canner and I set it at 10 pounds for 10 minutes, setting the timer when the weight starts jiggling. Never add any herbs or other vegetables which would require a much longer canning time, like for low acid foods.

The tomatoes can be used in a pizza, on spaghetti, as a soup, on top of a meat loaf, in lasagna and probably more recipes. For pizzas I drain the liquid before placing the tomatoes on the pre-baked crust, then add broccoli florets, red peppers, onions, garlic, and Gruyere cheese to make it especially tasty, but if you prefer mozzarella, that's fine too.

Gruyere just gives it this extra kick! For sauces and soup, I add herbs, garlic, onions, sometimes peppers and blend it all together in a food processor.

Many of our heirloom tomatoes come from seeds that were given to us 45 years ago, from Mae Bowers, Mrs. Carter, and Mazel Rose. Tomato seeds are wrapped in a gelatinous sac. The gel contains chemicals that inhibit germination till they have a chance to glue themselves

into a soil crevice. Look for a perfect fruit, unblemished and when you cut it for lunch, scoop the seeds into a pint glass jar and fill it up with water.

Put it in a place where you can observe it. This is a fermentation process that kills seed and soil born diseases present in the gel. On the third day pour off carefully the extra water in the pint jar. Don't worry about losing the seeds that float on top, they are nonviable. It's the ones on the bottom that you want to save. Rinse the remaining seeds a few times, then pour them on a paper towel to dry. Make sure you identify them by writing their name with a magic marker on the towel.

Once they are dry, put them in an envelope or plastic bag and keep them in the freezer. They keep for at least 6 years. Another method is to simply put the scraped-out seeds on a paper towel to let them dry, skipping the fermenting process. I read that these seeds don't keep as long, but I really don't know. Make sure when you save seeds that they come from an open-pollinated plant. Of course, you can use a hybrid, but you don't know what you will get as next year's crop.

Talking about tomatoes, we had competition when we wanted to pick them fully ripe. Birds sometimes got ahead of us, picked holes in the fruit and treated them harshly, making them fall off the plant. Once we realized the intruders' method, we picked the tomatoes maybe two days earlier and let them ripen in the kitchen. Not only did the local flock pick

on the tomatoes outside and in the hoop house, but they attacked the apples, when they started to ripen, hacking huge holes in the fruit, damaging a gallon bucket full every day. Now they discovered the grapes. We saw a bunch on the ground and checked out the damage. I guess that our feathered friends we feed all winter long had discovered that the grapes were getting ripe. Maybe if they picked one they found too sour, they just spit out it on the ground. Good to know that we have gourmet birds, appreciating quality over quantity. We covered what was left with shade cloth and bird netting. I guess it all has to do with sharing?



Canned tomatoes.



Dried tomatoes.



Tomatoes



Something for eye and not the stomach (dahlia)

Middle School XC Girls place Third at Beckley Chick Fil-A Meet

Knights XC

Continued from Page 1

Coach Lloyd is pleased that he has enough boys for a team. “Now that they are able to compete as a team every week, I look forward to seeing how much these guys improve over the season.” Lloyd noted that the boys’ team is young. It consists of five 6th graders and two 7th graders, adding, “The

future looks pretty good for the BCMS boys’ cross-country team.”

Next for the middle school teams is one of the biggest meets of the regular season. Both BCMS teams and the high school team will run at Cabell Midland September 3. “Our teams usually finish pretty well at this meet, but every year the competition changes, and you never know what to expect,” the Knights coach noted.



Ira Ransbottom and Holden Lloyd leading the pack and making there move on the leaders.



Raidyn Davis trying to close the gap.



Audrey Duckworth and Chelsea Payne running in a pack of girls.

Individual results for the BCMS girls in the Beckley meet:		
Athlete	Time	Place
Leah Payne	14:17	4th
Reece Carpenter	14:43	7th
Chelsea Payne	15:10	23rd
Audrey Duckworth	16:19	24th
Emily Whitney	19:57	71st

Individual results for BCMS boys in the Beckley meet:		
Athlete	Time	Place
Holden Lloyd	14:02	28th
Ira Ransbottom	14:07	33rd
Joal Ransbottom	14:52	45th
Jamie Spurlock	17:13	82nd
Raidyn Davis	18:39	108th

Braxton County Middle School Soccer Team Fundraises for the Braxton County Animal Shelter

The BCMS Soccer team recently held a fundraiser to benefit the Braxton County Animal Shelter.

“The team did such an awesome job donating their time toward this important cause,” noted their coach, Lindsey Casto. Volunteering to help animals empowers the players to influence their community in a positive, animal-friendly way.



Braxton County Middle School Knights Soccer Team.

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