

## Democrat-Central to change publication day

The weather got us this week... that's the reason your paper is a day later getting to your favor news stand or mailbox. While bad weather led to this delay, the newspaper management has been exploring the possibility of a permanent change for some time.

Currently, the Citizens' News and Democrat-Central go to press on

Monday and Tuesday. By moving the print day for the Democrat to Wednesday more up-to-the-minute news can be provided. "We also believe there is a benefit to our advertisers in having our papers distributed on Tuesdays and Thursdays," explained Publisher Ed Given. "So, after due consideration we have decided to make this change permanent."

The Democrat-Central will be available at vendors on Wednesday morning and should be in the mailbox of most in-county mail subscribers on Thursdays. The Citizens' News will continue on its regular Tuesday distribution schedule.

As always we invite your comment on this and all aspects your county newspapers.

## Burnsville Public Library Focus On: Audiobooks and Playaways

In this series, staff of Burnsville Public Library will share with you, different services, collections, materials and more, available at the library. We hope that by sharing some of our lesser known services, collections, etc. you will see that the library is more than just a place you come to for books.

In our last Focus On: piece we, told you about Libby by Overdrive. This week we are going to tell you about our audiobooks and Playaway collection. We have a selection of audiobooks, also known as books on CD, and Playaways (a book loaded on a small device that you plug headphones/earbuds/aux cable in to).

Many people utilize audiobooks in their vehicles, during their commutes, or on trips. Other people utilize audiobooks due to condi-

tions that could make it difficult to read a printed book. Some of these may include arthritis or vision difficulties. Audiobooks are an excellent alternative to reading. If you think audiobooks are just someone reading a book, you are so wrong. Most audiobooks have narrators who are expressive and very entertaining. Our director saw a speaker at a conference a few years ago who said "Audiobooks are like a book and the theater got together and" had a baby. It is so true!

We have audiobooks available for children, juveniles, young adults and adults. We have many genres available, as well as both fiction and non-fiction offerings. We encourage you to stop in and check out our audiobook offerings, you may get hooked.

Playaways are a pre-loaded audiobook

that gives the listener the mobility and freedom to listen to audiobooks anytime and anywhere. They are about the size of a deck of cards and are powered with a AAA battery. One battery provides over 30 hours of listening. You plug in your favorite headphones or ear buds and you are ready to go. Playaways offer audiobooks without needing a CD player, smart device or internet connection. It really is the most flexible way to enjoy an audiobook. Our library has Playaways available in several genres, as well as both fiction and non-fiction offerings. Stop in and check on out. We even provide batteries and earbuds if you need them.

We hope that we have given you the audiobook bug. Stop by and check out our audiobooks and Playaways. Our next Focus On: will highlight our Income Tax Center.

## Magistrates Report

**Magistrate Beth Smith**

January 11: James Burnham of Sutton, destruction of property, dismissed-deferred sentence, leaving the scene with property damage, dismissed-deferred sentence, court costs and restitution paid.

**Mag David Singleton**

January 11: Issac Lane Crews of Sutton, first degree sexual assault, sexual abuse by parent or guardian, warrant issued, bond set at \$30,000 cash only; Melvin M. Allen of Nebo, speeding, no contest plea, no proof of insurance, dismissed proof provided, fine/court cost assessed; Kristy Lynn Pechinko of Williamson, no proof of insurance, no contest plea, 180 days of jail, suspended and placed on 12 months unsupervised probation, fine/court costs assessed.

January 12: Ryan Duckworth of Frametown, fleeing from officer, guilty plea, fleeing from officer, dismissed per plea, 248 days of jail with credit for time served of 34 days, to serve remainder, fine/court costs assessed; Joshua Thomas Harper of Little Birch, domestic battery, guilty plea, domestic assault, dismissed per plea, 180 days of jail with credit for time served of six days, remainder suspended and placed on 12 months unsupervised probation, fine/court costs assessed; Timothy Eugene Miller of Glenville, harassment, dismissed,

extortion, dismissed, per victim's wishes and unavailability of investigating officer; Bryon Christopher Bush-Horner of

## Need for blood donors at an all-time high

February 15 from 1:00 P.M. to 6:00 P.M. at Braxton County Memorial Hospital

Blood supplies are at a critical low, and WVU Medicine is urging eligible donors to find a nearby blood drive.

"Blood is a life-saving resource for surgical, trauma, cancer, and other patients," Michael Edmond, M.D., WVU Medicine chief medical officer, said. "It is a resource that can only be obtained by the selfless act of blood donation. Critically low supply levels like we experience now make it challenging to provide care to those who depend on it."

According to the American Red Cross, one donation can save up to three lives, and the typical blood transfusion recipient receives three units of blood.

You may be eligible to donate blood if you are in good health and feeling well, are at least 17 years of age, weigh at least 110 pounds, and have not donated blood in the last 56 days.

"Blood donation only takes a few minutes of your time, but it can make an enormous impact on someone's life," Dr. Ed-

Horner, malicious assault, dismissed, conspiracy, dismissed, state does not wish to proceed at this time.

mond said. "I strongly encourage everyone to donate blood if they are able." Find a blood drive near you at Vitalant.org or RedCrossBlood.org.

## Elk Cd Plant & Tree Sale

The Elk Conservation District is conducting their annual plant and tree sale of the following items as a service to the residents of Braxton, Clay, Nicholas and Webster counties: Cortland, Crimson Crisp, Golden Delicious, Granny Smith, Honeycrisp, and Yellow Transparent Apple trees; Jubileum Cherry trees; John Boy and Red Haven Peach trees; Potomac and Shenandoah Pear trees; Methley and Victory Plum trees; Arapaho Blackberry plants; Heritage (Red) and Jewel (Black) Raspberry plants; Ozark Beauty Strawberry plants; Blue Ray and Jersey Blueberry plants.

Quantities are limited and will be sold on a first-come first-served basis. Please call the ECD office at 304-765-2535 or email

Continued on page 5



## WV Caring's Burnsville Resale Shop Looking for Volunteers to Make a Difference

West Virginia Caring is looking for volunteers to assist with essential functions for the non-profit's Resale Shop's operation. If you haven't been to the Burnsville shop, it offers a variety of gently used or new donated items including clothing, shoes, home goods, toys, furniture, video and books. And it is a great place to find those unique items that are not available at other stores.

The shop is conveniently located at 77 Mike & Ike's Plaza in Burnsville, WV, right off I 79 at exit 79 and next door to the WV Caring's local Braxton Calhoun and Gilmer counties' office. It is open six days a week, Monday through Saturday with volunteer availability for any of those days. Local youth and civic organizations are also welcomed to volunteer as groups to assist the mission of WV Caring.

Volunteers will assist with sorting, pricing, and displaying donated items for the store. They will work with other volunteers in a fun working environment. Whether it's for an hour or a few days a week, it would be the volunteer's choice how they spend their time, as the organization is flexible to accommodate each volunteer's schedule.

The Mission of WV Caring's Resale Shops

WV Caring, offers hospice and counseling, is a community based non-profit organization that operates the Resale Shop

## American Legion conducts Buddy Checks in Braxton County

American Legion Post 33 Commander Paul Gillespie announced that legionnaires from his post have reached out to area veterans to check on their wellbeing during this challenging economic time.

The nationwide American legion Buddy Check Program was widely adopted nationwide during the coronavirus pandemic of 2020 and 2021 and continues to serve veterans who may be isolated or otherwise in need.

"Veterans who hear from us may be perfectly fine" said Gillespie. We make no assumptions. We just want to let them know that as fellow veterans, we understand and appreciate their service



program to extend its outreach and education of hospice in a way that the community can give back and support its mission. Its concept and purpose are to provide funding for WV Caring's terminally ill patients and families, while offering the community good value and a pleasant shopping experience. All proceeds from the Resale Shops are used to fund patient support regardless of financial status.

For more information about volunteering in any way, contact Marissa Fox, Volunteer Service Coordinator, by calling (304) 853-2279, extension 602 or emailing mfox@wvcaring.org.

WV Caring's Mission

Statement

Since 1983, West Virginia Caring, a 501 (c) (3), non-profit hospice provider, has been dedicated to improving care for those facing life-limiting illness through direct support of patients and their families while providing advocacy, outreach, education and expertise in grief support to the entire community. WV Caring serves the following twelve counties: Barbour, Braxton, Calhoun, Gilmer, Marion, Monongalia, Preston, Pocahontas, Randolph, Taylor, Tucker and Wetzel.

WV Caring is one of a few not for profit, stand-alone hospices serving North Central West Virginia.

and that we care about them. We are here to assist.

Veterans are diverse and have various needs. Maybe they just want someone to talk to, maybe they need a ride to the pharmacy or the grocery store. Whatever it is, we want to offer our help. We want everyone to know that they have friends in the American legion.

The American Legion, the nation's largest veteran's organization, is dedicated to the motto of "Veterans Strengthening America". Chartered by Congress in 1918, the American legion is committed to mentoring youth and sponsoring wholesome community programs, advocating pa-

triotism and honor, promoting a strong national security and continued devotion to service members and veterans.

Nearly two million members in posts across the nation and regions overseas serve their communities with a devotion to mutual helpfulness.

Post 33 is located at the Braxton Senior Center between Gassaway and Sutton.

The Post holds its meetings on the first Monday of every month at 7p.m. Area veterans are encouraged to attend to learn more about the local American legion.





# Legislative Update

By Delegate Brent Boggs  
January 17, 2022

From one winter storm to the next, as I write on Sunday night, the freezing rain has the roads and trees coated with a thin coat of ice. I appreciate that town and DOH crews in central West Virginia began early this afternoon pre-treating many of the roads prior to what we anticipate will be hazardous roads and driving on Monday. While it's a holiday for many, I'll be heading back to the Capitol early Monday, as the federal holiday is not observed by the Legislature.

As I predicted last week, the Governor did, indeed, call a special legislative session on Monday, which was only 48 hrs. before the regular session began. What no one predicted was that Governor Justice would contract COVID and was unable to deliver the annual State of the State Address to a joint assembly of the Legislature. His ongoing illness kept him from delivering his executive budget, laying out his agenda for 2022, and making several major economic development announcements for West Virginia. We all wish the Governor a full and speedy recovery as he receives treatment and recuperates from his home. The administration indicated that the State of the State Address will be delivered later in the session after the Governor's health improves sufficiently.

After a series of bills were introduced by the Administration that basically moved ARPA federal funds into state programs. This, in turn will free up state funds for a new economic develop-

ment project in Mason County. While an expensive investment for the State to swing, the project – a steel recycling plant – will employ between 500 and 800 workers and should be in operation in two to three years. A second facility employing approximately 40 workers will be constructed in Hancock County in the northern panhandle. The state's investment is incremental and conditional on the company – Nucor Corporation, a Charlotte, NC-based comping – providing their portion of the investment, which should come in at around \$2.7 billion dollars. The site is located near Apple Grove, WV.

The method by which the funding was moved in order to use federal American Rescue Plan funds indirectly, is somewhat troublesome. However, the Administration is hanging their argument that the transactions are permissible under Federal rules that govern American Rescue Plan usage on an opinion from a national firm that provides tax and financial advisory services, according to documents I was able to review prior to voting on the package.

Additionally, two other major announcements were made in the Governor's office.

•A \$50 million expansion of the partnership between the West Virginia University Health System, which operates under the brand name WVU Medicine, and Owens & Minor Inc., a global healthcare solutions company. Owens & Minor and WVU Medicine are expected to work with the state to launch a healthcare prod-

ucts preparedness center in Morgantown that will create more than 125 jobs.

•An announcement from GreenPower Motor Company Inc., which agreed to lease/purchase a 9.5-acre manufacturing facility in South Charleston, including an 80,000-square-foot building.

The company will manufacture zero-emission, all-electric school buses there, generating millions of dollars in economic impact. The operation indicated it will bring as many as 200 new jobs to the state when manufacturing begins later this year, with the potential workforce to eventually reach up to 900 new jobs when full production is reached in 24 months.

In some much-needed good news out of Washington, DC last Thursday, West Virginia is about to receive \$500 million in funding specifically designated to replace and repair bridges across our state. National studies show that our bridges are among the worst in the nation. Not only will this funding begin to make a difference in bridge safety – it will also provide good-paying jobs for our skilled West Virginia workers. Their wages and benefits will have a significant impact on our West Virginia economy. The first-year match of state funds to access the federal dollars is approximately \$100 million.

Last Thursday, budget hearings began in the House of Delegates, with presentations last Thursday from the Department of Revenue regarding the projected revenue and the Executive budget overview. This week, the committee will hear from (Monday) Department of

Tourism, Supreme Court of Appeals, Dept. of Administration and Department of Transportation; (Tuesday) Department of Veterans Assistance; Bureau of Senior Services; (Thursday) Homeland Security, Department of Commerce, WV Development Office; (Friday) Higher Education Policy Commission & CTC.

Now that the session is underway, please contact me at the Capitol office at: Building 1, Room 258-M, 1900 Kanawha Blvd., East, Charleston, WV 25305. The phone number is 304-340-3142. For those with Internet access, my legislative email address is: Brent.Boggs@WVHouse.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 throughout the New Year. Until next week, take care.

## Senior Center menu for January

Thursday, January 20- Beef Vegetable Soup, cornbread, broccoli casserole, fruit

Friday, January 21- Pinto Beans, Cornbread, beets, fruit

Monday, January 24- Chili, sweet potatoes, crackers, fruit

Tuesday, January 25- Chicken ala King, rice, dinner roll, fruit

Wednesday, January 26- Meatloaf, mashed potatoes with gravy, broccoli, dinner roll, fruit

Thursday, January 27- Breakfast Bake, hash browns, biscuit, spiced apples, juice

Friday, January 28- Pork BBQ Sandwich, sweet potato fries, coleslaw, fruit

Monday, January 31- Fish sandwich with cheese, French Fries, baked beans, fruit Menu subject to change due to food availability.2% milk served with meal.



## Pat's Chats

By Pat Ridpath

January 17, 2022

Many of you have told me how much you enjoyed our Burnsville High School reunions when Sonny was the master of ceremonies. I don't know who wrote this article or for what purpose, but I hope you will enjoy it and the picture of him when he was young. (The picture was included in the article.) Sonny died October 31, 2020, a few days before his birthday, November 4. The tragedy to me and my sister, Mary Ann Bucklew, is that our brother Sammy died just a few days later on December 15, 2020. We have no other siblings. Enjoy your family while you can. I am grateful for the many years we had them in our lives. Here is the article as I found it, and the picture:

Harry Wiant

Harry was from the East Coast, and taught at West Virginia for a number of years.

Even though he has a PhD from Yale in ecology, I have always thought well of Harry.

In the last few years, after the death of his wife, he moved to Seattle to be nearer to his daughter. Much of his work is of a very practical nature, and quite a bit of it concerns my own interest in Variable Plot Sampling and field inventory. I am pretty sure that Harry was a good professor, although I never have seen him in that role. I remember him as a model of professional behavior. He is consistently polite, interested in people, accepting of them, and never gives the idea that he is impressed with himself (and there are others in the business, I must say, who often feel very special about themselves). One incident sticks in my

mind about Harry.

Dave Marshall, Harry Wiant, and Kim Iles

We were at a meeting, and since you cannot always tell what people will discuss based on their talk titles, two previous speakers discussed the topic that Harry was to cover. He stepped to the podium and said "You know, the previous two speakers adequately covered what I think should be said about this topic, and so I think I will surrender my time to the next speaker – thank you", and stepped down. I have never forgotten that example.

I do not remember the other two speakers (who did not impress me) and cannot even remember the actual topic that Harry did not discuss. That example of humility and professional courtesy deeply impressed me, and I have always enjoyed Harry's company.

A few years after he started attending the Western Mensuration meetings in the Northwest, he liked the format and attitude so well that he restarted the regional North-Eastern Mensuration group, (NEMO) which now meets regularly.

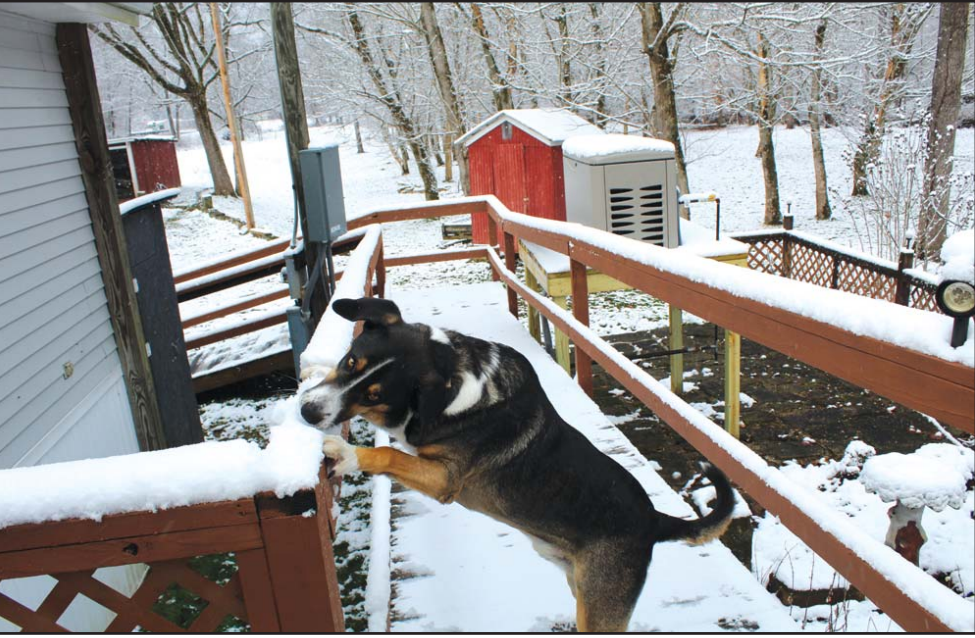
When I think of Harry, I am reminded of this comment from the movie "Harvey",

by the character Elwood P. Dowd - played by Jimmy Stewart:

Years ago my mother used to say to me, she'd say, "In this world, Elwood, you must be" - she always called me Elwood - "In this world, Elwood, you must be oh-so-smart or oh-so-pleasant." Well, for years I was smart.

I recommend pleasant. You may quote me.

MARANATHA



Enjoying the snow.

# Stay in by the fire

By: Jeanette Riffle

Our forecast is for a package of winter weather to be dumped on us . We could possibly get a little of everything, but so far this afternoon it is just a light drizzle of rain

and light snow. It is still above freezing. We went to town and stocked up Thursday to get ready for the storm. Everybody that I have talked to has done that. Last Monday the garbage truck didn't

run because of ice on the roads, so hubby rounded up the trash and garbage can, but will check the road out in the morning, before taking it all up there.


Of course the children look forward to playing in snow and making snow ice cream. My youngest brother, Brent Stewart, and I got into a conversation about that. He can't remember Mom making snow ice cream for us. He is nine years younger than me so maybe she didn't have time for that by the time he came along. When he was two, she got a job at the factory of Grantsville where they made rubber life jackets and rafts for the navy. It isn't there now. He remembers elementary teachers at the Normantown High School, warning of radio active material in snow, from fall out in the air ,and that snow wasn't safe to eat. He said he had never

Continued on page 3

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

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Becky Conrad

# Mountaineer Food Bank news

This week, we'd like to highlight Becky Conrad! Becky is the Community Engagement Specialist with MFB.

In her free time Becky enjoys spending time with her husband and their three daughters.

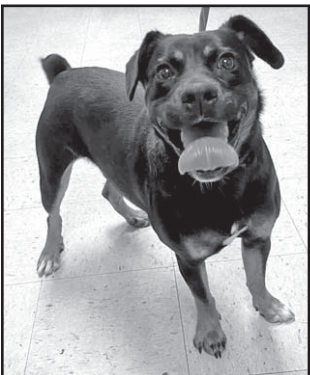
In addition to her role on the SCDC board, Becky spends much of her time giving back to her community through volunteerism and serving on boards such as the Landmark Studio for the Arts where she and her family enjoy bringing the magic of live theatre to our community.

Thank you, Becky, for all you do!

She has been a member of the food bank family since early 2016 where she started as the grant writer.

Becky got her start in the non-profit world serving as an AmeriCorps VISTA for the Sutton Community Development Corporation, where she currently serves as president of the board.

# Animal Shelter



Eddie



Jersey



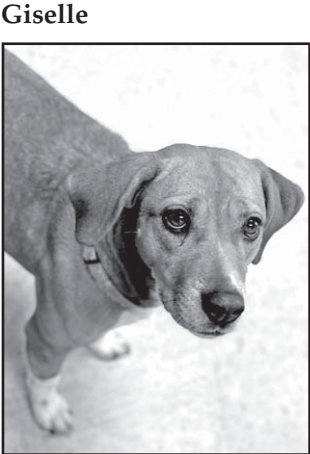
Remi



Marley



Puppies



Giselle

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)765-2

Giselle is a two year female Plott Hound. She was picked up by a man traveling through Braxton, who found her under a bridge. She's very friendly, has a big ol hound dog bark, walks well on a leash and seems a little playful but not overly energetic. We don't know a lot about her because she came to our shelter as a stray.

This little West Virginia brown dog is Stella. She came to to the BCAS as a stray. Stella is around two and a half to three year old who weighs forty pounds. She's affectionate but gentle, she won't jump up so we think she would do great with a family with children. Stlla isn't a barker unless necessary.

Remi is a one and a half year old male mixed breed who weighs forty to forty-

social and gotten along well with other dogs here at the BCAS. Remi is having to learn not to jump up so he may not be suitable for a home with small children yet.

He knows sit, with a fist signal. He's lived with farm animals and cats. He has lived indoors and outside and won't potty in the house given the chance to get outside. Remi walks great on a leash and knows his name.

Eddie is a one year old male mixed breed, who weighs between forty and forty-five pounds. Because he was found as a stray, we don't have much back story on this guy. He's got playful puppy energy and would make a great companion for someone with an outgoing lifestyle.

His energy can be run off with activity outside and then he wants to be a lap dog and soak up all the love.

Eddie's only quirk is that he doesn't enjoy the company of most male dogs but getting neutered may change that. He does great with female dogs, and may do well in an only dog household if someone would throw a ball for him regularly or take him for walks and

Jersey is a beautiful young female Beagle, who is under one years old, and around twenty-five pounds. She's smart and learning quickly to walk on a leash.

She came to the shelter as a stray, but we do know that she will chase cats. Jersey loves to play but is not overly energetic. She will soak up all the belly scratches and love you have to give and would make an excellent addition to any loving home

Sam, Joe and Pete are littermates looking for brand new homes. Their Mom is a German Shepherd and we can't be sure about the Dad so they are listed as German Shepherd mixes.

Marley is an approximate six month old mixed breed female who weighs around thirty pounds and likely will stay a medium sized dog. The Braxton County Animal Shelter is still accepting donations in memory of Betty White. White was an avid animal lover.

To make a monetary donation, the BCAS PayPal link is: [PayPal.me/BC-AnimalShelter](https://www.paypal.com/donate/?url=https%3A%2F%2Fwww.bcas.org%2F).

# Stay in by the Fire

Continued from page 2

around outside, deer and er eaten any of it. I don't remember hearing anything like that when I was growing up at home, but when I got married and left home, we lived in suburbs of cities and I didn't feel that snow would be safe to eat. There was too much smog in the air. The air didn't smell good. I don't make it now as there are no small children in the home, and besides we have a dog running

Until next time, be safe out there and may God bless and keep you in his care !

## Town of Sutton Surplus Sale

Saturday, January 29, 2022  
from 10:00 A.M. - 2:00 P.M.  
at the Old Act II Building  
185 Main Street Sutton, WV 26601  
*List of items can be found at the Mayors Office*

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# Obituaries

**Geraldine H. (Ware) “Juggy” Carpenter**  
Geraldine H. (Ware) “Juggy” Carpenter, 87, of Webster Springs went



home to be with her Lord and Savior on Saturday, January 8, 2022 at her residence. Born April 12, 1934, she was the daughter of the late Bias Hutchison and Essie Gay (Arthur) Ware. In addition to her parents, she was preceded in death by her husband, Sampson “Junior” Carpenter; son, Dusty Carpenter; daughter-in-law, Debbie Carpenter; sisters: Marjorie Hosey, Beatrice “Lemoyne” Utt, JoAnna Davis, Cathleen Moore, and Janna Harper.

Juggy was a member of the Elk Valley Chapel where she taught Sunday School for many years. She was also very active with the Webster County Senior Center.

Left to cherish her memory are her sons: Gregg Carpenter and Randy Carpenter; grandchildren: Ryan, Heather, Brittany, and Tara; several great-grandchildren; and a host of nieces, nephews, other relatives and friends to mourn her passing.

Services to celebrate Juggy’s life were held 3pm on Friday, January 14, 2022 at Dodd & Reed Funeral Home, Webster Springs with Rev. Kyle Hall officiating. Burial followed at Miller Cemetery, Webster Springs. Friends may join the family for visitation from 1pm-3pm prior to the service on Friday.

Online condolences may be sent to the family at [www.doddreedfh.com](http://www.doddreedfh.com)

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

**Oscar Theodore Tharpe, Jr**  
Oscar Theodore Tharpe, Jr., 60, of



pe, Jr., 60, of Craigsville passed away on Thursday, January 13, 2022 at Summersville Regional Medical Center. Born October 10, 1961 in Richwood, he was the son of the late Oscar and Carmella (Zangari) Tharpe, Sr. In addition to his parents, he was preceded in death by his wife, Patricia (Fleming) Tharpe; and his sister, Rose Mary Tharpe.

He was a member of Kingdom Hall (Marist Hall) in Summersville. He enjoyed camping, yard sales, and trading and selling lawnmowers.

Left to cherish his memory are his children: Bryan (Brittany) Tharpe of Rock Cave, Amber Tharpe of LA, and Brandon Tharpe of LA; step-daughters: Phalon (Randy) Bennett of Cowen and Gabby Fleming (companion, Montana) of Richwood; brother: Michael Tharpe (companion, Dorothy Sheets) of Craigsville; sister, Linda (Steve) Willis of Craigsville; numerous grandchildren; and a host of nieces, nephews, other relatives and friends to mourn his passing.

In keeping with Oscar’s wishes, cremation will take place and no services will be held at this time.

Online condolences may be sent to the family at [www.adamsreedfh.com](http://www.adamsreedfh.com)

Adams-Reed Funeral Home is honored to be serving the Tharpe family.

**Walter D. Sillman**  
Walter D. Sillman, 81, passed away at home on Saturday, January 15, 2022. He was born on July 2, 1940. Walter lived in Lowther Hollow near Ireland, WV for 50 plus years and was a lifelong resident of Braxton County. He was raised

by his late parents Henry and Eva Sillman of Stone Coal, WV also proceeding him in death were his brother, Hylo Sillman and sisters: Velma Gibson, Esty Modestite and Laya Williams. Left to cherish his memory are brothers: Carl and Lonnie Sillman; sisters: Linda Tanner, Thelma Keener, and Ruby Sponaule also his greatest accomplishment, his five kids, sons: David, Steven, and Robert Sillman and daughters: Connie Brown and Pearl Sillman; and four grandchildren. Walter was a hard worker his entire life, toiling many hours on the farm where he lived. He was a kind and very giving person who was always there to lend a helping hand and was well liked by friends and neighbors. Walter enjoyed fishing, hunting, lawn work and keeping a nice yard. He will truly be missed by all who knew him.

Stockert Funeral Home & Cremation is honored to serve the family and friends of Walter Sillman by following his wishes, choosing to be cremated.

**Charles Davis Holbrook**  
Charles Davis Holbrook, 81 of Cowen passed away Friday, January 14, 2022. He was born January 13, 1941 in Cowen and was the son of the late Jefferson Davis and Rebecca Jane Long Holbrook. In addition to his parents he was also preceded in death by his brothers, Ralph, Randalph, Herbert, Otis, Ray, Robert and Junior; sisters, Mary, Hazel, Jean and Geraldine.

Charles was a Christian by faith. He enjoyed visiting different churches in the area until his health declined and was no longer able to. He enjoyed coyote hunting, fishing, working in the woods, tinkering on electronics and also enjoyed his cat.

Surviving are his sister, Marie Kramer and many nieces, nephews and many other extended family members and friends.

Service will be 2 PM, Wednesday, January 19, 2022 at Adams-Reed Funeral Home, Cowen with Evangelist Larry Lovely officiating. Burial will follow at Hickman Cemetery. Friends may join the family for visitation 1 PM until service time at the funeral home.

In lieu of flowers donations may be made to Adams-Reed Funeral Home to assist the family with arrangements.

Online condolences may be sent to the family at [www.adamsreedfh.com](http://www.adamsreedfh.com)

Adams-Reed Funeral Home, Cowen is honored

to be serving the Holbrook family.

**Paul “Rex” Miller**  
Paul “Rex” Miller, 93, of Solomons, MD, sailed into the Port of Heaven on December 23, 2021. Rex is survived by his wife and first mate, Donna, of 42 years, sons Paul Rex Miller, Jr. (Sue ) CA, Eric Miller (Teri) MD, daughter Kristen Lauver (Tom Devlin) MD, sister Louise Woods, MD, and 5 grandchildren.

Rex was born in Baltimore, MD in 1928 and graduated from the Baltimore MD Polytechnic Institute in 1946. He enlisted in the Navy in 1946 and served in the Navy and the Navy Reserves. He graduated from Johns Hopkins University School of Engineering with a ME Degree, received a Masters Degree from the University of MD and attended the Oak Ridge School of Reactor Technology in Oak Ridge TN.

Rex began his career in 1951 as an academic instructor and flight test planner at the Navy’s Test Pilot School at the Patuxent River Naval Air Base in Lexington Park MD, where he taught and flew with NASA Astronauts, John Glenn and Scott Carpenter. The test pilots inspired him to get his private pilot’s license and he flew with the FAA Flying Club for many years.

Subsequent employment was with the Atomic Energy Commission in Washington DC where he supported the Nuclear Ship Savannah Project. Following employment was with Martin Company and NASA. After retirement from NASA, he was employed by Schafer Associates in Arlington VA as a Program Advisor to an element of the Pentagon’s Strategic Defense Initiative Organization.

After retirement in 1997, Rex and Donna moved to Solomons MD, where his beloved Chesapeake Bay was close by. Rex was a member of the Solomons Island Yacht Club. As a boy his father took him on adventures on the Chesapeake Bay on the Baltimore Ferry, where he sketched the steamboats, airplanes and the water and sky. With adventure in his blood, he learned to sail and sailed the Chesapeake Bay over 60 years, with his most rewarding adventure being when he Captained his Tartan 37 sailboat to Bermuda, with the most exuberant feeling of returning to homeport via his beloved Chesapeake Bay.

Rex’s other passion was sketching and painting. After moving to Solomons he enrolled in the Advanced Oil Painting Class at the Calvert County Office on Aging, where he assisted in forming the Color and Light Society. He was a founding member of the CalvART Gallery in Prince Frederick, MD, a member of the North End Gallery in Leonardtown, MD and the Calvert Artists Guild. One of his most rewarding venues was being juried to exhibit his art at Ann Marie Garden Artsfests.

Rex was honored to be a Southern Maryland artist exhibiting his works of water, boats, sky and clouds, and his interpretation of the beauty of the barns and nature landmarks of Southern Maryland.

Rex said that “When someone bought one

of my paintings I felt I had communicated with another person in this universe in a very special way and that is the most satisfying accomplishment an artist can achieve.”

Rex was a member of the former Solomons United Methodist Church congregation.

Family will receive friends on Monday, January 10, 2022 from 12:00 p.m. until 1:00 p.m. with a Funeral Service following at 1:00 p.m. at Rausch Funeral Home, 20 American Lane, Lusby, MD. Interment will be on Tuesday, January 11, 2022 at 11:30 a.m. in the Maryland Veterans Cemetery, Crownsville, MD.

Memorial donations can be made to the Solomons Rescue Squad. Condolences to the family may be made at [www.rauschfuneralhomes.com](http://www.rauschfuneralhomes.com).

Support the Arts of Southern Maryland: CalvART Gallery, the North End Gallery, Annmarie Garden, and the Color and Light Society.

Family is requesting that masks be worn at the services.

**Lucas Daniel DeMarino**  
Lucas Daniel DeMarino, 28, of Glenville, WV; departed his earthly



home on January 14, 2022. He was born December 21, 1993 in Buckhannon, WV; son of Shelly Morris Smith and Dr. Daniel DeMarino.

He is a graduate of Gilmer County High School class of 2012 and Glenville State College, class of 2017 where he made lifelong friends that he loved deeply. Luke was a hard worker that had become a licensed Real Estate Agent for Central WV Real Estate Agency while working full time for his family’s company, Waco Oil and Gas, as an Assistant Manager in the Land Department.

Luke is survived by his parents, Shelly Morris Smith of Ponte Vedra, FL; Dr. Daniel DeMarino of Bridgeport, WV; as well as his sister, Dr. Hannah DeMarino of San Diego, CA. In addition, Luke is also survived by his step-father, Greg Smith of Ponte Vedra, FL; and step-sister, Sarah Smith of Morgantown, WV. He also leaves his maternal grandparents, I.L. “Ike” and Sue Mor-

ris of Glenville, while his paternal Grandparents, Dr. Frank “Chich” and Joann DeMarino, greeted him at the heavenly gates.

He is also survived by Uncle Doug Morris of Glenville, Aunt Kim Morris of Glenville and Aunt Theresa Wysor and Uncle Joe, of Fairfax, VA.

Luke was blessed with cousins who were more like siblings, Ian and Jordan Morris of Glenville and Callie and Tori Wysor of Fairfax, VA, and two very special great nieces, Arianna Hope Morris, and Mia Grace Morris.

A host of Great Aunts, Uncles and cousins also mourn the loss of Luke. We would ask all family and friends that were able to share in Luke’s brilliant smile and wonderful personality to gather together to remember and celebrate Luke.

Our time together will include many hugs, food, and most importantly an opportunity to share stories, memories and our collective sadness of his passing.

We invite you to join us at the home of Luke’s grandparents at 2888 US Highway 33 E, Glenville, WV. 26351, on Friday January 21, 2022, at 1:00 PM.

Ellyson Mortuary, Inc., is honored to assist the family of Lucas Daniel “Luke” DeMarino with arrangements.

## Sutton 4-H club

Don’t forget that Sutton has a new 4-H club! They meet on the second Thursday of each month at the library at 4:30pm.

4-H is a FREE program for youth ages 9-21 and the Cloverbud program is for ages 5-8.

4-H members select projects to participate in each year and can include projects like livestock, gardening, small engines, bicycle, rocketry, woodworking, wildflowers, entomology, forestry, trapping, birds, sewing, fishing, photography, art, first aid, hiking, camping, cooking, and careers.

For additional information, contact Mary Marple at (304) 678-5224 or the WVU Braxton Co. Extension Service at (304) 765-2809.

### Board of Directors to meet Jan 24

Please be advised that the regular meeting of the WVU Medicine Braxton County Memorial Hospital Board of Directors is scheduled for Monday, January 24th at 6:00 p.m. via conference call.

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*Spaghetti*  
**Benefit Dinner**  
For the family of Josh Hacker  
Donations only

Come out and support the family of Josh Hacker  
on Saturday, January 22, 2022  
from 11:00 A.M. to 3:00 P.M  
at the Flatwoods Community Building

**Meal will include**  
Spaghetti, Garlic Bread,  
Salad, Drink and Dessert

**Choose from**  
Dine In  
or Take Out!

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**Year to Date**  
**Charitable Contributions**  
**2021 total \$28,122.10**

*Like us on Facebook at Sutton Moose Lodge*





Tree measurement tools that will be utilized by Forest Technology students at Glenville State College. The instruments were purchased with a donation from Weyerhaeuser.

## Glenville State College Forest Technology Students Benefit from Weyerhaeuser Donation

The Department of Land Resources at Glenville State College recently received a grant from Weyerhaeuser to support the College's Forest Technology program.

The Department of Land Resources will use the funds from the \$1,485 grant to purchase basic forestry tools and instruments used in measuring tree height and diameter. These new items will be part of the instrumentation pool that are loaned to students for their use throughout the semester.

"The most recent grant that we received is a clear indicator of Weyerhaeuser's unwavering support of the Forest Technology program at Glenville State College," said Department Chair and Professor of Forestry, Dr. Rico Gazal. "We are glad to know that Weyerhaeuser continues to be a valuable partner in providing quality education to our students."

Gazal adds that when students have unlimited access to the instruments, their experiential learning is expanded beyond the laboratory period.

Students will have the ability to collect data, review for an exam, and conduct basic tree measurement required in their courses on their

own time. Having an individual instrument is also consistent with COVID-19 safety protocols.

The Department of Land Resources at Glenville State offers two associate degree programs in Forest Technology and Land Surveying.

It also offers a baccalaureate degree in Natural Resource Management with six majors: Forest Technology, Land Surveying Technology, Environmental Science, Energy and Land Management, Criminal Justice, and Wildlife Management.

The Forest Technology program has been accredited by the Society of American Foresters (SAF) since 2016. Before then, it had been a recognized program of SAF since 1973.

Faculty and staff in the program pride themselves on helping produce graduates who are knowledgeable in the basic field operations of forestry, land surveying, and natural resource management practices through classroom and hands-on learning.

For more information about the programs within the Department of Land Resources at Glenville State College, contact the Department of

Land Resources at LandResources@glenville.edu or (304) 462-6370.

## Carson thank you

The family and friends of Carl Carson want to thank all who helped with services.

Minister: Martin Wine.  
Pall Bearers: Timmy George, Brian Balis, Spurgeon Friend, Ken Roupe, Luke Cogar, Duck Cogar, and Bill Belknap.

Funeral arrangements: Ellyson's Mortuary, Inc.

Carl Carson lived with Anna Dodrill at Little Birch for 22 years and also kept his farm up at Orlando.

Carl enjoyed taking kids to parades, riding hover boards. He also liked country and gospel music and car shows.

Carl will be missed by all. Our home is empty without Carl.

Anna Dodrill and Donnie Jackson

The Carson Families

### Legal Advertisements

LEGAL NOTICE  
IN THE MATTER OF THE  
CHANGE OF NAME OF N.T.

CASE NO. 21-P-36

This notice that we will, on the 9th day of February, 2022 at 10:30 am, or as soon thereafter as the matter of the Petition may be heard, before the Judge of the Circuit Court of Braxton County, West Virginia, at his office in the Court of said County for the change of name of N.T. to the name of N.B..

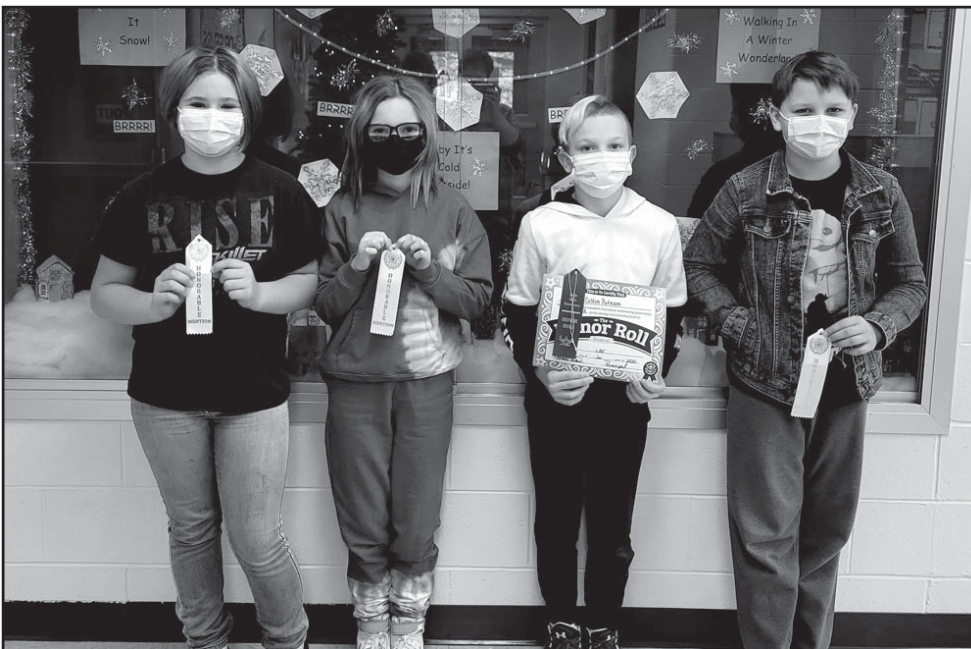
Shannon Bragg  
Petitioner 1-13 1-20p

## Elk CD Plant & Tree Sale

Continued from page 1  
ecd@wvca.us to obtain an order form.

Order deadline is March 15, 2022, and pick up will be Wednesday & Thursday, March 30 & 31, 2022 at the locations designated on the order forms. There will be a pick-up location in each county.

## Little Birch Elementary Recognizes Academic Achievements



## BCHD Food Handler Course

The Braxton County Health Department has announced its In-Person Food Handler Training for 2022

The location for all classes will be Braxton County Health Department, 617 Old Turnpike Road, Sutton, (304) 765-2851. Monday, Jan 31, 5-6 pm; Monday, Feb 28, 5-6 pm; Monday, Mar 28, 5-6 pm;

Monday, Apr 25, 5-6 pm; Monday, May 23, 5-6 pm; Monday, Jun 27, 5-6 pm; Monday, Jul 25

5-6 pm; Monday, Aug 29, 5-6 pm; Monday, Sept 26, 5-6 pm; Monday, Oct 24, 5-6 pm; Monday, Nov 28, 5-6 pm; and Monday, Dec 19, 5-6 pm.

Notes: classes will be canceled if there are weather advisories or warnings; class size will be 6 people or less, you must preregister, no walk-ins.

You must wear a mask and we will screen for symptoms; each card will be for 3 years, 1 & 2 year cards are no longer

available; county cards will cost \$15; state cards will cost \$25.

Please bring exact cash or check/money order; nonprofit cards are no charge.

If you prefer online training please go here for a county card: <https://www.statefoodsafety.com/food-handler/west-virginia/braxton-county> or here for a state card:

<https://www.statefoodsafety.com/food-handler/west-virginia/braxton-county1>.

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# CLASSIFIEDS

## For Rent

**BURNSVILLE TRAILER PARK:** Trailer lots for rent only, NO trailers for rent! Background check required. Trash & sewer included. Absolutely NO pets! Call (304)853-9103 today. tf

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**FOR RENT:** 2 & 3 bedroom apartments for rent, \$425 to \$475 per month. Required security deposit, references, proof of employment, nonsmoking. NO PETS. No utilities included, includes one year lease. Please leave message at 304-853-2423. 12-9 1-27 b

**FOR RENT:** Modern 2 bedroom 1 bath, unfurnished apartment located near Sutton. Full kitchen with breakfast bar, utility room w/hook ups, total electric, air conditioned. \$450.00 per month, check or money order only. Water, Sewer, Garbage included. One-year lease agreement, references required. \$450.00 Security deposit and first month's rent of \$450.00 required. No pets, no smoking allowed. Call (304) 678-5252 Monday through Friday from 9:00 am – 4:00 pm. tf

## For Sale

**FOR SALE:** 2003 Kawasaki automatic 4 wheel drive ATV. Great condition, new tires. \$3000. Call 304-644-1307 1-13/1/20pd

**FOR SALE:** House on Baxter Street, Sutton, 5 bedrooms, 1 1/2 baths, \$30,000. Call 304-644-5550. 1-18 3-8nc

## Help Wanted

**HELP WANTED:** Braxton Co. Senior Citizens Center is accepting applications for immediate opening(s) of an hourly Nutrition Site / House-keeping Position(s). Must be friendly, motivated, willing to work where needs arise, like working with people, and able to work independently. Any previous experience working with the public is a plus. Will interact with seniors and staff. Position remains open until filled by qualified individual. Send resume or completed application to: BCSCC Executive Director, 23 Senior Center Drive, Sutton, WV 26601 or e-mail to dirbcsc@frontier.com Preference to those qualified individuals aged 60 or over in accordance with the Older Americans Act. EOE 1-4 1-11b

## Statewide Classifieds

**TRAIN ONLINE TO DO MEDICAL BILLING!** Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 877-635-0244. The Mission, Program Information and Tuition is located at CareerTechnical.

edu/consumer-information. (M-F 8am-6pm ET)

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**STROKE AND CARDIOVASCULAR DISEASE** are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-855-915-3562

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# This Week in West Virginia History

Charleston WV – 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](http://www.wvencyclopedia.org).

Jan. 27, 1925: Bernard L. Coffindaffer was born in Nicholas County. In the 1980s and 1990s, Coffindaffer erected clusters of crosses along the highways of West Virginia and much of the Southeast.

Jan. 27-28, 1998: Flat Top on the Mercer-Raleigh county line received a record snowfall of 35 inches in a 24-hour period.

Jan. 28, 1902: Miners Hospital No. One opened at Welch, with a young Dr. Henry Hatfield as president. The legislature had passed a law requiring the building of state hospitals for those engaged in dangerous occupations, and eventually three hospitals were built in different sections of the state.

Jan. 28, 1937: In a flood that drove a million Ohio Valley residents from their homes, the Ohio River crested at Huntington at 69.45 feet, more than 19 feet above flood stage. By the time the water receded, five people were dead, and the city was in ruins.

Jan. 29, 1903: The great rhododendron was designated the official state flower of West Virginia, after being recommended by the governor and voted on by students in the public schools.

Jan. 30, 1818: Nicholas County was created by the Virginia legislature from parts of Greenbrier, Kanawha, and Randolph counties. The county was named for Wilson Cary Nicholas, a Virginia governor and U.S. senator who lived from 1761 to 1820.

Jan. 30, 1895: Mingo County was created from the southern part of Logan County. Mingo is the youngest county in West Virginia.

Jan. 31, 1878: Educator William Woodson Trent was born in rural Nicholas County. He served as state superintendent of schools from 1933 until 1957.

Jan. 31, 1922: Movie and television actress Joanne Dru was born Joan Letitia Lacock in Logan. Her movie career included more than 40 films.

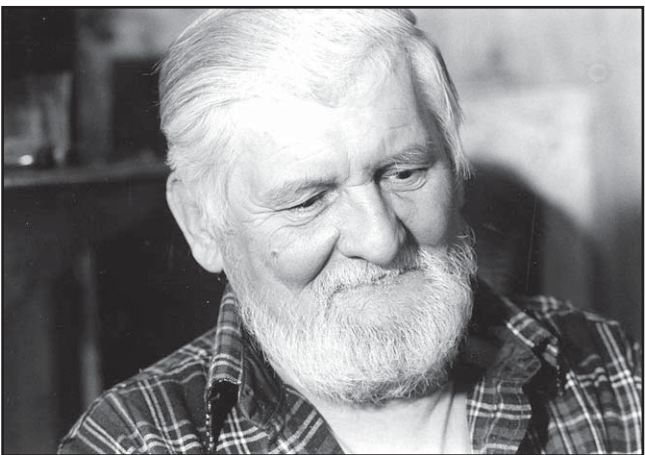
Feb. 1, 1901: Frank Buckles, the last known American veteran of World War I, was born in Missouri. Buckles purchased a farm in Charles Town in 1954 and continued to live there until his death in 2011.Feb. 1, 1832:

Education reformer Alexander Luark Wade was born. Wade reorganized rural Monongalia County schools to require progress through eight prescribed levels with a graduating exercise and receipt of a diploma.

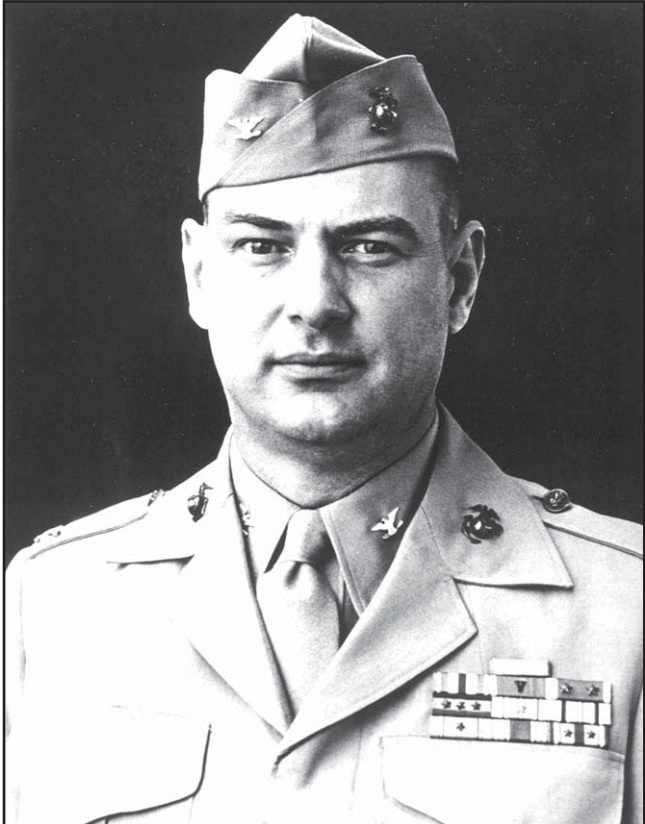
Wade's system worked so well, it was copied in other counties and states.

e-WV: The West Virginia Encyclopedia is a project of the West Virginia Humanities Council.

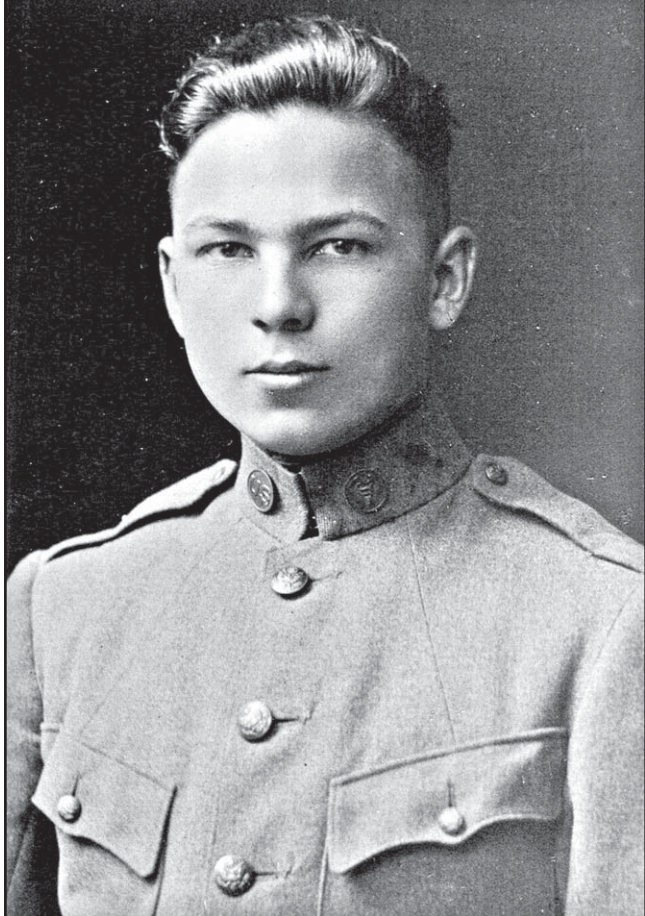
For more information contact the West Virginia Humanities Council, 1310 Kanawha Blvd. E., Charleston, WV 25301; (304) 346-8500; or visit e-WV at [www.wvencyclopedia.org](http://www.wvencyclopedia.org).



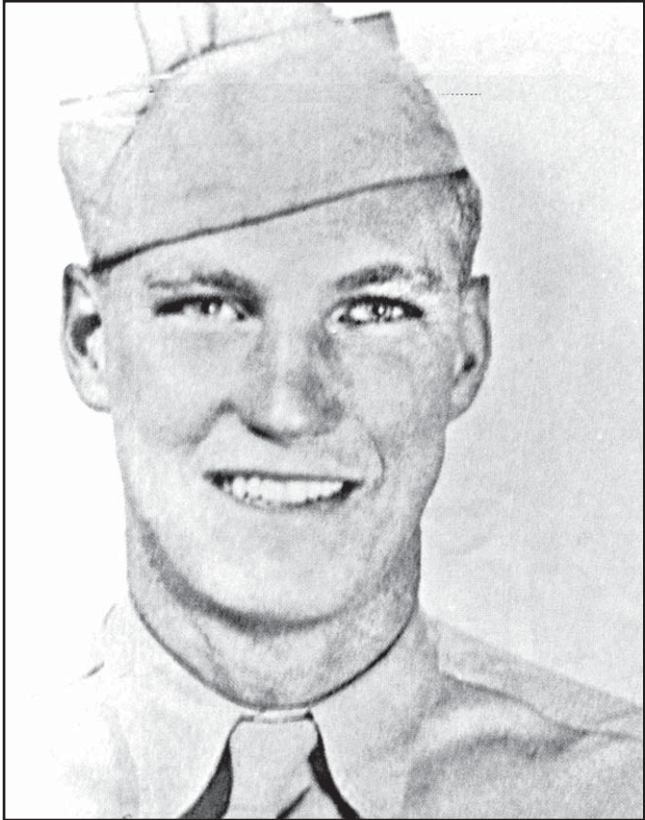
Jan. 27, 1933: Folk artist George Connard Wolfe was born in Standard, Kanawha County. A self-trained sculptor, he made his own tools from automobile leaf springs and engine valves and worked in stone and wood.



February 2, 1908: Justice Marion Chambers was born in Huntington. Chambers was awarded the Medal of Honor for his actions in the Iwo Jima campaign in February 1945.



Feb. 1, 1901: Frank Buckles, the last known American veteran of World War I, was born in Missouri. Buckles purchased a farm in Charles Town in 1954 and continued to live there until his death in 2011.



Feb. 1, 1901: Frank Buckles, the last known American veteran of World War I, was born in Missouri. Buckles purchased a farm in Charles Town in 1954 and continued to live there until his death in 2011.

# The Journey of Hope

“The Journey” of Hope and Restoration, these studies are through the “Living Free” program curriculum.

These studies are done in a small group setting that meets each Monday at 6:00 pm.

We serve food at 5:30 PM each Monday at 602 Elk Street, Gassaway, WV.

To register or if you have questions you can call Pastor Eric Veltre at 304-689-0000.

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# Braxton County Middle School Knights Sports



Coach Randal Brown in action.

## Summersville defeats BCMS Knights in only game of the week



By Shirley Shuman

Summersville took an early lead against the Knights in Braxton's only game of last week and went on to a 46-27 win. Knights' coach Randall Brown explained that Summersville's ability to control the tempo of the game contributed to his team's loss.

"The biggest problem is we went away from [the] style of basketball we play," Coach Brown said. "We fell into the style Summersville wanted us to play." The Braxton coach noted that they "were able to make some adjustments but they were too little too late." He also declared that he takes "full blame for the this loss" and added, "The

boys played their hearts out and I cannot express how proud of them I am."

Two Braxton players scored in double figures against Summersville. Aidan Crockett led with 11 points, and Stevie Boggs added 10. Other scoring saw Brady Toler with 3 points, Carter Lewis 2, and Owen Lowther 1.

Braxton plays at Clay Wednesday and will host South Harrison Thursday.

## Lady Knights win two of three away games

The Lady Knights began last week's play with back-to-back away games. Monday they traveled to Webster and Tuesday they played at Summersville. They lost to Webster but defeated Summersville and won a third road game, this one at Calhoun.

Knights' coach Matt Pritt attributed part of the 37-30 loss to Webster to the lack of games played recently. "The girls were rusty from not having a game for almost a month," the coach explained. "They got outrebounded." Braxton came back to outscore Webster in the second half but could not overcome the deficit.

Against Webster, Lauren Pritt led the scoring with 9 points. Bailey Pritt added 8.

Lauren Pritt and Lila Fitzwater each contributed 14 points to Braxton's 46-33 win over Summersville the following night. Bailey Pritt was also in double figures with 12. In this game, Coach Pritt pointed out, "The girls played even better, did better rebounding, and better shooting the ball. Three players were in double figures [showing] a good team effort."

Braxton's second win



Great hustle was showed by the team.



On the move.

of the week, a 43-26 defeat of Calhoun, came on Jan. 13.

"Again, a good team effort, they passed the ball well and had three players in double figures," the coach emphasized. Bailey Pritt and Fitzwater each scored 14 points and Lauren Pritt had 10.

The coach pointed out that the lineup had been

changed "based on the Summersville game" and noted that "sixth grader Aubrey Mowery and seventh grader Jade Chapman stepped it up on defense."

The Lady Knights will play a makeup game against Clay at home Wednesday. They will travel to South Harrison Thursday.

## On the Other Side of the Mountain

By Verena Sava

I grew up in an environment and a society that was homogeneous and demanded some conformity. We knew what to wear to fit in, we all more or less ate the same food, we respected authority to a certain point, always trying to fit in and not causing any trouble. We girls did not wear pants, only dresses or skirts. The roles of the sexes were very defined. It was the culture of my youth. Luckily it all changed in the sixties. I started wearing pants, not just for skiing but for everyday life. I also started smoking to rebel against conformity, asserting myself as an individual. Not exactly a smart reason to start a bad habit! Looking back, conformity made life easier, the rules were clear, but it reigned in creativity and restricted the exploration of new ideas and possibilities.

I love our world today with all the diversity of how we look, how we process thoughts differently, how we express artistic expressions in infinite ways, how we have the freedom to pursue different educational paths and job prospects. Diversity enriches our lives, our society, yet it also complicates things because we have to figure out how we can find some commonality and comfort among each other. Nothing is ever perfect.

I used this introduction to get to food. Our diets are diverse too and this is good, because we react independently as individuals to what we introduce to our body. Some people do well on an all plant based, on a keto, on a Mediterranean, or on an omnivore diet. I



Snow cones



**Seeds soaking**

hate to use the word diet, it feels restrictive and confined, I prefer to call these patterns more the way we want to eat. We have to somehow find out what we can tolerate and find out if it coincides with what we like. The two don't always mesh! The

question is how we feel with what we eat daily. Energetic? Absence of digestive problems? Absence of anxiety? Feeling generally good? Constant urge to grab for a snack? With all these differences among ourselves,

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# Peter Pan Cleaners





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*New local Drop-off and Pick-up Location in Sutton*

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## Monday Drop-off & Pick-up

Dry Cleaning	
Pants	8.95
Skirt	8.95
Coats/Blazers	8.95
Suit	17.90
Dress	17.90
Blouse/Shirt	8.90
Sweater	9.50
Heavy Coat (Hip Length)	19.75
Heavy Coat (Long)	22.75



### Heavy Coats



### Wash & Fold

Laundry	
Shirts	3.55
Pants (Extra Heavy Starch + 1.00)	9.40
Wash and Fold	2.05 Per Pound (10.25 minimum charge)

### Linens

Comforter (Full/Queen)	36.50
Comforter (King)	41.50
Quilt	23.00

(Down Filled + 5.00)

*Extra charge for silks, beads, leather trim, down filled, etc.*



### Quilts & Comforters



# On the Other Side of the Mountain



Start sprouting



Greening up 5th day

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nutritional-wise, political, race, sexual orientation, we have some undeniable factors in common. A woman gave birth to us, we all die at some point and nutrition-wise we are all hurt by our excessive consumption of sugar and spending the day exclusively on the couch or in the easy chair. That kind of narrows down the complicated contrasts among us.

We care lucky to have space for a garden and the luxury of lettuce during the winter. We heard that there are shortages on the supermarket shelves and that veggies are very

expensive. Here is a suggestion of how to grow some fresh food in a very compact space and get the daily benefits of vitamins and minerals, a good portion of antioxidants and amino acids, sprouts.

Broccoli, alfalfa, Mung beans, wheat, radishes, red clover are all perfect and easy to sprout. Broccoli sprouts are considered the best as far as nutrition is concerned. They carry anti-carcinogenic compounds. The seeds are available in almost all seed catalogs (Burpees, Gurneys, Johnnys etc.), some supermarkets carry them and of course Amazon.

Sometimes the offer is composed of different varieties, all in small portions, but some are sold by the pound. You just have to decide where to start. The seeds have to be specifically for sprouting, not for planting.

You need some quart jars, rings and squares of netting, or window screen or cheese cloth, big enough to cover the opening of the jar. Put one and a half tablespoons of your favorite seed in the clean jar, add 1 cup of water and soak the seeds for 18 to 24 hours. The next day empty the soaking water, fill up the jar with water, swirl the contents of the jar around and drain the water completely. Do the same thing again a second time during the day. Rinse the seeds every day about three times. Usually on the third or fourth day I add a few drops of hydrogen peroxide to kill any possible bacteria. Flush again after the peroxide treatment. About the third day, you should be able to detect tiny sprouts protruding from the seeds. On the 5th day the jar will be pretty much filled up with sprouts. After rinsing the sprouts, I usually place the jar in a sunny (winter?) window to let the photosynthesis do its job by turning them green. This step is optional, I just like the little added chlorophyll to the content. On day six, the sprouts are ready to be used. There are many ways to add them to our traditional fare, like adding them to pasta, to a salad, to soup as last ingredient before serving,

on a sandwich, or in a smoothy. There is no limit to their application.

To get a daily supply of sprouts. I would start a jar every day or so, depending on if you use all of it when the sprouts are ready. If you get 5 jars going, a fresh one every day, you are set. Each different species of seeds will have a different flavor to the end product. Radishes might have a little heat, mung beans are slightly crunchy, wheat and alfalfa fairly sweet. Sprouts are high density nutritious and taste delicious.

If you have some spare time, I would recommend to you to watch a Nova documentary on butterflies and how scientists and inventors use properties of the moths and butterflies for practical applications in OUR lives. What a resource for science classes too. Nova: Butterfly blueprints (Season 48, Episode 20)

Another Venue that opened my mind was about climate change. I have read a lot about it, but I never quite got the jest of what “tipping point” means in the climate crises.

This documentary puts together what it means when events of climate change all over the world are not isolated episodes but have an overall effect globally when their impact is seen as a worldwide event. PBS Science and Nature Earth Emergency.

It looks like we will get some winter after all. Enjoy the season and starting mid January, the already noticeably longer days!

# Kitty Korner



DOLLY: Female, 6 months, long-haired calico, very sweet



BOOMER: Male, gray/white tabby, 18 months, short-haired. Loves people.

As the holiday approached, we remind you that pets are a lifetime commitment, and not just a present for under the tree on Christmas morning. Just One Generation recommends that new pets NOT be introduced to a household on or at Christmas morning, but rather several weeks before or after the event. This gives all the best chance for the pet to adapt to its new environment.

Just One Generation cat rescue was formed in 2013 to help address the severe feline overpopulation problem in our area. All of our adoptable cats

and kittens are looking for indoor homes, and are litter box trained, social, have been vaccinated, dewormed, and received topical flea protection. Spay/neuter/rabies is included with our modest adoption fee of \$35, and older kittens and cats may already be done at the time of placement. This week we feature two recent intakes into our program that came to us from local Good Samaritans who found them abandoned.

Additional information can be obtained by calling Sally Stewart at 304-364-4136.

## WHY SHOULD YOU GET VACCINATED?

Do it for yourself, your family, and your community



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MEMORIAL HOSPITAL

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