

June 2008

Volume 1, Number 10

**FREE!**

# Two-Lane Livin'

**Growing &  
Using  
Tarragon**

**Traveling With  
Children**

**The Miracle of  
Vitamin D**

**Naturally  
Sweet  
Stevia**

**NEW!!  
Monthly  
Horoscopes!**

**The Basics of  
Wilderness  
Survival**

**Calhoun  
County's  
Heritage Village**

**Organizing  
the Garage**

**Bill Monroe:  
The Father of  
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**ALSO INSIDE: Calendar, Puzzles, Contests, Recipes, Horoscopes & Classifieds!**

***Central West Virginia's Guide to Life***

**[www.twolanelivin.com](http://www.twolanelivin.com)**

# Our Natural Instinct for Survival

## Two-Lane Livin'

Two-Lane Livin' is distributed monthly to the central region of West Virginia, including Wirt, Clay, Calhoun, Doddridge, Jackson, Nicholas, Wood, Lewis, Roane, Gilmer, Ritchie, Braxton, Webster, Kanawha and Upshur Counties. Print runs produce 15,000 copies.

Advertising deadlines are the 16th of every month. Event listings for our calendar should also be in by that date.

### For Advertising Information:

304-354-9132,  
info@twolanelivin.com

**Publisher, Editor:**  
Lisa Hayes-Minney

**Distribution Manager:**  
Frank Minney

**Copy Editor:**  
Sue Cosgrove

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## Deadlines & Details

**The deadline for the July issue is: June 17**

Advertising rates are available at 304-354-9132 or info@twolanelivin.com.

Send calendar of event details to:  
event@twolanelivin.com.



## Two-Lane for Life

Lisa Hayes-Minney

This is the seventh Father's Day to come and go since my father passed away. He died in March 2001, and I will always remember the year because he wasn't there to talk to that September when Twin Towers fell. I wanted to hear his words of wisdom, but I was also glad he never lived to see our nation wounded so. That was one of the first times, of many since, when I realized I would never hear his advice out loud again. Still, wisdom he offered me throughout his life still applies.

My father once gave me a magazine clipping of a parable about a farmer and an old mule. One day, the mule fell into the well. The farmer sympathized, but could figure no way to feasibly save the mule or the well. He called his neighbors, and asked them to help him haul dirt to bury the mule in the well and put it out of its misery.

The mule became hysterical as the dirt fell, and when a shovel load of dirt fell on its back, it shook off the dirt and stepped up on it. Noticing this, the mule continued. No matter how painful the blows, the mule just kept right on shaking it off and stepping up.

Soon enough, the old mule, battered and exhausted, stepped triumphantly over the wall of the well.

What seemed like it would bury him actually blessed him, all because of the manner in which he handled his adversity.

Daddy always had a way of making issues clear for me. This simple parable, now on yellowing paper riddled with thumbtack holes, reminds me that I can handle whatever comes my way. The key to endurance and survival in life is your ability to shake off whatever comes at you, and rise above it.

**What seemed like it would bury him actually blessed him, all because of the manner in which he handled his adversity.**

What I like about the parable is that the mule's natural instinct for survival is what prompts it to shake off the dirt and step up. The mule isn't particularly wise, isn't a thoroughbred, isn't "special" or "educated." By its own natural instinct, the mule does what needs to be done to survive. This point of the parable is clear.

But, sometimes, I focus on the thought that the mule survives, but the farmer has filled his well -- a life source for a farm. Did he have to re-dig the well? Did his neighbors help with that too?

It's points like these that I'd like to discuss with my father now, but still, I do get the point he was making. No matter what the complications of the world are, the stubborn mule has the natural instinct to survive it.

\* \* \* \*

On a fairly regular basis, we get calls, emails or mail asking why we don't cover "issues" like politics, injustices, environmental abuses, causes etc. Meanwhile, we also get calls and notes of critical input on the validity of natural remedies or home schooling. A recent comment suggested that we have a duty to use our publication to influence our au-

dience to respond to injustices...

I *want* to say that we aren't controversial, because when we started, we never meant to be seen as such. We just thought we were presenting good information.

I *want* to say that we don't do "issues" and "causes" because I don't want to focus on the dirt being tossed down the well any more. I just want us all to find our natural instincts to survive it.

I *want* to say we don't use our publication to influence.

I *want* to, but I *can't* say any of those things.

When columnists suggest alternatives to pharmaceuticals, or standard education, or processed foods, we're slipping across that "non-controversial" line.

When we discuss recycling, better nutrition, better budgeting, financial plans, and parenting, we are addressing issues of poor health, obesity, diabetes, economics, environment, health care costs, the housing market, domestic abuse, childhood education, mental stress.

When we write about regional destinations or musical outlets, and even when we design advertisements for our clients, we are working to influence our readers to support these endeavors and businesses.

I can say we try very hard not to focus on the dirt being tossed down the well by the world. We're trying to tap into our natural instincts and abilities to shake it off and step up, and... We're trying to share what we learn about this process with our readers.

Yes, there are problems with the world. But, I believe if we learn to make educated decisions about money, nutrition, budgeting... Find ways to develop love and laughter and quality relationships in our lives with others and with our environment... Enjoy and value simple pleasures and simple solutions... We will survive and some day find solutions to our bigger problems.

Norman Vincent Peale, author of *The Power of Positive Thinking*

## Our Readers Respond

*Your paper is a "good feeling" paper and the kind that needs to be published more often and have a wider circulation. Keep up the great work and know that it is appreciated.*

Dawna, Cedarville

*Two Lane Livin', [is] Central WV's coolest new lifestyle publication and web site.*

Jeff, Create WV

*I pick up extra copies of the magazine and take them to the ladies at work. They just love it.*

Sherry, Mineral Wells

*People come into the store just to get a copy of the magazine.*

Fred, Spencer

*I thoroughly enjoy reading every article. I'm always looking forward to the crossword puzzles & recipes.*

Elaine, Clay County

said, "Change your thoughts and you change your world." We can change our world by beginning with change in our own lives. Henry David Thoreau (my favorite writer) said, "Things do not change; we change."

The mule didn't change the well, he didn't change the dirt, or the farmer, or the neighbors. He simply changed his behavior -- by following his natural instinct to survive.

Two-Lane Livin' isn't here to change the world. We simply hope to provide readers with educational, entertaining and enlightening information. But, if one person lives longer by improving his or her health, if one child has greater potential because his or her parents took a little extra time, if one reader begins recycling or reusing... Who knows what changes in our world will result?

\* \* \* \*

I'm very excited about the addition of our newest feature, "Starry Skies Horoscopes," written for us by Bobbi Mangus of Adena Pathways.

Bobbi moved to West Virginia about a year ago, purchasing a farm in Roane County and opening her shop in Clendenin.

Two-Lane Livin' is so fortunate to have so many wonderful columnists -- all who live and work here in Central West Virginia!

\* \* \* \*

We would like to add more columns, features and contests for our readers to enjoy in the future, in our print edition, and online. But, we need your input to help us make our decisions. That's why we included a Readership Survey on page 23 of this month's issue.

In order to grow and plan the development of Two-Lane Livin' magazine, we would like your suggestions and input. Who are you? What do you think? What do you like? Not like? What do you want to learn more about?

Help us develop our magazine for your better enjoyment by completing our survey on page 23 and returning it to us before August 1. Your suggestions and ideas, your input and criticism is important to us. We want to offer our readers what they want and need.

(Two-Lane Livin' is a magazine, not a newspaper, so please read the related article on the difference between the two on page 7 before completing the survey.)

As we near the one-year anniversary of our launch, we'd like to learn more about you and how you feel about us as a magazine. Then, we can use your suggestions and criticism to plan our development for the years to come.

~ Lisa

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# Where Outside Ends & Inside Begins



## A Dose of Mountain Therapy

By Kim Butler

One of the biggest differences I've noticed between living in the city and the country is what constitutes appropriate housing, as well as what variety of living beings might be found under one roof.

In the city, homes are most often preceded by black-topped roads that lead to concrete driveways that take you to well-manicured sidewalks, to an inviting front door. Once inside, you kick off your shoes and plop down somewhere, without worrying what critters might be hiding under the cushions, or what strange smell is coming from the other room, or if you accidentally tracked mud somewhere you shouldn't have. At worst, there might be a dog or a cat, or some other relatively mild-natured pet calling the place home too.

In the country, however, that's not always the case. Here you can find a much "looser" assortment of living arrangements. Critters are often on the seemingly wrong side of the walls.

Just some of the situations I've witnessed so far include a horse pen on the side of the house so the horse could stick

its head inside the bedroom window anytime it wanted. Or, the house with a skunk family residing in a pen on the front porch. My kids have friends who raised motherless piglets in their bedrooms - all fifteen of them. Their cousins even took in a newborn mouse they found in the shed, feeding it milk and making it a bed in a can of cotton balls.

I've heard many a story of the town's old-time doctor administering CPR in someone's living room while the prized goats stood on the couch, or the undertaker arriving to find the family hog guarding the front door.

My family got a taste of this when we moved to the farmhouse.

When we decided to come back to West Virginia, I had only one absolute rule: I'll live anywhere EXCEPT in an old shack up a holler. When I got suckered into that exact situation months ago, my new mantra became, "OK - I can live in old and cramped, but I won't live in nasty and dirty."

That rule only lasted until the first spring rains, which brought lots of "nasty and dirty" mud and other wild things in the house.

So, now I live in a shack up the holler that's constantly bombarded by mud and other yuckies, not to mention the layers of dirt road dust (no matter how many times you vacuum

and clean, it just finds it's way in again). The only mantra I had left was "Absolutely, positively without a shadow of a doubt, no animals in the house."

We've worked hard to rid the place of the assorted wildlife inhabiting the house when we arrived. There were many snakes, the occasional chipmunk, millions of lady bugs, a wayward house wren, and an assortment of creepy crawly insects I'm not even sure you could find in an encyclopedia. I even put the family cat out to fend for herself so I wouldn't have to clean up her hair and change a litter box.

Our German shepherds, Pepper and Sugar (can you guess which one is black and which is white?) got the boot, too. They used to be house dogs when we had a concrete driveway and a nice grassy yard. But they quickly became outside pets after we arrived on the farm and their muddy footprints identified every piece of furniture I owned.

Everything went smooth for a while until just a few weeks ago. It was one of those days when you don't know what the weather might do from minute to minute. A little sun here and there, with some occasional rain showers mixed in between. It rained heavily the day before, and some that morning, so everything was still damp and mud puddles were everywhere.

(continued on page 16)

# Two-Lane Livin' offers THREE ways to WIN!

## 1. ENTER Our Cover Contest:

Submit your photograph or artistic interpretation of our theme, "two-lane living," for a chance to have your work featured on our cover! In addition, all winners receive a Two-Lane Livin' t-shirt, and will be highlighted in this box in each issue.

### THIS MONTH'S CONTEST WINNER IS:

**Randy Timm of Webster Springs, with his photograph, "Co-Workers."**

Randy enjoys the wild and wonderful outdoors. Bicycling, camping, hiking, traveling, and photography are his favorite pursuits. One recent summer, he bicycled nearly 400 miles, fully self-contained from coast to coast, through 11 states. His dog, Buster, has accompanied Randy on various journeys. Randy lives in a log home that he helped build.

**Contest Guidelines:** Color entries should be printed at high-quality. Previously published material is permitted. All submissions must be the original work and property of the entrant. **We are currently looking for fall photos.**

Entries will be judged upon relation to the magazine's theme, photo quality and content. Entries do not have to picture a road, but must reflect rural life. Full contest details and entry forms are available at [www.twolanelivin.com](http://www.twolanelivin.com).

To submit your entry, mail photographs, or prints of drawings or paintings no larger than 8.5 x 11 inches. NO digital entries will be accepted, as all entries MUST include a signed contest entry form. Entries will not be returned. Mail completed entries to: Cover Contest, P.O. Box 2, Millstone, WV 25261.

## 2. FIND the Signpost Contest:

Hidden somewhere in the pages of each issue is our hidden drive graphic as displayed at right. Find the image, cut it out, and paste it into the box in the entry form below.



Each month, we will draw a name from the entries submitted. Winners receive a Two-lane Livin' bumper sticker.

**This month's winner is: Mrs. Kenneth G. White of Cedarville, W.Va., who picked up her copy of Two-Lane Livin' at GoMart in Burnsville, W.Va.**

Mail entries to: Signpost Contest, P.O. Box 2, Millstone, WV 25261. Drawings are held on the 20th of every month.

(The hidden graphic is a different size than the example, so don't try to cheat.)

## 3. Name The Product Contest:

Name the food product made from the ingredients listed on page 15, and win a copy of Bill Statham's book, *What's In Your Food? The Truth About Food Additives* from Aspartame to Xanthan Gum. See page 15 for details.

# The Bride & The Veteran Housewife



## Just Thinking

By Joyce Moler

Conversation between a bride and a veteran housewife:

"What holds a marriage together?" the young bride asks.

"The glue gun."

"After so many years of marriage does your spouse do anything that annoys you?" the naive bride wants to know.

"Do you want an alphabetical list?"

"When is it best to have children?" the whining bride asks.

"Children come, ready or not."

"Does the old wives tale, 'The best way to a man's heart is through his stomach' hold true?" asked the bride.

"That depends on whether he likes charcoal or not."

"Did you know how to cook when you became a bride?" the snoopy bride wanted to know.

"Oh yes. I could boil anything." (Potatoes, meat, eggs and water. What else could a man ask for?)

"Who takes out the garbage? Your husband?" asks the silly child-bride.

"Yes." (What's a little white lie? She doesn't need all of her bubbles burst.)

"Is marriage a 50/50 proposition?" the liberated bride asked.

Mmmmm, yes. He has accepted more than 50 or more of my faults and I pick up 50 of his every day." (For example the dirty socks and shoes left wherever they were taken off.)

"Once the babies started coming, was the honeymoon over?" the bride, who was sitting on the edge of her seat on this question, asked.

"That depends on the grandparents." (The babysitters.)

"What classes should I take to prepare myself for keeping a house?" asked the bride who was grasping at straws.

"Economics 101. Broom Mechanics 111. And one that is a favorite of mine, Pre-packaged Foods 112."

"This is the last question. If you were to give me any lasting advice, what would it be?" asked the bride expecting a philosophical, well-thought answer.

"Buy glue sticks in bulk."

*Joyce Moler and her husband have lived in Newark, Wirt County, for over 20 years, raising two children in their cozy neighborhood. Joyce has a bachelor's degree from West Virginia University. Her daughter lives in Florida and her son lives in Newark as well, with his wife and Joyce's two grand-children, who bring Joyce great pleasure.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Where did you find your copy of Two Lane Livin'?

Affix  
Signpost  
Here

# Waste Not, Want Not

By Judy Wolfram

It's obvious that I don't or can't know all that there is to cutting corners or saving money. So, I look through books and magazines. I found a really good garden tip by Dorene Martin of Michigan.

Buy some inexpensive medium-sized baskets at yard sales. Set them in different places around your garden and as you walk around pulling weeds drop them in the closest basket. This means that you don't have to walk back and forth too much. You can empty each basket as it fills up.

Since the baskets are outside, the bottoms will rot out eventually. Pick them up and put them over some of your perennials in the spring while the plants are still young. As the plants grow, they will fill up the baskets and create something that you can enjoy all season long.

Some really good ideas for stalks of plants are aluminum knitting needles that come in all sizes or old umbrellas with the fabric removed. The handle and spines will hold up the wildest of plants. If you need to hold up some floppy plants, use old wire-framed lamp shades. Remove the material and place around the plants.

If you live near a wildlife or hunting area, take a walk after bow hunting season. All the arrows that you find will make great plant stakes and you'll get some exercise too. Inexpensive plant hangers can be made from wire coat hangers. Just cut the hook part off the hanger with wire cutters and use a pair of pliers to twist the hanger into the shape that you want. If the plant is too heavy, use two hangers. Check the weight close to the floor before you hang it up. Add a third hanger if needed.

I hope that some of these inexpensive garden tips have helped you.

My thought for the month is: Even though April showers may bring May flowers, you are the one who has to dig, plant, fertilize, prune, thin out, weed them in June.



Judy Wolfram is chairman of the Calhoun County Solid Waste Authority, 2 miles outside Grantsville on Route 5. Hours are Tues. and Thurs., 8 to 4 and Sat., 8 to 12 for buy-back of nonferrous metals. Batteries, recycling items accepted 24 hours a day. Batteries are also accepted at Chloe Auto & Hardware.

# Always At Home...

because that's where it all begins.

By Lisa M. Sheldon



With school letting out soon many of us are planning what to do this summer. Travel is usually on the agenda in one way or another. You may be planning a weeklong family vacation or a few day trips to break up the monotony of the hot summer. No matter what you hope to do with your family this summer, if you are traveling with children, here are a few helpful hints.

Spontaneity can be fun, but arriving at your unexpected destination without the proper clothing or general needs can make a spur of the moment get away miserable. Planning is a good start to any trip.

You need to know something about where you are going. If you have never visited your upcoming destination get some information by calling or checking online so you know everything from the hours they are open to what their policy is in case of bad weather. Knowing where you are going will help you decide what to take, the best time of day to arrive and what activities they offer while you plan to be there. This is for theme parks and national parks, for overnight stays and state park day visits.

Organization is not always my best virtue, but I do understand the value of lists. While planning an outing with your family, lists may just save your sanity. One list should be for everything you need to take with you, include the phone

number for where you are going. A second list is great to note all the things you need to do around the house before you leave. Your favorite family pet will not appreciate being left unattended while you are away. These two lists will give you more confidence when you leave, by showing you that everything is checked off and all is right with the world.

Include the children as much as possible. If they have some part in getting ready, they will enjoy the trip more and not feel like they are just something else for you to worry about. If your children are old enough, they should be packing for themselves. We started this at 10 years old, with mom checking each pile before it was put into their individual canvas bags. All I have to do now is make sure what they need is there. I don't have to find it, fold it and gather it. Time saved for folks, good skill learned by children.

To make the packing more fun for the children, turn it into a scavenger hunt. Give them a list of the items that they need to pack and send them looking and gathering. The one who finds all their stuff first and has it ready to be packed gets a prize (something small). If you only have one child to pack, set a time limit and give them a little something if they get everything together before the time goes off.

It also helps if your children can each take a small bag of items to entertain them on the trip. Give them a size limit and let them pack this also if they can. You'll never pick the same things they will, it's amazing.

Pack the vehicle the night before, even for a day trip, and you will be amazed at how much pressure that takes off of everyone before leaving in the morning. I have known families that travel at night so the children can sleep the trip away, but we discovered two downsides of this for our family. The children miss the changes and stuff to see on the trip and the adults tend to take two days of vacation to recover from staying up all night driving there. You know what works for your family.

When planning how long a trip may take, please for everyone's sake, don't make it a race to get there. Limiting time on the road, stops and eating may get you to your final destination a little quicker (not always) but you will have a frustrated, angry mob exiting the vehicle when you get there. Estimate your time but leave room for flexibility in your schedule. The old saying that half the pleasure of a trip is in the journey is true. Let the family enjoy the trip and the destination.

Traveling to new and familiar places are part of the joy in our mobile society, and by thinking ahead and exercising a few simple planning skills, you just may be able to make day trip to the local park or a family vacation to the coast a lot more fun for everyone.

Lisa M. Sheldon is a wife, mother, author and Calhoun County resident. She has 12 years experience in early childhood education and an RBA from WVU-P. She is also a columnist and advertising director for The Calhoun Chronicle.

## Homeschools Continue Through Summer



Homeschooling in West Virginia

By Karen Pennebaker

School, for homeschoolers, doesn't have to "begin" and "end." In many cases, homeschoolers treat learning as a natural, on-going experience that never ends. Summer has many opportunities for interesting learning experiences.

Homeschoolers in West Virginia must have an annual evaluation handed in to the county school district in June, but that doesn't necessarily mean "school's out"! School, to many of us, is life itself.

Yes, we teach traditional subject matter. Everyone needs to know how to add and subtract, read, write coherently and more. But education is far more than the traditional "three R's". An educated person is one who knows how little he/she really knows, but knows how to find the information he/she needs to learn more!

Summer in West Virginia is filled with festivals - some weekends there are half a dozen of them going on at the same time. There is an online calendar that lists some of them but many, many other festivals that you have to search for. If you call 1-800-CALLWVA, they will send you the annual tourism book, which is always filled with

ideas for places to visit.

This summer, with gas prices going higher and higher, most of us are not going to be too interested in long trips! However, there are many parks in West Virginia and most people live within an hour's driving distance of at least one of these. Most of them offer camping and all have picnic facilities.

One of the things we enjoy is watching for the various wildflowers that bloom. When I drive from my house to Glenville, I always go via Leading Creek Road. In the very early spring, the dandelions begin the 'yellow phase'. Each month brings a different flowering plant and often more than one in the same

(continued on page 23)

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Needed: Farms, Acreage, Residential, and River Lots

# Write On The Radio



By Brad Moyers

The glory days of southern rock keep attempting to be rediscovered, or at the very least be remembered.

The band that was "Lynyrd Skynyrd" was actually destroyed on October 20th, 1977, in a horrible plane crash near McComb Mississippi, killing singer Ronnie Van Zant, new guitarist Steve Gaines, his sister, backup singer Cassie Gaines, road manager Dean Kilpatrick and both the pilots.

Still, over the years, various albums or songs thrown together have continued to be released and, of course, a form of "Lynyrd Skynyrd" is still out there touring and keeping the music alive.

Whoever is the owner of the early Skynyrd license, that being the first seven albums in their short seven year career, has issued a deluxe edition of the "One More From The Road 25th Anniversary" album a few years back, and now in 2008, has recently re-released the deluxe "Street Survivors" with extra cuts, including some of the supposed very last concert recordings ever captured.

You may remember, this original album was issued just three days before the crash. It featured on the cover a picture of the band surrounded by flames. It was soon replaced without the flames in respect for the dead.

The one main thing I really recommend for any even casual Skynyrd fan is to see the movie "Free Bird." All the albums speak volumes, but the movie tells a story.

But in terms of comebacks, versions of other southern rock bands are still trying to hammer out "new," or at least updated stuff, albeit with different and, in some cases, missing-man line-ups as well. Two have, but three come to mind...

"Blackfoot-Southern Rock's Best Live" 2007

"Molly Hatchet-Flirtin' With Disaster-Live" 2007

The award for "Best Comeback Try," though, needs to go to "The Outlaws." Why do they deserve the award? Please read on.

Do you remember the "four guitar army," "The Outlaws," formed in Tampa in 1972? Songs like "Hurry Sundown" and "Green Grass and High Tides"...If you think that "Lynyrd Skynyrd" was the only southern rock band with a somewhat storied tale....

Henry Paul, former "Outlaw," ... together with Van Stephenson and Dave Robbins formed the country group, "Blackhawk." Sadly, Van passed away on April 8, 2001 after a tough fight with cancer, and "BlackHawk" seemed to be grounded, but the group reformed with Chris Anderson filling the spot vacated by Stephenson's death.

Look on the Blackhawk video "Goodbye Say It All." The drummer is Monte Yoho, former "Outlaw."

Buzz Meekins, "Outlaw," left

and made a deal to play with Skynyrd three days BEFORE the plane crash. Obviously, we know that didn't happen.

And sadly, two former Outlaws died in the same month in 1995, guitar player Billy Jones, 2/7/95, and bass player Frank O'Keefe, 2/26/95.

Hughie Thomasson, "Outlaw," became a guitarist for "Lynyrd Skynyrd" and played from 1996 to 2005, then decided to go BACK to "The Outlaws" and bring back the respectable sound they were known for...sadly, he passed away September 9th, 2007, at age 55, trying to get the new album done.

What happens now? In true southern rock tradition, the two that were "Blackhawk," Outlaw Henry Paul and Chris Anderson brought back Outlaw drummer Monty Yoho and then added three more players: Billy Crain (played with Dixie Chicks and Martina McBride), Randy Threet (Pam Tillis and Trisha Yearwood's bands) and Jon Coleman (Lee Roy Parnell's band).

Will they get a rock album out? Will it be country?

I'm just glad to see them again, trying, still traveling music's two lanes...

*Brad Moyers of Burnsville, is an eight-year radio broadcaster, a deeply devoted student of music of several genres, and writes as a hobby. He offers a glimpse into the broadcast music business, its history and happenings, from someone who makes a living doing what they love. Readers may contact him at [brad.moyers@yahoo.com](mailto:brad.moyers@yahoo.com).*



## Buster Talks Bluegrass

[buster@bpsmusic.com](mailto:buster@bpsmusic.com)



Howdy folks. I hope you are enjoying my little column about old-time bluegrass music. I'm having a great time writing it (even if it takes longer because of my one good paw) and I really enjoy hearing from all of you who have taken the time to drop me a card or email.

This month we want to start talking about the founder, the inventor, the father of what we now know as Bluegrass Music, Mr. Bill Monroe.

Bill was born into a musical family and just grew up playing and singing with his brothers Charlie and Birch. Charlie played the guitar, Birch the fiddle and Bill was "stuck" with the mandolin. He listened to the radio and heard The Carter Family sing their increasingly popular songs and, being an ambitious young man, Bill decided that he and his brothers needed to be on the radio.

In 1934 they were playing on a part-time basis for Radio Station WLS in Chicago when they were offered full-time employment. Birch didn't want to make music for a living so he left and Charlie and

Bill teamed up as The Monroe Brothers and played that way for four years. They played "country music" or hillbilly music in the same style as The Carter Family.

This style was characterized at the time by vocal harmony (2 or 3 part) and instrumental harmony where one instrument was not singled out above any of the others. They all played rhythm. This style didn't suit Bill very well because he wanted to be the star. He wanted to shine and stand out. One of their best known songs from this time was the great gospel song with Charlie and Bill harmonizing, "What Would You Give."

In 1938 Bill started his own band. Since he was from Kentucky he decided to call his band Bill Monroe and the Bluegrass Boys. Now, normally, just forming a band and naming it doesn't start a whole new kind of music. But, it wasn't long before folks started sitting up and taking note of this new sound coming out of their radios. They liked it. They wanted to hear more of it.

You see, Bill decided the music he and everyone else was playing was too tame. It didn't bark. It had no drive. It just laid there. He set out to change all that and brother! Did he ever.

His first big change was to stand up there in front of the group after they had sung the chorus of a song and hit some hot licks and fancy finger runs on the mandolin. This was called a "break" and Bill threw it kicking and screaming into the new music style he was inventing.

There was lots more to come. Hallelujah.

*Buster is a member of the Bluegrass Preservation Society. To preserve our heritage in old-time music, this group holds monthly concerts at Mid-Mountain Lanes in Flatwoods, recording performances. Audio recordings are broadcast on The Boss 97 and on KISS FM 104.2. Video recordings are featured in on Channel 5 out of Bridgeport, on Saturdays, all shows airing at noon. For full information on the Bluegrass Preservation Society, visit [www.bpsmusic.com](http://www.bpsmusic.com).*

# Recipes from Mom

By Lisa Cooper Laughlin  
(taught by Helen Cooper Burns)



My best friend, Rebbicca, called me today. She's coming this week end to stay. We'll play games while we have a treat. We'll cook early so we'll have plenty to eat. We'll play outside maybe with the water hose. We'll spray each other and soak our clothes. We'll turn loose the dogs and let them run, so they can join us having fun. Rebbicca is 11, makes me look old. Learning from her, I learn to be bold. She teaches me how to feel young at heart. I really miss her when we are apart. We'll go see the baby, which looks like a baby doll. She is teaching me how to be a great grandma!

## Mom's Homemade Macaroni & Cheese

Cook two cups macaroni until tender. Drain water. Cut up two cups of 1-inch pieces of Velveeta cheese. Add 1 teaspoon butter, 1/2 cup whole milk. Let the cheese melt and soften until you make the sauce. Add evaporated milk, if wanted, to make it extra creamy!

For any tips or new grandma stories contact [cooperlisad@yahoo.com](mailto:cooperlisad@yahoo.com).

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Show Date	Bluegrass Band
June 7th	The Mathenys
June 14th	Third String
June 21st	River's Edge
June 28th	West Virginia Travelers

## Use What You've Got

Household Uses For Staples of The Home

*You don't really need to buy products for cleaning, polishing, healing and deodorizing. More than likely, you already have what you need in your home.*

**BAKING SODA** - No need to purchase fabric softener. Use baking soda in rinse water to soften fabrics.

**VINEGAR** - Marinate meat in vinegar to kill bacteria and tenderize. Use one-quarter cup vinegar for a two to three pound roast, marinate overnight, then cook without draining or rinsing meat. Add herbs to the vinegar when marinating as desired.

**HYDROGEN PEROXIDE** - In the greenhouse? Add 1 ounce 3% hydrogen peroxide to one pint of water and soak the seeds overnight to help seeds sprout. Add the peroxide each time you rinse the seeds.

**SALT** - Salt is a good weed killer. Carefully spread salt among walkway cracks, then sprinkle with water. Don't let the salt migrate to plants you like, your lawn or area waters.

**ORANGES** - If you place a piece of orange peel in your bag of brown sugar, the sugar will stay soft.

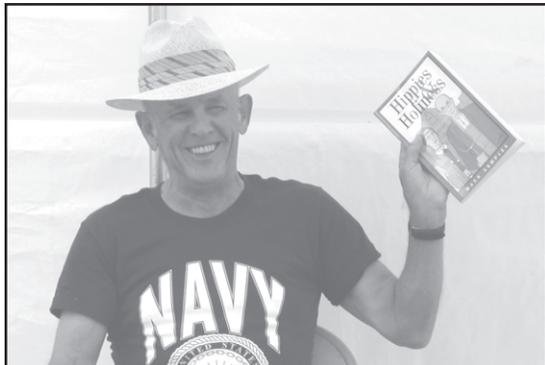
### Squeaky Clean Housekeeping Tip:

*From Jaime McCumbers, Squeaky Clean Cleaning Services*

**Problems with soap build up on linoleum or tile floors? Use Windex to clean them instead. It causes less soap build-up.**

*Have cleaning questions? Send them to [jmcc25@aol.com](mailto:jmcc25@aol.com).*

## MACK SAMPLES BOOK SIGNING



Mack will be doing a presentation and signing all of his books at the West Virginia State Folk Festival on Saturday, June 21.

Also, catch the Samples Brothers Band on the Saturday night show in the College Auditorium!

Visit Mack's website at [www.macksamples.com](http://www.macksamples.com).

## Growing, Harvesting and Using Tarragon



### Artemisia dracunculus, Tarragon

*Artemisia dracunculus*, commonly known as Tarragon, is one of few culinary herbs in the vast *Artemisia* family. Also known as "little dragon," tarragon traces its historic roots back hundreds of year before Christ. Tarragon's usage was recorded by the Greeks about 500 BC and was among the "simples" - one-remedy herbs - used by Hippocrates. Its brown, coiled roots resemble a small cluster of serpents, hence the "little dragon" nickname.

Two distinct varieties of tarragon exist, the European and the Russian. The less desirable Russian type varies greatly from the European in that it produces abundant seed and is more vigorous in its growth, but lacks the oils that make European tarragon such a delight. European tarragon, also called French or German, is the delectable culinary variety that provides such joy in both fragrance and taste. This tarragon seldom produces fertile flowers that go to seed, so veg-

etative propagation is the way to increase your supply. Buy established plants, or obtain a slip or root cutting from someone who grows it.

Cuttings can be taken early in spring, after the main plant begins new growth. Tarragon prefers moderate sun in fertile, well-drained soil. Mulch plants to retain moisture. Root division in March or April is done by dividing the root cluster into two or three clumps. Divide mature plants every three to four years to reinvigorate them.

A tall, handsome plant, tarragon grows two or three feet tall with elongated leaves on upright stalks. Small yellow and black flowers form in late summer.

Begin harvesting tarragon in July or when the lower leaves start to yellow. Leave two to three inches of stem on the base of the plant. Dry tarragon carefully to avoid browning of the leaves. Strip leaves from the stem and dry in a warm, shaded, airy spot. Drying temperature should stay below 90 degrees. Seal completely dried leaves in an airtight container.

Cover tarragon beds after the first hard frost with a couple of inches of mulch to protect the shallow, lateral root system. Consider potting up a root cluster to bring inside for the win-

Only  
Organic  
By Sue  
Cosgrove



ter. Allow ample pot space for the roots to spread. Don't over-water tarragon indoors. Allow the soil to dry out for a day or so before watering. Give twice-month compost tea feedings.

Try tarragon as a delicious herbal enhancement. It blends well with fish, egg dishes, and green vegetables such a lima beans, spinach, and peas. Add to cheeses, white sauces, tartar sauce, and white wine vinegars. For a super-special taste treat, cream ¼ lb. of softened organic butter with 1 tsp. dried tarragon leaves, OR 2 tsps. fresh minced leaves. Cover, leave at room temperature for about an hour for heightened flavor, then use or refrigerate. Spread on toasted French bread or melt into baked potatoes -- ooh la la!

*Sue Cosgrove grows organically in Calhoun County. A popular speaker, she covers topics from compost to herbs, and mulch to mycology (mushrooms). Her artistic passions include baskets and wheat weaving. Contact Sue at [chewsorganic@yahoo.com](mailto:chewsorganic@yahoo.com).*

## Three Exercises for Riding Basics



### On Course With Your Horse

By Jennifer Minney

Last month I explained what the four basics to riding are. This month I am going to describe a few exercises to activate the four basics.

The first position is the monkey position. The position is done off the horse, to better understand what is to be done on

the horse. Doing the monkey position you are trying to develop a plumbline. A plumbline is an imaginary line that is straight and can be drawn through your ear, shoulder, hip and heel that is perpendicular to the ground.

First, stand with your feet shoulder apart, knees slightly bent. Next bend over at the waist letting your arms hang to the floor resulting in your back parallel to the floor (Do Not straighten your legs). Then raise your back, back up perpendicular to the floor without straightening your knees or arching your back. Then use your stomach muscles (abs) to tip your hip under; the same position you started in.

The second position is the frog position, done on the horse at the walk or trot. Its purpose is to strengthen muscles used to help put your hip in a correct position. Also it helps you find your seat bones and how to balance them in the saddle, as well as help you find the rhythm in your hip to later follow the horse's movement without jarring yourself. First, hold onto the front of your saddle to balance

yourself, then lift your knees above your hands. Your legs should be bent and they should not be touching the saddle.

The third position is the dog position. This exercise is done on the horse at all gaits (walk, trot, and lope/canter). It helps with your balance in the plumb line. Doing this helps keep your leg rolled in and in the correct position. At the same time it helps you find the rhythm of the driving leg. First hold your saddle. Keep your knees bent and your heels in your plumbline. Now lift your thighs away from the saddle.

All of these exercises are performed at Meredith Manor and have proven themselves. Accomplishing your plumbline can help you in a variety of ways when riding. It helps you stay over the horse's center of gravity and keeps you and your horse balanced during any maneuvers.

*Jennifer Minney is a Gilmer County High School graduate and an award-winning participant in regional horse shows. She is currently attending Meredith Manor International Equestrian Centre in Waverly.*

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# Knowing Nature

By Bill Church

## The Four Basics of Wilderness Survival

You are lost in the woods and the weather is going to get bad. What do you need to survive until rescue arrives?

Most of us have never seriously given the idea of being lost in the woods a second thought. Getting lost can happen to even the best and most experienced of us. Imagine being out and having bad weather hitting. Instead of stopping for a while, you continue on. Soon the weather turns worse and you become disoriented. I use the term disoriented because no true outdoors person is ever lost. With the weather, you being disoriented, what do you do next?

Your first step is to stop, take a look around and decide then what needs to be done. Calm down. You will need four things to survive: Shelter, Fire, Water, and Food in that order.

**Shelter** - The main thing that you need is shelter to protect you from the elements. SHELTER is the means by which you protect your body from excess exposure from the sun, cold, wind, rain or snow. Anything that takes away or adds to your overall body temperature can be your enemy. The easiest shelter to make is a Debris Hut.

**Fire** - You need fire to keep warm, purify water, cook food, and to signal rescuers. It will also keep predators at a distance. You should always carry at least two ways to start a fire at all times in the wilderness. A small fire provides more heat than a large one and should be built in

a teepee shape. This provides the most efficient burning of the wood and gives off the most heat. Using a reflector (space blanket, tarp, or sheet of plastic) with your fire will help keep you and your shelter warm and cozy all night. Your fire should be between your reflector and your shelter.

**Water** - You can live for weeks without food, but only a couple days without water. You can purchase different types of water purification devices or you can if possible boil all water 10 minutes plus one minute for every 1000 feet above sea level. Strain water through your handkerchief to remove large particles. Never wait until you are without water to collect it. Have some poly zip bags to collect and store water. Know how to gather and purify water. Never drink straight out of a stream or river as you stand a 99% chance of contracting Giardiasis. There are very few streams around these days that aren't infested with it. You need to bring the water to a full, rolling boil for at least five minutes to be safe, with some experts recommending an even longer time. The down side to boiling your drinking water is that it removes the oxygen and the water ends up tasting flat. You can improve its quality by pouring it back and forth between two containers to put oxygen back in, or simply shake it up.

Above all, be cautious and use common sense when choosing where to gather your water. Do the plants surrounding it

look healthy? Are there dead animals nearby that might have contaminated it? Don't collect any water that looks stagnant. Generally, water that is further upstream will be cleaner than that downstream, but there are no guarantees. Don't automatically go for the fastest rushing water, as fast water carries more sediment. You can avoid picking up a lot of sediment by making sure you dunk your water bottle completely under the water. This will avoid all the dirt and debris that floats on the surface. With so many ways to purify water, there should be something for everyone and no reason to ever take chances drinking untreated water.

**Food** - Learn your edible plants now before you venture into the wilderness and how and when they can be collected and how to prepare them for eating. Never eat anything that you cannot identify. Some plants are so poisonous that a tiny bite can kill you. Learn ways to capture small animals; such as birds, squirrels, and rabbits and how to prepare them.

Next time we will begin covering each of these essentials of survival separately in more detail.

*Bill Church is a certified WV Master Naturalist and herbalist. He has published a book called, "Medicinal Plants, Trees, & Shrubs of Appalachia," and is a network and computer specialist at Glenville State College. Articles are courtesy of Gilmer County Master Naturalist Association.*

## Preparing Your Home for Severe Weather

Being prepared for severe weather, like tornadoes, hurricanes and harsh storms, goes beyond buying batteries and stocking up on bottled water during storm season. It starts with your home itself. While severe weather is unpredictable, its threats to your family and property are well known. You'll need a plan to protect from extremely harsh rain and winds, windborne debris, flooding, and even lack of access to food and water.

Here are some suggestions from the experts at The American Red Cross on making your home and family safer from severe weather:

\* Have a plan that family members can follow in a severe weather emergency. Certain emergencies require you to shelter-in-place, while others neces-

sitate evacuating. Family members need to know what to do.

\* Prepare your home in advance of storm season. Make trees less susceptible to damage by removing dead limbs, then strategically eliminate branches so wind can blow through.

\* For high-wind storms, bring inside any lawn furniture, outdoor decorations, trash cans, hanging plants, and anything else that can be picked up by wind. Cover all windows.

\* For tornadoes, you often don't have time to evacuate. Pick a place where family members can gather. It could be your basement or, if there is no basement, a center hallway, bathroom, or closet on the lowest floor. Keep this place uncluttered.

\* Keep supplies on-hand, including: a first aid kit and essen-

tial medications; canned food and can opener; at least three gallons of water per person; protective clothing, bedding, or sleeping bags; battery-powered radio, flashlight, and extra batteries; special items for infants or the elderly.

\* Identify in advance where your family will go if evacuated. Choose several places -- a friend's home in another town, a motel, or public shelter. Keep the telephone numbers of these places and road maps handy. You may need to take alternative routes if major roads are closed or congested.

**THOUGHTS**  
of Dr. Bob Henry Baber

fish phobia?  
sea kelp

## Two-Lane Livin' - Magazine or Newspaper?

A newspaper is different from a magazine in content and style, because of the way it is produced and who it is produced for.

"Magazines can delve further into subject matter than newspapers, while allowing writers ample time to craft provocative, insightful articles. Magazines are collected, lingered over, and proudly displayed on coffee tables like accessories," says Mary Helen Tibbs, of Memphis Magazine.

Magazine readers look for articles that give them a feeling that they have either learned something of value, have connected in some way with the rest of the human race, or that they have at least gained value in the form of relaxation or entertainment. They want something special that will make them feel as if they have spent that relaxation time reading wisely.

Carolyn Burch, of WritersWrite.com notes, "Most magazines have high degrees of reader loyalty. To use a food analogy, you could say that newspapers serve up a veritable smorgasbord, and magazines dish out wholesome, homestyle meat and potatoes. Comfort food. Regularly."

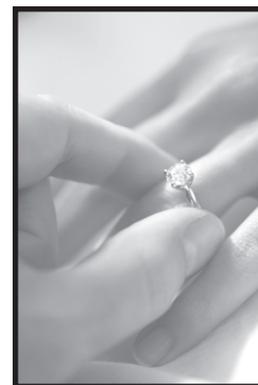
"I recently read a statistic that most magazines are kept for as long as a year and read and re-read cover to cover," says Burch.

According to Tibbs, a reader of a newspaper is concerned with staying on top of current events and trends; is reading because he feels he needs to. He doesn't mind the controversial or occasional sad story, he needs to hear what's going on in his world, how to stay ahead of the game in his city, career, life, money, etc. He expects not to agree with every piece of writing he reads.

People who read a newspaper do not have the time allotment for reading that magazine readers do, and newspapers are made to be very disposable, so articles are shorter, have more punch, and get to the point quicker. Newspaper articles focus more on headlines than on baseline concept, in an effort to capture the reader's interest and get him to read the entire story.

Burch notes, "a magazine reader prefers to read writers who think like he does. Because people plan on spending time reading a magazine at their leisure, (therefore, having plenty of time to browse) an article in a magazine can be longer than it ordinarily would be in a newspaper."

While news that fills newspapers can either be good or bad, typically, articles within magazines are seen to be valued as positive, by making connections, providing education, or simply by providing a moment of peaceful reading.



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# West Virginia Travelers

By Lisa and Frank Minney, [www.wvtravelers.com](http://www.wvtravelers.com)



## Heritage Village: Calhoun County Park

Calhoun County's Heritage Village stands quietly in a clearing at the edge of a wood. No classes are held in its one-room school, no mail passes through the post office, no hooves are shod in the blacksmith's shop, items on the shelves of the general store will never be sold. Indeed, Calhoun's newest community is where the county's history has come to reside.

The tiny village was the dream of Lorentz C. Hamilton III, a Calhoun County native and former president of the Calhoun County Historical and Genealogical Society. Today, the village of Hamilton's dreams has become a reality at Calhoun County Park in Mt. Zion.

The first structure to be acquired for the village, Stevens School, originally stood at the top of Pine Creek Hill above Grantsville and was built around 1885. Because it was donated to the historical society before a site for the village was available, the school was dismantled and stored for two years.

Once the land was secured, volunteers, some even former Stevens School students, gathered to rebuild the school house. Because the hand-hewn poplar and oak beams had not been marked, reassembling the school was, according to one volunteer, "like working a jigsaw puzzle."

Stevens School is now filled with an assortment of old school desks, including one with a cane bottom. A pot-bellied stove sits prominently in the center of the room. The teacher's paddle, also

known as the "attitude adjuster," hangs near the chalkboards. The walls are decorated with old maps, historic pictures, and a 48-star flag.

Other items that add to the period authenticity of the school include a water bucket, schoolbooks, a dictionary on a metal stand, a learner's bench, and recitation benches. The coat rack has antique doorknobs for hooks. Furnishings in the school were donated by the Calhoun County Board of Education, Stevens School alumni and the public in general. Some were found by historical society volunteers.

Just to the left of the school stands Jarvis Store. The store was built in Chloe in 1926 and operated by Spencer "Dock" Jarvis, who was known throughout the state for introducing Hereford cattle to the area. The lumber used to build the store was cut from Jarvis's land on Yellow Jacket Road and sawed by Bee Griffin. Jarvis's friend Lonnie Watkins built the store at Oka Road, placing it on a foundation built with locally cut stone.

Jarvis's daughter, Irene Gunn, donated the little store for preservation in Heritage Village, actually the third location for the store. About 50 years ago, it was moved to the intersection of Oka and Beech roads. For its 25-mile journey to Mt. Zion, the building was loaded onto a flatbed truck. The roof was removed and the rafters were laid flat to allow the building to pass under electrical wires.

Now, the tongue-and-groove floors and counters are polished

to a shine. Some original store furnishings, including wrapping paper, were also donated. The collection of period dry goods, grocery items, hardware, and medicinal sundries were donated by supporters from throughout the state. Special items in the store include antique scales and an antique fire extinguisher.

In a simpler, bygone era, Heritage Villagers might have picked up their necessities at the Jarvis Store, then stopped by the Starcher Blacksmith Shop. Charley Starcher first opened his blacksmith shop up the left fork of Barnes Run in Hur in the 1920's. He served the Hur community as the "smithy" until 1950.

The Starcher Blacksmith Shop and nearly all of its contents were donated to the historical society by Dottie and Lou Slider of Hur. When the Sliders donated the blacksmith shop, it had not been opened in 35 years. Volunteers were delighted to discover much of the original equipment still inside, including a wood-and-stone furnace and Starcher's primitive tools. The shop was towed across six miles of winding roads, reassembled and given a new tin roof.

Today, the furnace is again surrounded by horse and ox shoes, blacksmith tools and farm equipment. More items have been added to the original contents, including wagon wheels, anvils ranging from 100 to 300 pounds, and old-time saddles and harnesses.

After a visit to the smithy, villagers may have stopped in at the post office, always a hub of rural life. The village post office was originally located in Freed, a little town that grew and prospered at the mouth of Coal Fork in the late 1800s. The town was named after its first postmaster, George Washington Freed. Seth Collins built the post office in the early 20th Century. Much later, his wife, Ivy, became postmistress.

Freed Post Office was originally located on Leading Creek Road off Route 16, 10 miles northeast of Grantsville. The post office once stood near a telegraph agency, hotel, general store, wheelwright, and flour mill. Sadly, most of the town was erased by a fire in 1933. The post office, however, was spared from the blaze.

After the post office closed in 1954, it became a storage facility. In 2005, Marguerite Collins Hardman, daughter of Seth and Ivy Collins, donated the build-



*Stevens School has been completely rebuilt and refurbished, complete with a flag pole in front, and outhouse out back.*

ing to the county historical society. Relocated September 2005, it became the fourth addition to Heritage Village. Among its historic contents are letters with the original Freed postmark, post office boxes from the 1930s, air mail bags and marker flags a set of antique mail-sorting shelves, and a sorting table. The original drop slot still exists in the front of the building.

Volunteers are now working on the most recent additions to Heritage Village. The Ahab Stemple House, one of Calhoun County's oldest standing log houses was moved to the park in October, 2007. Built around 1880, the structure was moved from near Rowles Run, not far from Hur. Donated by Georgia Stemple Weaver and Carolyn Stemple Kelley, the house originally stood along main Rowles Run.



*Stevens School has been completely rebuilt and refurbished, complete with a flag pole in front, and outhouse out back.*

A second log cabin was also moved to the village last fall, a cabin constructed by old Cabot employee Herb Eddy of Ritchie County. Calhoun resident Francis Cain donated the building noting that it was built in the late 1930s or early 1940s. The cabin was originally located above Route 5 near Big Bend.

Heritage Village also includes a full-fledged grist mill. The mill, which weighs about 1500 pounds, belonged to Ershel Husk, whose family of origin sprung from the Husk Ridge near the Village of Hur. There's also a relocated outhouse -- but it's just for looks.

Heritage Village is open on the second Thursday and fourth Saturday of each month. Guided tours by volunteers are offered from 1-3 p.m. Arrangements can be made for special occasions with Bob Bonar, (304) 354-7507.

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# ROUGHING IT: The Basics of Tent Camping



## Observing & Absorbing the Natural World

*"A man writing is the scribe of all nature--he is the corn & the grass & the atmosphere writing."* Henry David Thoreau

A recent study at Cornell University noted that stressful events do not cause as much mental distress "in children who live in high-nature conditions compared with children who live in low-nature conditions."

In fact, whether we know it or not, the main reason we enjoy camping is the relief and rejuvenation we receive from immersing ourselves in nature. To receive the greatest benefit of therapy from any camping trip, we need to attach ourselves to nature, easily done by observ-

ing and recording it with photographs and description.

Observation of nature is easy using the five senses, however, binoculars can increase your connection with the natural world by allowing you to notice the details of far away animals and landscapes.

A good pair of binoculars cost between \$100 and \$200. They are rated according to the power of their magnification, and by the size of the lens at the front end of the binoculars, called the objective lens. Ratings of binoculars will show in two numbers, such as 10 x 24. The first number relates to the magnification power, and the second number show the size of the objective lens in millimeters.

Binoculars that make far-off subjects appear ten times larger will have a rating of 10x. Eight times larger? 8x.

The larger the objective lens is, the more light it lets in. If you are typically outdoors in a wooded, shady area, you'll want a larger objective lens.

Binoculars are also rated for their field of view, the spread of the viewing area in front of the objective lens. A wide field is

good for watching animals, but wide field binoculars tend to be fuzzy at the edges. Binoculars should have a field of view rating between 250 and 375 feet.

Binoculars also feature different lens coatings and exit pupil sizes, but knowing the magnification, main light level and field of view should lead you to make the right selection of binoculars. Hikers may search specifically for lighter models, or models that are shock or water resistant. Also available are monoculars, (half a set of binoculars) which are lighter and take less storage space.

For nature photography, you should have a 35mm camera with a zoom lens to start. As you master the camera and lens, you may want to purchase a telephoto lens (and tripod for stabilizing the camera when using it), or a wide angle lens.

In these days of digital cameras, most cameras will come with settings for landscape shots, action shots, close-ups. For amateurs, automatic cameras are just fine.

You may, however, also want to purchase a few single-use cameras for any camping trip.

You don't want to carry a \$500 Nikon on a white-water rafting trip, for example. Single use cameras are great for any situation where you may worry about the safety, or weight, of your 'good' camera.

For better photographs, use a fast shutter speed for birds, and set the camera's exposure for the subject, and not the surroundings. Animals are less afraid of cars than humans, so if you see a critter along the road, get as close as you can in the car, then roll down the window to take the picture. If the animal is dangerous, keep a safe distance -- at least 100 yards away.

Although journaling isn't a new concept, the ways a journal can become a published masterpiece has truly advanced with the digital age. Slide shows, movie clips, photo books and scrap books can all make your memories last beyond your return home. If you plan to create any memory project from your escape into nature, it helps to take notes while you experience it.

A standard notepad and pencil or pen will suffice, but paper won't work well wet, and pens won't write well in the cold. It's a good idea to take a pencil and store it, and your notepad, in a ziplock baggie.

Mini recorders are convenient along the hiking trail, to take notes quickly without stopping, and when your hands are full. Bring extra batteries, and store them and the recorder in a ziplock baggie.

Video recorders truly capture a moment, but can be heavier or bulkier compared to other options. If they are small and convenient, typically they have little storage space.

No matter what tools you use, if any, to observe nature, just being there increases your well-being. But by making a stronger connection and documenting your experience, Thoreau believed you create a record of the atmosphere, to take with you.

## Getting Better Mileage in Your RV

Are you kidding me? Five dollars a gallon by summer for regular gas? Help! How do you get the best possible gas mileage when towing your camper or driving your motor home?

First, we all realize the extra drag friction puts on under inflated tires. So, check your tires for the recommended proper amount of air pressure by the tire manufacturer located on the side wall of every tire, and air those tires up.

If you are pulling a travel trailer, wheel bearing grease is one of your new friends. There are two ways to grease your wheel bearings. The old fashioned way requires the removal of the tires and disassembly of the brake drums to access the wheel bearings and repacking them with wheel bearing grease. This is labor intensive and usually a dirty job. The easy way is to purchase a unit called 'the bearing buddy.'

This unit replaces the dust cap located in the middle of your brake drum and is equipped with a spring loaded washer that, when properly greased through the grease fitting that is permanently installed on the unit, will constantly ap-

ply grease to the bearings as needed. When purchasing bearing buddies, remove the dust cap from your camper and take it with you to be sure the one you get will fit right the first time. (One trip to the parts store will also save you gas!) If your camper's wheels are equipped with a center cap, removal of the cap will be necessary to install the bearing buddy and access the grease fitting. If you really like the looks of that center cap, you may drill a hole in it so you can access the grease fitting and still keep the original look of your camper.

Next make sure your brake controller is set properly to prevent unnecessary brake drag. Since all brake controllers are different, please refer to the owner's manual for your type of controller for the proper setting procedure.

Wind drag is a large contributor to your loss of fuel mileage while towing your camper. If you travel to any extent or are looking for better handling when towing you RV, there is a wind deflector available that straps to your tow vehicle's roof and directs the air flow over

### Life With A Recreation Vehicle

By Roger A. White



your camper instead of against it. These units come either 15 inches high and 48 wide or 17 inches high and 60 inches wide. They can be easily removed when you are not towing your camper or can be folded down when not needed.

If you are as lucky as I am and own a motor home (9 miles a gallon fuel lover) you know the importance of a properly tuned engine. Change those old spark plugs, install a new cap and rotor, spark plug wires, and add a can or two of sea foam carburetor and engine cleaner to all fuel tanks. (This stuff really works.)

Usually it is more efficient to run your generator and roof air than dash air conditioning, as the extra load on your engine will consume more fuel than your generator per hour.

If you're like me, your camper has all the things you could pos-

(continued on page 22)

## GeOrdinates

Regional geocache news.

### REGULAR CACHES:

\* Glenville - See It My Way  
N 38° 58.871 W 080° 50.059

\* BONUS CACHE: Glenville - See It My Way  
N 38° 53.702 W 080° 43.809

\* Bird's "I" Island View  
N 39° 24.236 W 081° 12.232

\* Nano at Webster Road  
N 38° 17.793 W 080° 49.884

\* Millpond  
N 38° 28.799 W 080° 33.498

\* Burried "Bones" in the SUNSET  
N 39° 14.972 W 081° 35.511

\* PB WWFM#10  
N 39° 15.719 W 081° 31.460

\* PB WWFM#11  
N 39° 15.857 W 081° 30.530

\* PB WWFM#12  
N 39° 15.821 W 081° 30.849

\* PB WWFM#13  
N 39° 15.292 W 081° 29.077

\* PB WWFM#14  
N 39° 15.566 W 081° 29.059

*If you have Internet access and a GPS receiver, you can join the hunt! Seek out hidden treasure boxes all over West Virginia and even the world! Get exercise! Have fun! There are no membership fees or additional costs besides getting there. For more information visit [www.geocaching.com](http://www.geocaching.com).*

## Fresh Food, Made To Order

Select your own sandwich ingredients, or try the:

Signature Sandwiches  
Panini \* Pastrami \* Stack \* Club

Flavorful Wraps  
Tomato Basil \* Spinach \* Plain with Chicken or Veggies

Fresh Salads  
Chef \* Antipasta \* Chicken Caesar Try the Raspberry Dressing!

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# Dear Ronda Sue

Dear Ronda Sue,

My husband and I recently went to a communication class. We took a survey on how we feel our communication is with each other. His view of our communication was in the yellow zone -- green meaning good, no real problems; yellow meaning there are some issues that need some working on; red meaning that it might not be a salvageable relationship. My view was in the red zone. I didn't tell him because I didn't want to upset him. Do you think that I was wrong in not telling him? I think you should know that there is no issue of abuse. He just can't or won't communicate with me. He seems to take pleasure in upsetting me. I try not to let him upset me but he can push my buttons before I know it. What should I do?

Lost in Communication

## Dear Lost in Communication,

It is apparent that you are unhappy with how things are going in the relationship with your husband and if you want this marriage to work, you are going to have to learn to communicate with each other. You both obviously know that there is a problem otherwise you would have never taken the class together.

You do not want to be honest with your husband about the "red zone" because you don't want to upset him and you also said that he takes pleasure in upsetting you. I really think that you should tell him how you feel and be honest. Just think about the time you are wasting by not being happy.

Sincerely, Ronda Sue

Dear Ronda Sue,

My husband is a morning person. I am not. I like to wake up slowly, get my coffee, check the news, wash my face, etc. before

really starting my day. On the other hand, he wakes up talking. He checks the weather, then wants to tell me his plans for the day, discuss topics that relate little to anything at hand, standing over my shoulder while I'm trying to get the news. By the time we get moving and I can get him out of my face, I am frustrated and furious, and he feels slighted.

He says I should "become" a morning person, and I should value our time together. I say, after more than ten years together, he should know to leave me alone for the first hour of the day. I love my husband, but I detest any social interaction with any one first thing in the morning. What to do?

Not a Morning Person

## Dear Not A Morning Person,

He says that you should "become" a morning person. You say that he should "become" a quiet person. Changing each others habits after more than ten years together, is not going to happen. Sometimes you have to compromise.

I really think that you need the "Do Not Talk To Me Until I've Had My Coffee Rule." Take as long as you need to drink it. You will at least be somewhat awake when your husband starts his rattling routine. Try this. A morning started angry usually leads to a bad day. Good Luck.

Sincerely, Ronda Sue

*Ronda Sue offers real life advice to real life people every day in her profession as a barkeep. Questions from all age groups are welcome.*

Letters are edited due to space limitations.

Send your questions to: Ronda Sue, P.O. Box 2, Millstone, WV 25261 or, [rondasue@twolanelivin.com](mailto:rondasue@twolanelivin.com).

# Starry Skies Horoscopes

JUNE 2008

By Bobbie Mangus



## Gemini (May 21 - June 20)

Happy Birthday! Can you relax enough to enjoy yourself? I think not! Finances are making you feel quite uneasy. Energize yourself! Put plans in motion, changes don't happen overnight. You have a great support system. Remember, you are not alone!



## Cancer (June 21 - July 22)

Values are in question, keep it real. Emotions are running rampant and your financial situation isn't helping. You will gain control if you keep a level head and implement some changes. A partnership or romance looks good around the 20th.



## Leo (July 23- August 22)

Social activities are abundant, romance is wonderful! If you don't let others burst your bubble, you should find yourself quite proud and happy this month. This is a great time to set into action a new idea or to accomplish a goal you set for yourself.



## Virgo (August 23 - September 22)

You enjoy being Mr. or Ms. Big at work and at home. This requires much dedication, which you don't mind if the rewards are great. However, if you burn the candle at both ends too long or if your head swells too big it will take a toll on your home life.



## Libra (September 23 - October 22)

You need a change. Travel is possible, but pay attention to all the little details. Your thoughts have been running deep spiritually. Go with focus on the truth and seek YOUR chosen path. Romance is tricky now. It may find you or leave you!



## Scorpio (October 23 - November 21)

Your life has felt like quicksand lately, sinking! Grab hold, have faith and KNOW you are strong enough to pull yourself to solid ground. Integrity and a good spiritual focus will help you get back on track. People will recognize your strong ability to succeed!



## Sagittarius (November 22 - Dec 21)

Emotions are rampant! Problems that have been on the back burner need to be settled now. Know when to take a back seat, others need your understanding. Sometimes it's just not about you! You have the ability to be surprisingly gracious when needed.



## Capricorn (Dec 22 - January 19)

Tempers may flare this month at work and at home. Be prepared for controversy and try to keep your outbursts to a minimum. Focus on creating a new updated you! Take a look at your health and get out for a walk. It's good for the body and the soul.



## Aquarius (January 20- February 18)

Someone is bringing you down. We grow at different speeds, sometimes finding we are on a different page of life than our loved one or friend. You're searching for spiritual guidance, what's it all about? Be true to you. Never let anyone take away or drain your power.



## Pisces (February 19 - March 20)

You need energized! Recreate, invigorate, and get a new outlook on a certain project. You try very hard to please and you need to be appreciated for who you are. When people question your integrity it hurts. Don't blow it out of proportion or tempers will flare.



## Aries (March 21 - April 19)

You're running around like a chicken with its head cut off -- with little or no reward. Hang in there! The calendar is still buzzing! Romance looks good, which is a needed distraction! Be good to yourself take a break. Your mind and body need it!



## Taurus (April 20- May 20)

You may seem a bit flighty this month. Concentration will not be your strong point. You feel dreamy and want excitement. There are many ways to express your free spirit economically. Overextending the budget is not a good idea especially now. Think first!

Horoscopes provided by Adena Pathways, 8 Maywood Ave. Clendenin - 304-548-6989. Hours: Wed-Fri 10-6, Saturdays, call ahead.

Tuesday is Service Day by appointment only. (Footbaths, Reiki Healing, Readings, Ear Candling)

Group Meditation the 1st Thursday of every month from 6pm -7pm; For information, [www.adenapathways.com](http://www.adenapathways.com)

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

# How to Lose Weight and Keep It Off

Research shows that almost 95 percent of repeat dieters fail and ultimately regain any weight they initially lost. What about that successful five percent who lose weight and keep it off? What is their secret to weight loss?

Here are some tips from Dr. Edward F. Group III, and his new book, "Health Begins In The Colon," that can help you permanently shed pounds while becoming healthier:

\* Stock up on healthy foods. Proper weight loss nutrition includes fruits, vegetables, whole grains, dried beans, low-fat cheeses and fish or lean poultry.

\* Eat five small meals daily to help regulate your metabolism. Large meals can negatively impact your colon and bog down your system.

\* Eat slowly and chew food completely before swallowing. This allows your stomach to signal your

brain it's full, so you avoid excessive calories. This is one of the best-kept secrets for losing weight.

\* Limit meat intake to one-to-three meals weekly and don't eat red meat more than twice weekly. Avoid processed meats like bacon, hot dogs and sandwich meats. Not only will this help you lose weight, it helps eliminate toxins from antibiotics, hormones and nitrates in meat.

\* Avoid coffee, alcohol and soft drinks.

\* Learn how many calories you eat in a typical day. If you don't already know, keep a food journal. Find areas where your diet is weakest. Also identify "hidden" calories from sodas or snacks. Make a plan that gradually reduces your caloric intake. Simply limiting portion sizes will help cut calories dramatically.

\* Go Slow. Slow weight loss is critical to long-term weight loss nutrition. Aim to lose no more than

one to two pounds weekly. Quick weight loss can lead to yo-yo dieting that negatively impacts long-term health.

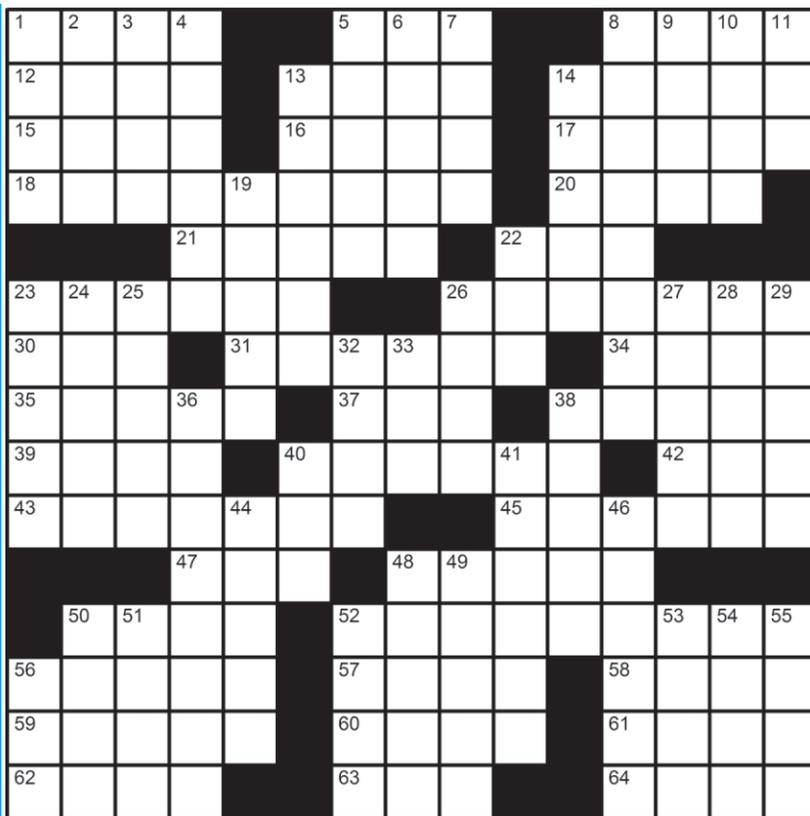
\* Drink at least eight to ten glasses of purified water daily. When the body isn't adequately hydrated, the kidneys may compensate by "retaining" water. Drinking also helps stimulate the digestive system and makes the stomach feel fuller. Avoid drinking with meals, as this can dilute digestive juices. Try to drink between meals. If this doesn't suit you, limit water intake during meals to less than eight ounces.

\* Physical activity is important for losing weight, but you needn't workout to exhaustion. Incorporate exercise into normal activities. Walk to work or take a stroll in the evenings with the kids.

For more tips on eating healthfully and improving your general well-being, visit [www.healthbeginsinthecolon.com](http://www.healthbeginsinthecolon.com).

This Month's Theme:

# Breakfast



**ACROSS**

1. Military group
5. Ballet step
8. Not wanted in your orange juice
12. Asian food thickener
13. Former New York mayor
14. New Zealand minority
15. End of year school dance
16. Halo
17. Deprive of wit
18. Beaten egg
20. Heroin (informal)
21. Shows off
22. By way of
23. Undo a bustle, e.g.
26. Start of football game
30. Done to debt?
31. On Queen's head
34. Good's counterpart
35. Inclined to fall over easily
37. Intense mournfulness
38. Japanese sabre guard
39. Black and white treat
40. Breakfast toast
42. A dark meat
43. Meanly
45. Helpers
47. "\_\_\_ Which Way You Can"
48. Fruit with large, hairy seed
50. "Scared out of my \_\_\_"
52. Mexican country-style breakfast huevos
56. Confused with a kayak?
57. Fencer's weapon
58. Often first to go after much walking
59. Eight performers
60. Relating to the axil
61. Botticelli's Venus, e.g.
62. Unwelcome reception
63. For every
64. She was a d'Urberville

**DOWN**

1. Extremely busy on April 15
2. Narcotics lawman
3. Composer Stravinsky
4. Juice in Bloody Mary
5. Young chicken
6. 43,560 square feet, pl.
7. Herring-like food fishes
8. Served in short and tall stacks
9. Home of the Hawkeyes
10. Snob
11. Dog command
13. Japanese theater
14. "\_\_\_ to my ears!"
19. "The \_\_\_ Blues" rock band
22. Vigor
23. "The Jungle" author
24. Nigerian monetary unit
25. Ballyhoo, pl.
26. Incisive or nifty
27. Immature ovum
28. Many cereals claim they are high in it
29. Old Glory and Jolly Roger
32. Not functioning properly
33. Clarice in "Rudolph, the Red-Nosed Reindeer"
36. American or hash browns
38. Above the knee
40. Pants zipper
41. Fourth sign of zodiac
44. An artifact that is inserted
46. Opposite of does
48. Breakfast syrup
49. Opposite of afar
50. Site of 1993 Texas disaster
51. Penn's 2007 movie "\_\_\_ the Wild"
52. Harvest
53. A dissolute man
54. He founded Oldsmobile in 1897
55. Witnesses
56. Corn on the what?

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### Roger's Southwestern Chili or Tortilla Chip Dip

- 1 lb Custard Stand Hot Dog Chili
- 1 lb black beans
- 2 Tbsp taco seasoning
- 1/2 cup brown sugar
- 1 cup of diced green chiles

Combine ingredients in a saucepan. Bring mixture to a boil, immediately reduce heat and simmer for at least 15 minutes. Place in serving bowls and add a generous portion of shredded cheese or a heaping spoonful of sour cream on top. Serve with taco chips.

### Additional Suggested Uses:

- \* Chili Cheese Fries
- \* Loaded Baked Potatoes
- \* Taco Salad
- \* Nachos
- \* Tacos
- \* Beefaroni

More recipes available online at:

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

Webster Springs, West Virginia

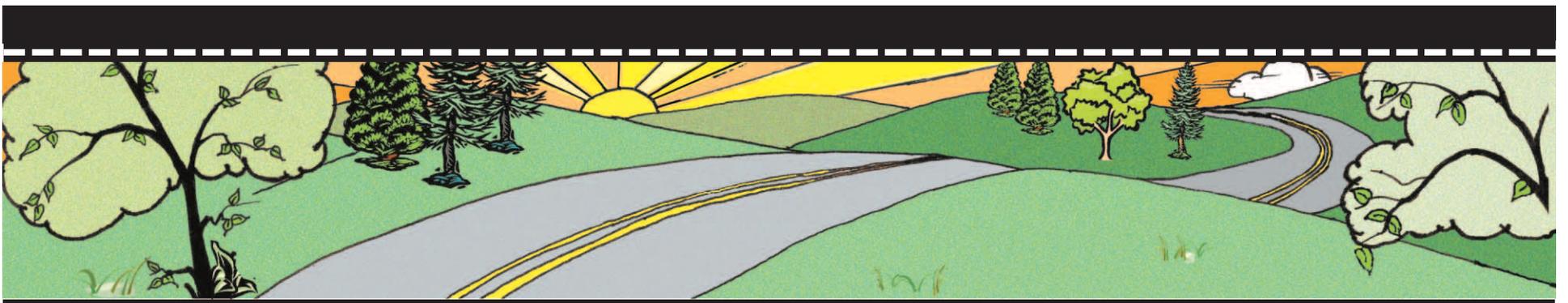
5		8	1	2			6	
			8	6	4			7
	7					4	1	
	5	4	2		6	7		1
6		7				5		2
3		2	7		5	9	4	
	2	3					7	
7			9	4	8			
	8			7	2	6		5

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Answers to this month's puzzles can be found on page 17.

Two-Lane Livin' magazine is supported by advertisers and sponsors. If you enjoy reading our magazine, please support those who support us.

For advertising and sponsorship information, call 304-354-9132.



# Central West Virginia Events - JUNE 2008

## JUNE 1

Spaghetti dinner,  
Beech Grove Church,  
Nicut, noon

## JUNE 2

**BEGIN SEEDING  
FALL CROPS**

## JUNE 3

**NEW MOON**

## JUNE 4

Calhoun County Wood  
Festival, Grantsville  
calhounwoodfestival.com

Calhoun County  
Farmer's Market,  
UWF Park, Chloe,  
9 am - 1 pm



## JUNE 5

Calhoun County Wood  
Festival, Grantsville  
Karaoke, 6 PM

Stress Relief Medita-  
tion, 6-7pm. Adena  
Pathways, Clendenin.  
304-548-6989

## JUNE 6

Wood Festival,  
Grantsville. Demoli-  
tion Derby - 8pm

Auction with Randy's  
Auction, 7 P.M. UWF  
park, Chloe

Rail Trail Festival,  
North Bend State  
Park

Gospel: Glorybound  
Jerry Run Summer  
Theater, Cleveland  
304-493-6574

Ghost Tour, Lunatic  
Asylum, Weston. 10:30  
pm. (304) 269-5070

## JUNE 7

Calhoun County Wood  
Festival, Grantsville  
Mud Bog, 1 PM

Country Bluegrass  
Ramblers, 7 p.m. UWF  
Park, Chloe

Rail Trail Festival,  
North Bend State  
Park

Music with Crossfire,  
Newton Community  
Building, 7pm.

Bluegrass: Hardtimes,  
Jerry Run Summer  
Theater, Cleveland  
304-493-6574

Calhoun Cup Series,  
Wood Festival Run,  
Grantsville, 8:30 a.m.  
354-7227

Yard Sale/Hot Dog  
Sale, 9 a.m. to 4 p.m.  
Jerry Run Church  
Pavilion, near Holly  
River State Park  
493-6574

Christian Motorcycle  
Rally, Kenton Mead-  
ows Field, Gassaway.  
304-644-6110

Horse Show, West  
Fork Riding Club  
showgrounds, Chloe, 3  
p.m.

Landmark Studios  
WV Film Festival, 1:30

### CRAFTERS!

Space available at The  
Craftsman's Village Craft  
Show, July 4th & 5th,  
Midway Volunteer Fire  
Company, Vadis WV.  
Email  
KarenLane@aol.com or  
call 304-462-5065 for entry  
forms or information.



## JUNE 8

Rail Trail Festival,  
North Bend State  
Park

## JUNE 9

End of School Dance,  
Midway Volunteer  
Fire Company, Vadis,  
WV, 7 to 11 pm

## JUNE 11

WV Bass Festival, St.  
Mary's. 684-9909

Calhoun County  
Farmer's Market,  
UWF Park, Chloe,  
9 am - 1 pm

## JUNE 12

**SEED WINTER  
SQUASH**

WV Bass Festival, St.  
Mary's

## JUNE 13

WV Bass Festival, St.  
Mary's

Moonlight Karaoke  
with Netta. Newton  
Community Building,  
7pm.

Ghost Tour, Lunatic  
Asylum, Weston. 10:30



**Times and dates in  
this calendar are  
based on informa-  
tion available.  
Call ahead if you  
plan to attend.**

## JUNE 14

**FLAG DAY**

Mud Bog, Trans-  
Allegheny Lunatic  
Asylum, 304-269-5070

Car Show,  
Trans-Allegheny Lu-  
natic Asylum, Weston

Karaoke with Pam  
Miller, 7 P.M. UWF  
park, Chloe

Basket Bingo, 6 p.m.  
Calhoun Middle-High  
School commons area

WV Bass Festival, St.  
Mary's

Bingo Newton Com-  
munity Building, 6pm.

Music: Norfolk and  
Southern, Jerry Run  
Summer Theater,  
Cleveland  
304-493-6574

Calhoun Cup Series,  
Appalachian Classic  
Run, Calhoun County  
Park, 9 a.m. 354-7227

Landmark Studios  
Holy Cow Concert, 8  
p.m. 304-765-3766

## JUNE 15

**FATHER'S DAY**

Car Show, Lunatic  
Asylum, Weston

WV Bass Festival, St.  
Mary's

Square Dancing every  
Tuesday evening at 6:30 pm  
Lewis County Senior Center  
171 W 2nd Street, Weston,  
(304) 269-5738.

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**JUNE 16**

**SEED PUMPKINS**

**JUNE 17**



**Two-Lane Livin' Deadline for ad reservations**

**JUNE 18**

**FULL MOON**

Calhoun County Farmer's Market, UWF Park, Chloe, 9 am - 1 pm

**JUNE 19**

WV Folk Festival, Glenville. wvfolkfestival.org

**JUNE 20**

**SUMMER SOLSTICE**

**WEST VIRGINIA DAY**

**SUMMER BEGINS**

WV Folk Festival, Glenville

Mid-Ohio Valley Multi-Cultural Festival, Parkersburg movmcf.org

The Labyrinth Project: Summer Solstice Community Walk, 8-9 p.m. City Park, Parkersburg - behind the Log Cabin. Free! 304-428-3988

LIVE ON THE LEVEE, Riverfront Park, Charleston, 6PM festivallcharleston.com

Ghost Tour, Lunatic Asylum, Weston. 10:30 pm. (304) 269-5070



Calendar event listings are FREE! Contact 354-9132 or event@twolanelivin.com by the 15th of the month prior to your event.

**JUNE 21**

Bluegrass with Calhoun Country, 7 p.m. UWF Park, Chloe WV Folk Festival, Glenville

Basket Festival, Cairo 628-3321

Calhoun Relay for Life, Wayne Underwood Field, Grantsville. Mid-Ohio Valley Multi-Cultural Festival, Parkersburg

Middleton Doll Princess Party, Parkersburg greaterparkersburg.com

East Run Bluegrass, Jerry Run Summer Theater, Cleveland 304-493-6574

Landmark Studio, Sutton, Laurel Creek Bluegrass, 8 p.m. 304-765-3766

**JUNE 22**

WV Folk Festival, Glenville

Mid-Ohio Valley Multi-Cultural Festival, Parkersburg

**JUNE 25**



Calhoun County Farmer's Market, UWF Park, Chloe, 9 am - 1 pm

**JUNE 26**

Gladys Knight, Clay Center, 8 PM theclaycenter.org

Two-day Hunter Safety class begins at Calhoun Middle/High School, 9 a.m. to 3:30 p.m.

**JUNE 27**

3rd Annual Weston Market Fair, 304-269-6141

Cookout, Lewis Senior Center, 6 pm

Weston Gold Robbery Reenactment, Lunatic Asylum, Weston. 304-269-5070

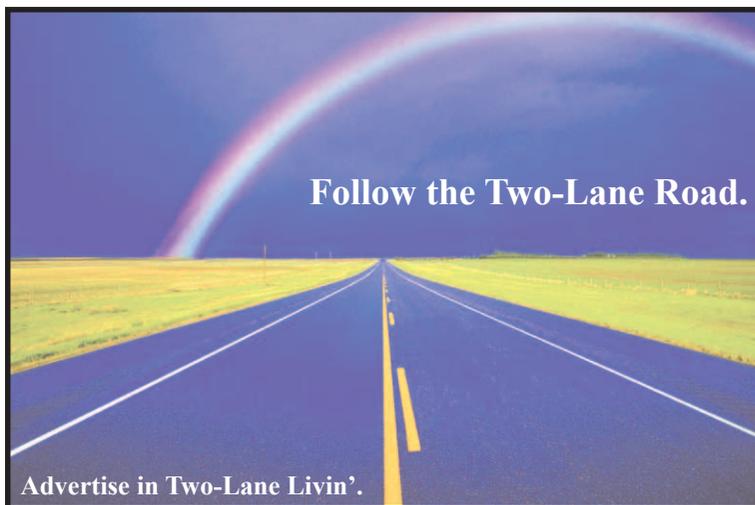
Ghost Tour, Lunatic Asylum, Weston. 10:30 pm. (304) 269-5070

LIVE ON THE LEVEE Riverfront Park- 6:30 PM, The Soul Doctors; 8:30 PM, Bob Thompson Unit festivallcharleston.com



If you would like to support Two-Lane Livin', you can make a direct donation online. Simply click the Paypal button available online at: www.twolanelivin.com/ABOUT/LinkToUs.html. Or mail your donation to: Two-Lane Livin' 2287 Rosedale Road, Stumptown, WV 25267.

June is the month with the longest daylight hours of the year in the Northern Hemisphere and the shortest daylight hours of the year in the Southern Hemisphere.



Advertise in Two-Lane Livin'.

**JUNE 28**

Mud Bog, Trans-Allegheny Lunatic Asylum, Weston 304-269-5070

3rd Annual Weston Market Fair 6th Annual LaPaix Herb Farm Lavender Fair, Alum Bridge, (304) 269-7681

FestivALL: Capitol Street Art Fair, Charleston. 10 AM- 7 PM, The Charlie West Blues Fest, 1 PM www.wvbluessociety.org

Bingo Newton Community Building, 6pm.

Enter your photos, drawings and paintings in the Two-Lane Livin Cover Contest to be featured on the cover and win a Two-Lane Livin T-shirt! See page 3 or visit www.twolanelivin.com/contests.html for details.

Shirts also available for purchase at twolaneshoppin.com.



The traditional birthstone for June is Pearl. However, modern jewelers also list Alexandrite or Moonstone as June birthstones.

**The WV State Folk Festival June 19-22, Glenville, W.Va.**



**Celebrating traditional West Virginia life & culture for 59 years.**

- Informal Music Sessions- All day! All over town!
- Square Dancing- Every Evening, 8 p.m.
- Free Workshops & Demonstrations
- Appalachian Art & Hand-made Crafts
- Storytelling, Horseshoes, Spelling Bee & More!

[www.wvfolkfestival.org](http://www.wvfolkfestival.org)



**PRODUCT  
RECALLS**

American Honda Motor Co. Inc., of Torrance, Calif., is recalling about 1,400 Model Year 2008 Honda TRX500 ATVs. The electric power steering shaft of the recalled ATVs could break unexpectedly, resulting in the rider's losing steering control.

Shindaiwa Corp., of Tualatin, Ore, is recalling about 23,000 Shindaiwa Backpack Blowers. The blower's impeller (fan) can separate from the base and break apart, causing plastic pieces to be blown out of the machine, and pose a laceration and impact hazard to consumers. Note: These backpack blowers were previously recalled due to a fire hazard.

About 4,800 Broil King Gas Grills sold at Independent retailers nationwide are being recalled. The bottom of the cook box that contains the burners can melt or crack as a result of a grease fire. This poses a fire and burn hazard to consumers.

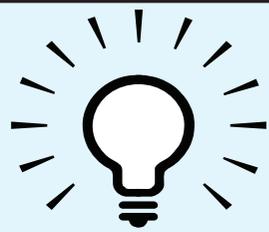
About 84,000 Children's Storage Bins sold at Lowe's stores are being recalled. Surface paint on the storage bins could contain excessive levels of lead, violating the federal lead paint standard.

Toyota is recalling T90,189 MY 2008 Highlander and Highlander Hybrid Passenger vehicles equipped with a third row seat. These vehicles fail to conform to the requirements of Federal Motor Vehicle Safety Standard No. 208, "Occupant Crash Protection."

DEWALT Industrial Tool Co., of Towson, Md., is recalling about 13,000 DEWALT DW744 Jobsite Table Saws. The pivot bracket on the saw can separate which can misalign the blade and the fence and cause kick back. This poses a laceration hazard to consumers.

Waxcessories® Inc., of Dracut, Mass., is recalling about 830,000 Electric Simmer Pots. The simmer pots have wire connections that can become loose, posing a risk of fire and electric shock to consumers.

If you like Two-Lane Livin', consider making a donation. Simply click the Paypal button available online at: [www.twolanelivin.com/ABOUT/LinkToUs.html](http://www.twolanelivin.com/ABOUT/LinkToUs.html), or mail your donation to the address on page 2.



**BRIGHT IDEAS!**

**For Bright Young Minds**

By: Lisa M. Sheldon

**West Virginia: Did You Know?**

On June 20 each year, we celebrate West Virginia Day, because that is the day West Virginia became a state. West Virginia has a lot of interesting history, like the story of the Rathbone Well in Burning Springs of Wirt County. Rathbone Well was drilled in 1860 by J. C. Rathbone at the mouth of Burning Springs Run. It was the first well to be drilled specifically for oil and is also the oldest producing well in the world. The well produced 100 barrels a day. The town of Burning Springs was the first oil field boomtown in the world as well. Only a few people lived there in late 1860, but by because of the jobs created by the well, by April 1861 there were more than 2,000 residents. In 1863, Confederate General Jones and his troops set fire to the oil stored in tanks, barrels and on barges. It is estimated that 300,000 barrels of oil were destroyed in one day. Today you can visit the Rathbone Well Historic Site located on Rt. 5 in Burning Springs.



**NEED TO READ**

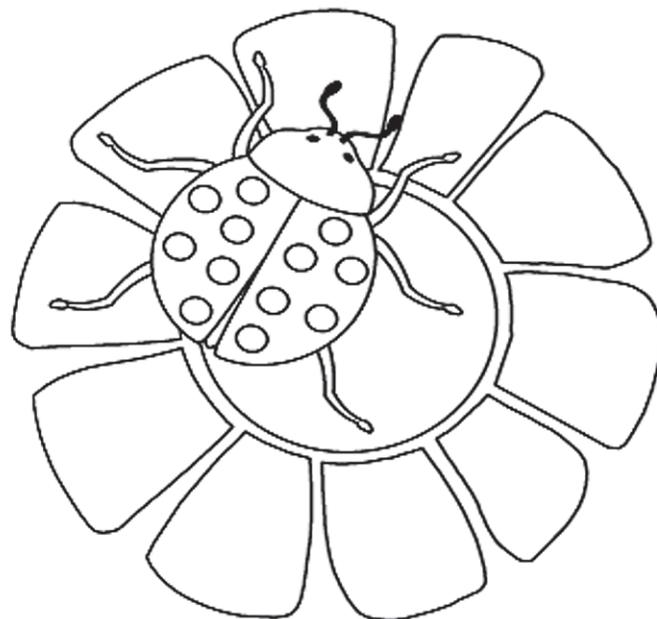
**Knut**

by Juliana Isabella, Craig Hatkoff and Dr. Gerald R. Uhlich

Knut is a real baby polar bear born at the Berlin Zoo. But, his mother, a rescued circus bear, did not know how to take care of him. This book tells how a zookeeper gave Knut the love and attention he needed to survive. Great pictures!

**Owen & Mzee**

Also by Juliana Isabella, Craig Hatkoff and Dr. Gerald R. Uhlich  
Owen is a baby hippo and Mzee is an old giant tortoise whose lives were forever changed by the tsunami in December 2004. The true story of these unlikely friends is easy to read and has fantastic pictures. The following book, Owen & Mzee: The Language of Friendship, continues to tell this great story.



**ACTIVITY ALLEY**

Celebrate National Zoo and Aquarium Month by finding these critters in this word find!

- FALCON
- LIZARD
- BEE
- CHIMPANZEE
- EAGLE
- ARMADILLO
- OWL
- LEMUR
- LION
- LLAMA
- BAT
- BEAR
- SNAKE
- ELEPHANT
- DUCK
- CAT
- FOX
- TIGER

C	Y	R	B	T	D	Z	O	B	O	O	J	S
H	L	L	E	M	U	R	W	S	N	A	K	E
I	I	I	A	H	C	T	I	G	E	R	Z	L
M	Z	O	R	Z	K	Z	O	B	O	O	O	E
P	A	N	B	D	T	G	H	Z	J	G	B	P
A	R	M	A	D	I	L	L	O	T	S	O	H
N	D	Y	E	A	G	L	E	B	E	E	O	A
Z	O	B	O	O	C	A	T	O	F	O	X	N
E	W	K	L	L	A	M	A	O	U	B	A	T
E	F	A	L	C	O	N	Q	R	Z	O	W	L

**Silly Shots**



What do you call a surgeon with eight arms?  
A Doctopus!



Do you have a joke to share? A favorite book? Ask Mom and Dad if you can e-mail: [brightideaswv@yahoo.com](mailto:brightideaswv@yahoo.com).

# The Miracle of Vitamin D

Several recent research studies indicate that Vitamin D deficiency is extremely widespread. It has long been known that Vitamin D is important for calcium absorption to build strong bones. But new studies link deficiency with Seasonal Affective Disorder, Multiple Sclerosis, Lupus, Crohn's, Rheumatoid Arthritis, high blood pressure, heart disease, Psoriasis, Diabetes Mellitus, Pancreatitis, Osteoarthritis, Fibromyalgia, Parkinson's, Schizophrenia, and chronic pain and cancer of the colon, breast, ovaries, prostate, cervix and bladder.

Technically Vitamin D is not a vitamin at all, but a naturally occurring building block for an important steroid hormone used by the body for maintenance, repair and endocrine function (endocrine glands secrete hormones into the blood stream). This hormone targets over 200 human genes in many different tissues. No wonder this substance seems to reduce the risk of so many ailments when kept at proper levels in the body.

What are proper levels? First we must measure the right kind of vitamin D. That is 25 (OH) D. Blood serum levels for a healthy person should be between 40 and 70 ng/ml. If someone is affected by any of the conditions mentioned above, they should maintain the high end of this range. Levels can be determined by blood tests.

What are vitamin D sources? About 90% of the average person's intake comes from sunlight. The rest comes from food sources like oily fish, vitamin D enriched foods such as milk and orange juice and



**About 90% of the average persons' intake of Vitamin D comes from sunlight.**

vitamin supplements. Things that affect sunlight exposure, and the skin's production of vitamin D, include latitude, season of the year, time of day, air pollution, cloud cover, skin color, use of sunblock, age, and area of skin exposed. When the sun is low, ozone, clouds and air pollution deflect the sun's radiation and reduces the skin's production. This effect results in total reduction during winter months at latitudes above 35 (South Tennessee) and severe cutbacks anytime skies are cloudy or polluted. Those who avoid sunlight at any latitude are at risk of Vitamin D deficiency at any time of the year. Dark skinned people, the elderly and the obese face added risk because of lesser ability to absorb sunlight and convert it to vitamin D for use in the body. Sunblock of SPF 18 or higher decreases vitamin D synthesis by 97.5%. Ten to 15 minutes of sun exposure without sunblock per week makes enough vitamin D for most people with no risk of skin cancer. Sunscreen is

recommended for periods longer than 15 minutes during peak hours in summer months. Vitamin D toxicity has never been reported from sunlight but is possible with the use of supplements. Since fortified foods (including milk) contain inadequate levels to prevent deficiency during winter, supplements may be necessary for many people. Toxicity, although rare, can present health problems.

What is considered a safe dose? First of all, vitamin D3 (cholecalciferol) is preferred over D2 (ergocalciferol) as it generates a 70% higher blood level at equal doses. In general the more a person weighs, the more vitamin D required. Since body fat absorbs vitamin D, the obese need even more. In Canadian studies, patients receiving 4000 IU/day produced 25(OH) D levels averaging 44 ng/ml with no side effects other than improved mood. Healthy adult men use up to 5,000 IU/day. Dark skinned people, large, obese, or older people need higher doses

## Total Health Matters

By Dr. Rick Magly



than fair skinned, small, thin, or young folks. Some drugs may lower 25(OH) levels while others may raise levels. More research is needed for drug interactions, so patients on medications need their levels monitored if taking more than 2,000IU/day. The Food and Nutrition Board recommends doses of up to 2,000 IU/day for children over 1 year of age. Toddlers and young children who don't get regular sun exposure should take 1,000-2,000 IU/day year round. Of course anyone who gets 10-15 minute of full body, summer, noon-day sun or artificial UVB radiation (tanning bed) once or twice a week should get all the vitamin D they need. Sunburn should be avoided to reduce the risk of Melanoma. Regular UV exposure ages the skin and increases the risk of all skin cancers, so remember to use sunblock for exposure for longer than 15 minutes. Pregnant women or those trying to conceive should have 25(OH) D levels checked every three months and be supplemented with D3 to bring levels above 40 mg/ml. They may need up to 5,000 IU/day. Breast feeding mothers require up to 7,000 IU/day to assure their milk is rich in vitamin D. Infants may require supplements during and after weaning.

Although more research needs to  
*(continued on page 23)*

## An Herb A Day COMFREY

Comfrey is a hardy perennial that grows to about 2 1/2 feet tall. The plant has hollow, hairy stems and large, hairy leaves. White or lilac flowers dangle in clusters on the tips of the stems in summer.

Comfrey is well-known for healing and disinfectant properties. Wound-healing properties of comfrey are due to the presence of allantoin, which stimulates cell proliferation. It is recommended for bruises, skin problems, broken bones, rheumatic pain, arthritis, and to prevent scarring.

Comfrey leaves and roots can be dried and preserved, but it is best used fresh and simmered.

Comfrey root decoctions are used internally. To make a decoction, 1-3 teaspoons of dried root are placed in water. Boil the water, let simmer for 10-15 minutes and drink. Some 2-4ml of the tincture can be taken with the same frequency.

Boiled leaves are used externally as a poultice. Use the paste to make a compress, cover the affected area and attach it with an elastic bandage.

## Stevia and Aspartame - The Sweet and The Sour?



**Chew On This**  
By Sue Cosgrove

When is a food NOT a food? And when does non-food become food? Apparently only the US Food and Drug Administration (FDA) knows for sure.

A recent issue of ACRES USA reported the "...organic food products company Hain Celestial Group has been warned by the FDA that it cannot use stevia in its teas if it wishes to continue labeling its products as 'tea,' because tea is approved as a food, whereas stevia is not. Stevia, a ... sweetener that is attractive to many organic processors, is derived from a Latin American plant [related] to the sunflower. Although used by millions around the world, apparently with no adverse side effects... it just can't seem to get no [sic] respect here in America.

Aspartame, on the other hand, having acquired its "food" rating, is king ... despite being embroiled in a myriad of controversial health issues."

So what do you think? Let's compare the two sweeteners and YOU decide.

Stevia rebaudiana is a tropical annual plant with very sweet leaves that yield the substance "stevioside." This crystalline powder is 250-300 times sweeter than sucrose.

But you don't need the powdered stevia to sweeten your coffee or teas: Grow the plant and pinch off the leaves as you need them. Or harvest, dry and store the leaves for future use. From the tropics, stevia can stay outside during the summer, but take cuttings or bring in before frost.

Aspartame is processed from phenylalanine (an essential amino acid) and aspartic acid. Breakdown products include methanol (methyl alcohol--a solvent), formaldehyde

(a gas derived from oxidation of methyl alcohol and used as a preservative in many cosmetic products, as well as a filler in vaccines), and formic acid (a by-product of formaldehyde which is used in various processed foods as well as paint remover).

According to Bill Statham's book, *What's In YOUR Food?*, "Health problems reported to authorities include fatigue, irritability, headache, **MS-like symptoms** (emphasis mine), depression, anxiety, vision problems, dizziness, memory loss, hyperactivity, migraine, aggression, and insomnia."

I made my choice - how about you?

Meanwhile, Chew On This: "Inquiry into the dietary history of patients diagnosed as schizophrenic reveals the diet of their choice is rich in sweets, candy, cakes, coffee, caffeinated beverages and food prepared with sugar. These foods, which stimulate the adrenals, should be eliminated or severely re-



*Stevia rebaudiana*

stricted." A. Cott Orthomolecular Approach to the Treatment of Learning Disabilities.

*"Let food be your medicine," sums up Sue Cosgrove's stance on health and wellness. She believes nutrient-dense and biologically-alive sustenance is not only nature's best prevention, but also nature's best cure for many maladies.*

*Comments are welcomed by the columnist by email at [chewsorganic@yahoo.com](mailto:chewsorganic@yahoo.com).*

## Name The Product

Congratulations Rita Hill of Marietta, Ohio who correctly guessed May's contest. Besides cultured milk and salt, Sargento's Swiss Cheese contains natamycin, a drug used to treat fungal infections of the eyes and eyelids.

**Here are the ingredients for this month: sugar, modified food starch, cocoa processed with alkali, disodium pyrophosphate (for thickening), contains less than 2% of natural and artificial flavor, salt, tetrasodium pyrophosphate (for thickening), mono- and diglycerides (prevent foaming) red 40, yellow 5, blue 1, artificial color, BHA (preservative).**

The FIRST correct answer received for the contest will receive a copy of Bill Statham's book, *What's In Your Food? The Truth About Food Additives from Aspartame to Xanthan Gum*.

**Guesses for "Name the Product" may be emailed to [chewsorganic@yahoo.com](mailto:chewsorganic@yahoo.com).**

# Planning Ahead



by  
Deborah Miller, J.D.  
Director of  
Planned Giving,  
West Virginia  
University  
Foundation

Although it's a problem many of us would like to have, owning property worth more than a certain amount at death means that your estate will be taxed -- at a rate of 45%. Knowing that as little as 55% of your property could end up in your heirs' hands should be good motivation for you to plan an estate that will avoid the large taxes as much as possible.

While \$2 million is the current amount escaping federal estate taxes, the exemption increases to

\$3.5 million in 2009. Estate taxes will be repealed in 2010 for that year. Lots of numbers!!

One way for married couples to minimize estate taxes is to make sure that both persons' estates will be approximately equal in value. A financial advisor can assist in determining the most appropriate division. Also, proper use of the tax-free amount can shelter a significant amount of property in each estate, depending on the year, and still allow the surviving spouse full benefit of the property, as well as a later transfer of the property to some person or organization you choose.

You can also shelter estate property from taxes if they are given to a charitable or educa-

tional tax-exempt organization. If you have thought about providing such a gift, your will can accomplish that when you no longer need the property.

Your will can donate the assets outright to such an organization for a full tax deduction or direct that the assets be used to provide income for a spouse or children through a charitable trust. Such a trust earns a charitable deduction for your estate and may provide more income over the years than the amount of the gift.

For example, if your will creates a charitable unitrust in the amount of \$50,000 to pay lifetime income to your children, ages 58 and 62 at your death, the expected total pre-tax income paid (at 6%) to them would be over \$110,000.

You can state the purpose for your gift in your will. Even with those gifts that provide lifetime income for your heirs first, you can state the gift purpose you prefer. Such options allow you to make the gift that you feel is appropriate and provide support for loved ones at the same time. That's good planning.

# Inside & Outside

(continued from page 3)

My son and nephew were with me that day. We walked down the gravel hollow looking for mushrooms and somehow got sidetracked at every mud puddle. We came back with tadpoles and a couple of half-dead toads in a small bucket.

My husband, in the mean time, was cutting brush and found a turtle which he gave to the boys when we returned. The boys went in the house to play while I helped Richard carry cut brush. After a while passed, I decided to check on them and see what was happening.

As I walked through the propped open front door, it looked like a scene from one of those barnyard movies. I first noticed our two 80-pound dirty dogs lying on the couch. Nearby, the cat perched on the back of the chair intently watching something on the floor, which I quickly realized was the turtle crawling across my nice area rug, not far from the bucket holding the toad and his offspring. On the ottoman was a cluster of dirty duck eggs the boys had found outside somewhere (our ducks just roam the farm).

Then I saw something move in the kitchen. It happened to be Red, Richard's big white rooster, who had let himself in through the open door and was scoping out any tasty

morsels he could find on the floor. For a split second, I thought I was having a bad dream. "Where does the outside end and the inside begin?" I wondered.

Right in the middle of it all two boys sat, eyes glued to the TV playing a video game and completely unaware of the wildlife situation occurring around them.

"Boys!" I yelled. "What are you doing in here with all these animals?" Both turned to look at me, and at the same time spotted the animal population gathered around them, which didn't seem to phase either one bit. They went right back to their game unaffected.

"Oh well," I thought, trying not to feel defeated. I just hoped and prayed that no one I knew would show up for at least a couple of hours. Because at that moment I realized I was now living in that old shack up a cramped holler looking quite nasty and dirty, complete with all of the wildlife on the wrong side of the door - again.

*Kim Butler and her family recently returned to Calhoun County after 20 years near Charlotte, North Carolina. They spend their free time putting their old farm back together, keeping the wildlife out of the old house and honing their country skills. They plan to build a log home soon. Contact Kim at kimbutler@frontiernet.net.*

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# Organizing Your Cluttered Garage

# Car Buying Tips For A Slow Economy



By  
Pat Laughlin,  
The Land  
Lady

Keep things that are still useful and relevant -- and are able to be stored. For the tough decisions, ask "what's the worst thing that can happen if you get rid of it?"

Those planning on unloading unwanted items at a garage sale should try to start collecting things in one place, perhaps parking the cars in the driveway and using the center of the garage for a few days. Or donate the items to charity, getting receipts for tax deductions.

Those who just want to get rid of the stuff might check out Freecycle.org, a Web site that helps people in communities throughout the country to hand items off to neighbors.

2. Think in zones. To find the best place to store objects, separate them by use. For instance, sporting equipment should have its own space, as should outdoor lawn-care items and car-washing supplies.

People are more likely to put things where they belong if it's obvious where they belong. If there's no organization, things get put wherever because it doesn't seem to matter. Items used most frequently should be the easiest to access.

3. Shop for supplies. After creating a plan of where items will be placed, start thinking about what organization supplies might be best to hold them. Hanging things in the garage makes sense because you're limited with floor space if you want to park the cars in there.

Those on a tight budget might consider peg boards to help organize. Another common way to keep costs down is by reusing old shelving items from the house, including old kitchen cabinets and bookshelves.

The upside to purchasing cabinets specifically made for the garage is that they're often longer, allowing the homeowner to store more behind closed doors.

You may also want to think vertically. Bicycle hoists keep bikes elevated off the ground and can be purchased for about \$35. You can also purchase shelving units that are mounted on the ceiling.

Thinking of redoing the flooring? Start with that job first. If it's painted with epoxy, for example, it will take about three to four days for it to dry.

4. Keep it clean. Go out to the garage and clean up every three months or so once the job is complete. Those who want a reminder might mark their calendars for the entire year with reminders every 3 months. The most important element of an organization project is the follow-through.

The biggest reason for clutter and disorganization is not a bad system, it's because the person didn't maintain the system.

*Pat Laughlin specializes in marketing and sales of rural properties. She is co-owner of United Country Farmhouse Realty in Ripley. You can email unitedcountrylandlady@yahoo.com.*

There's a big difference between driving a car into a garage filled with a jumbled mess and one that is tidy and well kept, but with some time and hard work homeowners can get some order in their garages. It's retaining the clean garage that is the real challenge.

Organizing is not a one-time project, it's a process. That's especially true for the garage, where items not needed in the main part of the house often get hidden away.

Below are some tips on how to clean up your act and maintain a neat garage:

1. Take inventory. Before buying a single organization product, know what's in the garage to begin with. And start removing items that aren't needed. We get items out of the house because we don't want them anymore... but we leave them in the garage. Go in and pick out things that you really don't need anymore.

Make the easy decisions first. Start with the things that are unemotional and you can easily pitch right away. It's easier to pitch a broken VCR or the 10-year accumulation of National Geographics molding away in the corner than items that have more sentimental value.

Getting a good deal on a car seems more important now than ever, with many families feeling a pinch in their wallets. Housing market woes, the recent credit crunch and tumbling dollar mean many consumers have a hard time making car payments and paying for fuel.

As a result, more people need to get out of their car leases early, delay buying a new car, or buy a used car instead of a new one. And with gas prices remaining high and climbing, there will be more demand (and probably fewer deals) for compact and hybrid vehicles.

With all this in mind, the experts at Edmunds.com, a leading resource for automotive consumer information, are providing helpful tips for car buyers seeking the best possible values.

"There are a number of ways that consumers can make smart decisions," says Joanne Helperin, Senior Features Editor. "To start, it's important to consider and research all the factors, including interest rates, loan terms and fuel economy before finalizing a purchase."

Some other tips that can assist consumers during these economic conditions include:

\* Unless you are approved for zero percent financing or have an interest rate less than prime, keep the length of an auto loan as short as possible. Figure out whether it's better to take the incentive or choose the lower interest financing.

\* Don't get a longer-term loan to purchase a vehicle you cannot afford. New auto loans are being financed for up to 84 months, so many consumers owe more on their auto loans than their cars are worth.

\* Unless you have good credit, increase your down payment or consider looking for a used vehicle to minimize your loan and make yourself a more attractive credit candidate.

\* Consider leasing. To help make a decision, you can use the free "Buy vs. Lease" calculator online at Edmunds.com. Short-term leases are available if you're unsure of your long-term financial situation.

\* Consider purchasing a certified pre-owned (CPO) vehicle. CPO vehicles tend to cost about \$1,500 more than a used vehicle without certification, but offer an extended warranty and peace of mind.

\* Compact cars and vehicles with smaller engines will use less fuel and hold their values better, so contemplate whether a four-cylinder engine will suffice.

\* Check the latest incentives and rebates available. Larger vehicles with less impressive fuel economy are not hot sellers right now, so automakers are enticing buyers with generous incentives. European automakers are taking advantage of the strong Euro, giving Americans rebates without cutting too deeply into their profit margins.

\* For used cars, look at vehicles that didn't sell well. These vehicles lose their values quickly and provide a good lower-priced option.

\* Consider the ownership costs of a car, not just the purchase price. There are online tools that can help you research projected ownership costs, such as Edmunds.com's free "True Cost to Own" tool.

For more car buying information, visit [www.edmunds.com](http://www.edmunds.com).

## Financial Focus

**Edward Jones**  
MAKING SENSE OF INVESTING

### This Father's Day, Give Dad a Financial Toolkit

If your father is handy around the house, you might be considering giving him tools of some kind. This year, why not give Dad something that can help him build his future? Specifically, why not give him a "financial toolkit"?

What could go into this toolkit? Here are a few suggestions:

\* Stocks - You may want to give shares of a company that produces products or services that your father uses. If you're going to give some of your own shares, you'll need to know what you originally paid for the stock, how long you've held it and its fair market value at the date of the gift. Your father will need this information to determine gains or losses if he decides to sell the stock.

\* Bonds - If your father is at or near retirement age, he might benefit from the interest pay-

ments provided by bonds. If you give your father a municipal bond, often the interest is free from federal taxes, and if the municipality that issues the bond is located in your father's state, the interest also may be exempt from state and local taxes.

\* IRA contribution - As long as your father is working, he can contribute to a traditional or Roth IRA - and he should, because an IRA offers tax advantages and a wide array of investment options. Your father can put in up to \$6,000 to an IRA if he's 50 or older, or \$5,000 if he's under 50. While you can't make a deposit into your father's IRA, you can give him money for that purpose.

\* Education - Even if your father has been investing for a while, he could probably still benefit from additional knowledge. Consider giving him a subscription to a magazine that focuses on financial issues. Or you might want to give a book on in-

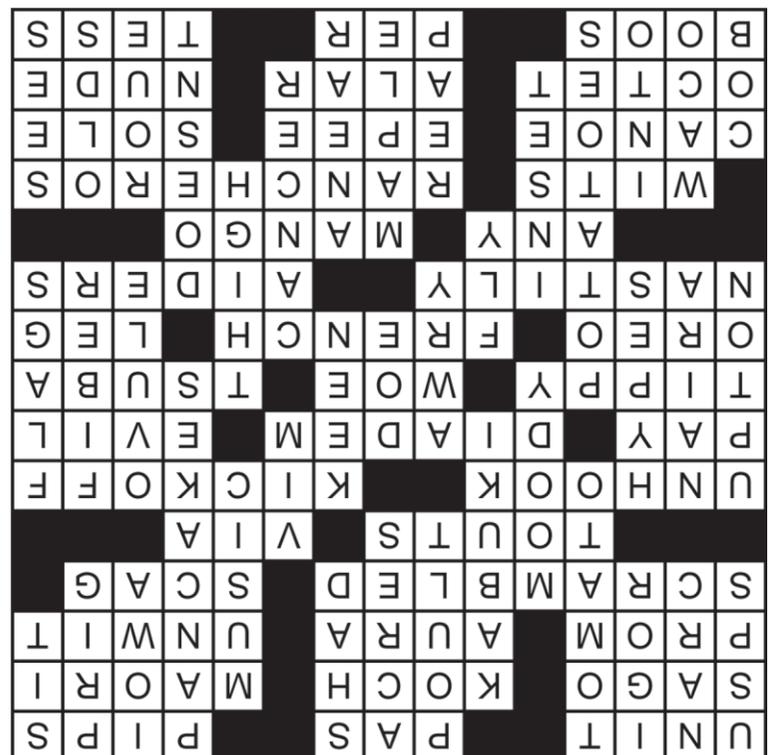
vesting, such as Dr. Jeremy Siegel's Stocks for the Long Run, generally considered one of the most valuable and "user-friendly" books for both new and experienced investors.

\* Games - You can find a variety of investment-related games that are both fun and informative. These games often use real-life scenarios to depict the various factors that go into investment decisions and the equally various results that can follow. You can also choose games that focus on other financial issues, such as managing cash flow. You can find these games in the old-fashioned "board game" format and as computer software.

These suggestions work to create a financial "toolbox" for your dad this Father's Day. He'll likely appreciate your generosity - and he'll be able to put the "tools" to good use.

*Provided by J. Neil Parsons, AAMS, CFP. Marietta, OH.*

5	9	6	2	7	3	1	8	4
7	6	5	9	4	8	1	2	3
9	2	3	6	5	1	8	7	4
3	1	2	7	8	5	9	4	6
6	9	7	4	1	3	5	8	2
8	5	4	2	9	6	7	3	1
2	7	6	5	3	9	4	1	8
1	3	9	8	6	4	2	5	7
5	4	8	1	2	7	3	6	9



# Things New and Old *By Chris Hasse*

## The Prophetic Significance of the Book of Esther

Esther is a prophetic book, pregnant with warning for us. The story unfolds as a drama with four protagonists: first, Ahasuerus, king of Medo-Persia, a political power; second, and second-in-command is Haman who, together with his wife and counselors, represents a religious coalition; third is Mordecai, a persecuted figure; fourth is the intercessory figure, the beautiful Queen Esther.

Haman wants not just respect, but worship, shown by the words, "bowed not, nor did him reverence." Esther 3:2. This combination of words "bowed" and "do reverence" is used to signify "worship." Mordecai, an exiled Jew, refuses to dishonor God by worshipping Haman. This enrages Haman, who accuses Mordecai to the King, as one who is breaking the civil laws. (We see the prophetic fulfilling of this in the accusation brought against God's people, as prophesied in the 13th chapter of Revelation, where we are introduced to a group of people who refuse to bow to the image of the beast and do reverence to it.)

In Esther, we read that a law is passed that allows all people living in the king's provinces, "to destroy, to kill, and to cause to perish, all Jews, both young and old, little children and women, in one day, even upon the thirteenth day

of the twelfth month." Esther 3:13. From these words we understand that the decree will be universal, it will be dated, it is irreversible (because such were the laws of the Medes and the Persians), it will be one of RELIGIOUS INTOLERANCE. Soon Queen Esther, a Jew, which fact is unknown both to the king and Haman, hears of the plot, and is urged by Mordecai to intervene for her people. Risking her life, even as Christ did for His people, she appears before the king in her intercessory robes and role, inviting him and Haman to a feast, at which time she promises to ask a request of the king. Haman's pride is quickly deflated by his wife, who counsels him that all this honor is meaningless unless he can force the hated Jew to worship him. She advises him to build a gallows on which to hang Mordecai.

That night King Ahasuerus can't sleep, so the daily court records are read to him. An incident is there recorded which demonstrates the integrity and loyalty of Mordecai. The next day Haman is forced to publicly honor Mordecai, leading him through the streets on the king's horse, in the king's robe, wearing the king's ring. Then Haman is summoned to the feast.

The king asks Esther to tell him her request, which she does at a second feast, summarily denouncing Haman as the one who is trying to destroy the Jewish people. Haman is hung on the very gallows

he so gleefully intended for Mordecai. Esther asks that a counter-command be issued so that her people have the right to defend themselves, and this request is granted. At the precise time that the captive Jews would have been killed, divine intervention saves their lives.

Today death is determined by Satan against God's people. This sinful world belongs to his satanic majesty, and he means to establish his authority in these last days. A death decree will be passed by the ruling power and the religious coalition that empowers it. This is explained in Revelation 13. The United States is the 2-horned beast (signifying a religious and civil power) which began as a lamb, giving political and religious asylum to the persecuted masses of Europe. This beast later "speaks" (symbolizing its legislative decisions) as a dragon. A death decree will be issued on all those who refuse to worship the beast. In his intercessory role as our high priest, Christ intervenes for us. The lives of God's people are spared. The wicked Haman and his forces are destroyed. Then Christ will take His people home to Himself.

"We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn, and the day star arise in your hearts; knowing this first, that no prophecy of the scripture is of any private interpretation. For the prophecy came not in old time by the will of men; but holy men of God spake as they were moved by the Holy Ghost." 2 Peter 1:19.

Soon economic ruin will be brought about by national apostasy. The law will be passed to kill all those who refuse to worship the god of this world. Everyone living will play a part in this drama. Let us heed our Father's loving warning.

*Chris Hasse was raised in Michigan, but spent most of her adult life in a "traveling" mode. In 1992, she and her husband, John, moved to Chloe, in Calhoun County, where they currently reside. Her vocations are gardening, writing, and "fishing." (See Matthew 4:19)*

## But I Work On Sundays

*By Pastor Mary Zimmer*

The trees are getting their leaves, some have pretty blooms; the grass is growing and flowers are blooming. And I sit here writing this with my eyes itching and watering, my nose stuffed and my head pounding!

You've heard the saying, "Too much of a good thing!" It's not that the pretty blooms are totally bad for me but when there's a whole bunch, then those of us with sinus and allergies can't breathe. It really becomes too much of a good thing.

You know we can turn all of God's gifts into that too much of a good thing. I know I do it with food, especially chocolate. Others do it with things, money, sex and even family.

We take what God has given us – blessed us with and we just can't get enough. Soon the blessings become curses because we have allowed them to control and give us direction. Soon we have turned the blessings into idols that we worship rather than worshiping the One who gave them to us in the first place.

Too much of a good thing can truly be bad for us if we allow the good thing to control us – our thinking, our behavior, our dreams and desires; if we allow them to direct and guide us on our life journey. When we do that, then God is not in the driver seat of our lives but the too much of a good thing is.

This May, look at the blessings, the gifts that God has given you. Have you allowed them to push God out of your life? Have you allowed them to guide and direct you? Are you giving them more room in your life than you are giving Jesus?

*Pastor Mary Zimmer serves the Grantsville United Methodist Charge (consisting of Brooksville Church and Knotts Memorial Church), and shares her home in Grantsville with her only child, a very spoiled dog named Sugar.*

## Faith In Second Chances

*By Thomas R. Fletcher, www.proseandphotos.com*

Read Jonah Chapters 3 & 4

The word of the Lord came to Jonah a second time, saying, "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you." So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!" And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. Then he had a proclamation made in Nineveh: "By the decree of the king and his nobles: No human being or animal, no herd or flock, shall taste anything. They shall not feed, nor shall they drink water. Human beings and animals shall be covered with sackcloth, and they shall cry mightily to God. All shall turn from their evil ways and from the violence that is in their hands. Who knows? God may relent and change his mind; he may turn from his fierce anger, so that we do not perish."

When God saw their actions, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them. God relented. God gave them another chance.

But this was very displeasing to Jonah, and he became angry. He prayed to the Lord and said, "O Lord! Is not this what I said while I was still in my own country? That is why I fled to Tarshish at the beginning; for I knew that you are a gracious God and merciful, slow to anger, and abounding in steadfast love, and ready to relent from punishing. And now, O Lord, please take my life from me, for it is better for me to die than to live." And the Lord said, "Is it right for you to be angry?" Then Jonah went out of the city and sat down east of the city, and made a booth for himself there. He sat under it in the shade, waiting to see what would become of the city.

The Lord God appointed a bush, and made it come up over Jonah, to give shade over his head, to save him from his discomfort; so Jonah was very happy about the bush. But when dawn came up the next day, God appointed a worm that attacked the bush, so that it withered. When the sun rose, God prepared a sultry east wind, and the sun beat down on the head of Jonah so that he was faint and asked that he might die. He said, "It is better for me to die than to live."

But God said to Jonah, "Is it right for you to be angry about the bush?" And he said, "Yes, angry enough to die." Then the Lord said, "You are concerned about the bush, for which you did not labor and which you did not grow; it came into being in a night and perished in a night. And should I not be concerned about Nineveh, that great city, in which there are more than a hundred and twenty thousand persons who do not know their right hand from their left, and also many animals?"

Jonah knew some truths about God—truths he had apparently wanted to keep to himself. Jonah had just experienced God's loving-kindness. After God first called Jonah to go to Nineveh, Jonah ran away, putting his prejudice above God's directive.

I can't fault Jonah too much for resisting what God wanted. How often have I tried to hide from God, going my own way? How often have I avoided what I clearly sensed God would have me do? How often have I, like Jonah, wanted to see God punish others for their sins?

Even though Jonah disobeyed and ran from God, he was given a second chance. With grace and mercy, God was still willing to use Jonah in spite of his past failure. Jonah knew the Lord's compassion, and so do we. How can we not want to see that mercy extended to others? God has given us another chance more times than we can count. We become more like God when we extend a second chance to others.

God of second chances, forgive us for not extending mercy to others. Show us someone with whom to share your loving-kindness today.

Pray for someone who needs a second chance; help me be willing to offer others a second chance.

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# Scratches, Dents and Dings

Consumer Points and  
Product Reviews

## What's In That Water Bottle?

Recently, the National Resources Defense Council (NRDC) published the results of a four-year study in which researchers tested more than 1,000 samples of 103 brands of bottled water, and found, "an estimated 25 percent or more of bottled water is really just tap water in a bottle— sometimes further treated, sometimes not."

Considered a food product, bottled water is regulated by the FDA. There are more than a dozen types of bottled water. Water products are normally categorized according to the source of the water and the method(s) used by the bottler to treat it.

**Artesian Water** is water that originates from a confined aquifer that has been tapped. A popular brand is Jewel.

**Mineral Water** contains at least 250 parts per million total dissolved solids (TDS), and comes from a geologically and physically protected underground water source. Brands include Crystal Geyser and Perrier.

**Sparkling Water** contains the same amount of carbon dioxide that it had at emergence from the source. Brands include Canada Dry, Crystal Geyser, Perrier, Safeway, and Shasta. The carbon and water can be separated, then recombined.

**Spring Water** comes from an underground formation from which water flows naturally to the Earth's surface. Brands include Arrowhead, Black Mountain, Castle Rock, Crystal Geyser, Dannon, Deer Park, Dominick's, Evian, Glacier Springs, Kroger, Private Selection, Safeway, Sahara and Master Choice.

**Purified Water** is water is ground water, well water or municipal water (that's right -- tap water) purified by distillation, deionization, reverse osmosis, or other suitable processes. Also referred to as "demineralized" water, brands include: Aquafina and Dasani.

To be listed as **Sterile Water**, water must meet the requirements under "sterility tests" in the United States Pharmacopoeia. **Fluoridated** water con-

tains fluoride added within the limitations established in the FDA.

Tested bottled water, has not shown to be, on average, any better, or "purer" than tap water. In fact, in practice, about 70 percent of bottled water never crosses state lines for sale, making it exempt from FDA inspections and regulations.

Bottled water is expensive. At five cents an ounce on average - bottled water, at this moment, costs more than gasoline. Tap water typically costs .002 cents per gallon. If your typical brand of bottled water is Purified tap water only, then you're paying way too much. Bottle your own at home.

Bottled water is also costing us environmentally. Bottled water produces up to 1.5 million tons of plastic waste per year. That plastic requires up to 47 million gallons of oil per year to produce. And while the plastic used to bottle beverages is of high quality and in demand by recyclers, over 80 percent of plastic bottles are simply thrown away.

If you still must drink bottled water, check the bottling date first, then store it properly. Bottled water often is stored at relatively warm (room) temperatures for extended periods of time, generally with no residual disinfectant contained in it. Several studies have documented that even when there are relatively low levels of bacteria in water when it is bottled, after one week of storage, total bacteria counts can jump by 1,000-fold or more in mineral water.

Water also absorbs phthalate (a synthetic used in plastics) as the bottle gets older. Researchers have identified links between phthalate and genital development in male children, and premature breast development in young girls.

Is the convenience of bottled water is not worth the cost and risk -- financially, environmentally, or physically?

While water remains a healthy choice for liquid refreshment over other drinks, it is just as likely to do so if we save money and bottle our own.

~ Lisa

## THOUGHTS

of Dr. Bob Henry Baber

it is good  
for an old man  
to hold a piece of wood  
in his hands

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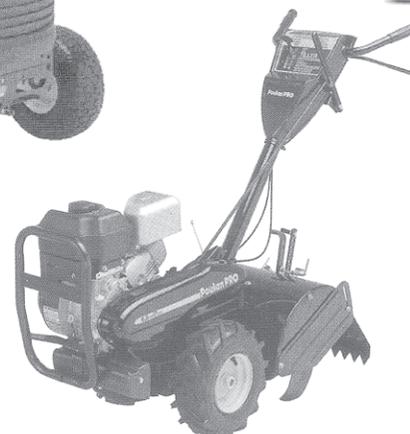
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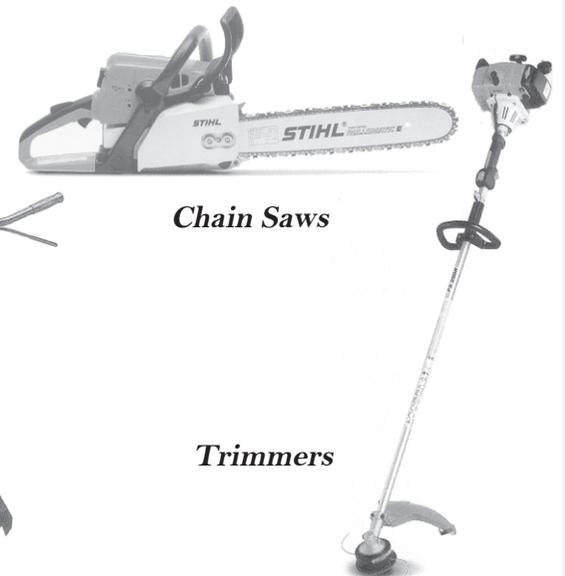


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# News Highlights From Around The Region

## BRAXTON

Senators Jay Rockefeller and Robert C. Byrd announced late last week that the Braxton County Airport in Sutton will receive \$111,240.00 in federal funding through the Federal Aviation Administration (FAA). These grants will enable the airport to install a runway vertical/visual guidance system needed to assist pilots in making visual approaches.

*Braxton Citizen's News*

Sutton Firefighters were awakened to an alarm indicating that an ambulance had plunged into the Little Birch River. Fifteen volunteers sprang from their beds at 2:10 a.m. The Braxton County Ambulance was eventually located in a remote southern corner of the county. Fortunately, no one was injured.

*Braxton Citizen's News*

A Braxton County jury found suspended Magistrate Carolyn Cruickshanks guilty of planning to retaliate against a witness who had testified against her son in a criminal case. Cruickshanks' son, Jordan Grubb, was under investigation for drugs. In an earlier trial Cruickshanks' case ended in a hung jury.

*The Hur Herald*

An old vacant homestead in Braxton County near the Calhoun line burned to the ground. The Adrian Kendall house located on a high hill at the head of Walnut Creek caught on fire about 2 p.m. Kendall died about eight years ago, but the property was maintained by his wife and family.

*The Hur Herald*

"I am thrilled and humbled that

the citizens of this county have stepped forward and affirmed that our community schools are as important to them as they are to the Board and the educational system as a whole," Superintendent of School Carolyn Long said after voters approved the first bond issue in over forty years. That passage insured a \$7.8 million dollar grant from the School Building Authority.

*Braxton Citizen's News*

Braxton county commission will purchase two signs notifying the public that they may be on camera for illegal dumping, for a camera they received thanks to efforts of DNR officer D. Duffield.

*Braxton Citizen's News*

## CALHOUN

Many of the Calhoun E-911 addresses that have been assigned are awaiting certification by postal address management services in Charleston. There is one full time person and one part time person in that office to certify all the addresses in West Virginia and some in Virginia.

*The Calhoun Chronicle*

The Minnie Hamilton Volunteer Chaplains Association observed the 57th, Annual National Day of Prayer, with a prayer service at noon. The leaders of our country, state, county, and city; our children and their teachers; our peace officers, those serving the military and the Veterans who have sacrificed to serve our nation were lifted in prayer.

*The Hur Herald*

Calhoun-Gilmer Career Center will be hosting a CDL Truck Driving Program in conjunction with the Fred W. Eberle

Technical Center, Buckhannon. The program will be held at Calhoun-Gilmer Career Center, from June 16 to August 15, 2008. The program consists of 240 hours of instruction, which covers orientation, preparation for written test, pre-trip inspection, basic control skills, road driving skills, and related training. For information, call 354-6151.

The State Fire Marshal's office and the WV State Police are investigating a late night Grantsville house fire, a dwelling belonging to Cozetta Smith and occupied by Christopher Todd Smith, indicating it is a suspicious fire.

*The Hur Herald*

## CLAY

The Spring Section of Environmental/Earth Science has been researching ways to save money as you help preserve and improve our environment. 1. Think locally. Buying locally made products helps support local jobs and area farmers and crafters. It also saves money in transportation. 2. Instead of buying fertilizer, which quickly dissolves and drains away, make compost from your household food scraps, leaves and some soil. Compost stays in the soil longer. 3. Turn off lights when you leave a room and turn off the water while you brush your teeth or while you are shaving.

*Clay County Free Press*

Council person Jeremy Hanshaw resigned from office after moving out of the municipality. Council appointed Glada Lanham to the position.

*The Clay Communicator*

Clay County stands a good chance at getting a new technical college located at the old Valley Fork Elementary school. According to Director Connie Lupardus, the contract for the campus is complete with bidding on contracting the heating, cooling, and other renovations ready to get underway. West Virginia State Technical College wants to open for business in August of this year. The \$200,000 needed to make the purchase is in the account and ready. One problem. During the CAEZ meeting, it came to light, a dispute over a 1/3 acre parcel is holding up the entire process.

*The Clay Communicator*

The Jeremiah Carpenter Mountain Bike Trail has opened in Clay County.

## DODDRIDGE

Commissioners signed an Order to adopt a mandatory \$5.00 fee on every paid fine. This money will be used in establishing a Teen Court.

*The Herald Record*

Salem IGA donated a basketball hoop and basketball to Salem Elementary school in addition to \$500 to help build the new Nature Trail. These programs are to help fight childhood obesity and engage the kids in outdoor activities.

*The Herald Record*

Ritchie County Primary Care Association held a grand opening for its new clinic in West Union.

*The Herald Record*

Build an Outhouse Float for the West Union Fest 127th's annual contest. The Mayor and Town Council have authorized a \$100 Savings Bond and Celebrity Status for First Prize and will close the Parade on Friday, July 25th. All entries must be registered in the Town of West Union office by 4 p.m. on July 18. Build a sturdy Throne and invite yourself to ride like Royalty!

*The Herald Record*

## GILMER

Gilmer County Sheriff Mickey E. Metz has hired a new Dupty, Benton Ray Huffman of Cedarville. Huffman has been working at the North Central Regional Jail in Doddridge County.

*The Glenville Democrat*

Glenville State College now posts community Internet links, events and announcements at [www.glenville.edu](http://www.glenville.edu). To submit your information to the public relations department, e-mail [Annette.Barnette@glenville.edu](mailto:Annette.Barnette@glenville.edu).

Rick Frame gave a presentation to the BOE in the form of the donation of a piece of land to the BOE for the express purpose of building a new Normantown Elementary, if the need arises. He commented that an engineer needed to be retained to inspect the donated land to make sure the project would be feasible.

Therefore, if it is not practical to put the old school building into use in the immediate future, a plausible option was open.

*The Glenville Democrat*

Around 1:30 p.m. on May 7, travelers waiting at a construction zone in rural Stumptown, West Virginia were surprised to look up and see the Goodyear Blimp flying overhead. After some Internet research, it was surmised that the blimp was heading to its base hangar in Akron, Ohio, returning from Bike Week in Richmond, Va.

GSC Marching Band Color Guard is collecting recipes for a cookbook fundraiser. Send your recipes with the following info: title the recipe, your phone number, list the category (Appetizers, Side Dishes, Soups, Entrees, Breads, Desserts and Beverages) and the recipe. Send your recipe to: [cookbook@glenville.edu](mailto:cookbook@glenville.edu) or by mail to Michelle Edman at 200 High Street, Glenville, WV 26351.

## LEWIS

Rudy Henley, partner in the development at Stonewall Resort, and Jay Hayes, chairperson of the Stonewall Advisory Committee and an appointed member of what will be a new 501(c)3 foundation to support "growing the resort," approached the commission for assistance in start-up capital for the foundation. Henley explained that part of the problem with "growing the resort" is the result of there being no funding from any level to improve, modernize or add to facilities which are constructed.

*The Weston Democrat*

The National Marble Museum, with an extensive collection of historic and contemporary marbles, will relocate from the West Coast to a new home at the Museum of American Glass in Weston.

*The Ritchie Gazette*

"Is it haunted? Are you going to watch it?" are just two of the questions residents of Central West Virginia were asking each other as the excitement built for the preview of the Trans-Allegheny Lunatic Asylum's hauntings or non-hauntings on Sci-Fi Channel's "Ghosthunters."

*The Weston Democrat*

# Mount Zion Drive In

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Steve Garvin, whose five-plus year effort to establish a horse-themed attraction in Lewis County, appeared before Lewis County Commission to present a letter reflecting his opinion that he is "at an impasse" with his efforts to gain "passage of legislation allowing the Horse Theme Park to come to West Virginia." The legislation he referred to was H.B. 4405 which would have permitted pari-mutuel gambling and video slots at a racetrack that would be a part of the park.

*The Weston Democrat*

An estimated crowd of between 300 - 400 people gathered at the new Chesapeake Energy field office in Jane Lew to help celebrate the official grand opening of the facility. The new field office sits atop a hill on 17.5 acres overlooking I-79 and the Jane Lew Industrial Park. Construction of the office began last year.

*The Weston Democrat*

## NICHOLAS

Nicholas County's prosecuting attorney was charged with drunken driving over the weekend after he wrecked his car in Webster County. Police said Mark D. Hudnall wrecked his car in a single-vehicle accident near Diana.

*The Hur Herald*

An abandoned coal mine wfilled with water burst open and sent what is estimated to be millions of gallons of water down a hillside and across Route 20 in Leivasy. The water was reported to be about 18 inches deep and covered an area 80 feet wide.

*The Nicholas Chronicle*

There have been several crisis situations for the Richwood Area Community Hospital over the past 50 years. Each time, the community has been quick to respond. The latest, and perhaps most challenging, the closing of the facility, has brought about the same reaction from area residents.

*The Nicholas Chronicle*

## RITCHIE

Over 3,000 voters turned out to vote. Judy Watson won the County Commissioner race with 915 votes. She will face Independent Doug Jackson in the November election. Prosecuting Attorney was awarded to Judith A. McCullough with 795 votes.

Chief Deputy Bryan Backus won the Sheriff race by 365 votes.

*The Ritchie Gazette*

A Smithville teen is in jail after making lewd remarks about a State Tropper;s wife on the popular web site MySpace. He was charged with harassing a public employree and underage consumption. His MySpace page featured nearly 40 photos of him allegedly drinking Bud Light and admitting to being drunk in the captions. The teen also had pictures of a drunk driving accident in which he was involved. If convicted, he faces up to over a year in jail and fines of \$1,500 for the two charges.

*The Ritchie Gazette*

## ROANE

Christopher Carpenter gave a bicycle he won to Marshall Sloter, who lost his home to fire. Christopher's uncle and Marshall's mother both are with the National Guard unit from Spencer currently deployed to Iraq.

*The Times Record*

Roane General Hospital will receive up to \$1 million to make improvements through a tax-exempt lease agreement. Commissioners voted to act as a conduit for the funds by issuing bonds for the purchase of equipment that will be leased to the hospital. The commission's involvement allows the hospital to receive a lower interest rate. The money would be used for already completed renovations for the cafeteria and a current project to remodel the skilled nursing facility. Other improvements will include the acquisition of a bone density scanner, a system for automatically dispensing medicine, an advanced heart rate monitor, a kitchen oven and computer system upgrades.

*The Times Record*

Although noted as a monthly publication when launched last fall, no new issue of *Living Appalachian*, a Spencer-based magazine, has been seen within the magazine's distribution region since March.

## WIRT

Primary election results: Assessor --Democrat, Debbie Hennen, Republican, Pamela Nicolais; Wirt Co. Sheriff -- Darrell Null.

Wirt County's Operating Levy Failed by one percent: Requiring 60%of the vote, the results came back with 1,003 For (59%) and 693 against (41%).

## WEBSTER

Mike "Lo" Snyder of Cowen was one of five individuals from all over West Virginia to receive the 2008 Jefferson Award. The awards go to individuals who made outstanding public service contributions to the communities, family and neighbors.

*The Webster Echo*

For the first time in the Woodchopping Festival's long history, there was no pageant this year to crown a new Miss Woodchopper. Only two girls submitted application to be contestants, so organizers decided to cancel the annual event. Morgan Miller will serve as the 2008 Miss Woodchipper. The Junior Miss Woodchipper pageant was also cancelled this year due to lack of participation.

*The Nicholas Chronicle*

On April 14, parents, students and community members were invited to tour the work site of the new Hacker Valley School. To date 20 feet of concrete has been laid for the foundation, as well as over 2,000 cinder blocks that will make up the walls, nad engineers expect 5,000 block to be laid by next week.

*The Webster Echo*

## REGIONAL

Division of Highways crews will begin changing the lettering on welcome signs at the state's borders, from "Open to Business" to "Wild, Wonderful." The change was made official last October, when 49,000 West Virginians voted for the slogan.

With two cases of rabies confirmed in livestock already this year, the W.Va. Department of Agriculture (WVDA) is encouraging farmers to consider vaccinating their animals, particularly breeding stock and show animals likely to be commingled with other animals. State law does not require rabies inoculations for livestock, but does require that manufacturers ship vaccine only to veterinarians in W.Va., not directly to consumers. Regardless of what the label on the vaccine says, under state law, rabies vaccinations are good for only two years for dogs

and cats – and for only one year for cattle, horses and sheep.

The West Virginia Department of Education received a \$250,000 grant from the U.S. Department of Agriculture to provide fresh fruit and vegetables to children. Twenty-five schools where at least 50 percent of the student population qualifies for free and reduced meals will be chosen to participate. Schools interested in the program must provide fresh fruits and vegetables at no charge to students at times other than meal periods.

The U.S. Department of Transportation presented a \$5 million grant award to Gov. Joe Manchin and the Governor's Highway Safety Program for the state's "elite" seatbelt usage level.

West Virginia was one of only five states to achieve that high of a level of seat belt usage among its residents. To receive the funding, West Virginia met Federal U. S. DOT criteria, which required states to have at least 85 percent seat belt usage rate, confirmed through scientific surveys, for two years straight.

It was just last year that a group of West Virginia farmers and

marketers took steps to create a statewide farmers market association--the West Virginia Farmers Market Association (WVFMA) and, now this spring, they have grown a website at [www.wvfarmers.org](http://www.wvfarmers.org).

West Virginia has imported 6 million honeybees from Georgia and 100 tons of corn syrup to replenish bee colonies devastated by drought and harsh winter weather. A \$200,000 allocation from state lawmakers has helped to boost the bee population by about 20 percent.

The Division of Forestry will once again participate in the Mid-Atlantic Wildfire Training Academy June 7-13 in Morgantown, W.Va. This academy offers courses basic to anyone interested in wildfire fighting. Class sizes are limited. For more details call (304) 293-2941 x-2490.

Ron Blankenship, a Calhoun candidate for the 33rd District-House of Delegates, filed papers questing a recount of last Primary Election ballots.

**We do not accept press releases or news articles. Our news highlights are taken from local news outlets only.**

**Deadlines & Details**  
**The deadline for the July issue of Two-Lane Livin' is June 17.**  
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## The Miracle of Vitamin D...

(continued from page 15) This article were gathered from studies published in the Archives of Internal Medicine and the American Journal of Clinical Nutrition to name a few. For further links and info on this or any column feel free to e-mail me at totalhealth@frontiernet.net.

Dr. Magly graduated Magna Cum Laude from Life University College of Chiropractic in Georgia after completing the pre-med program at West Virginia State College. He has been advanced certified in Soft Tissue Orthopedics, Organ Reflex Therapy and Activator Technique and received additional training in sports medicine, nutrition and advanced YOGA.

## Better RV Gas Mileage...

(continued from page 9) much as possible. As always be safe sibly need no matter what the season. Lighten the load; carry less weight. If possible, travel with all of your holding tanks empty, fill your fresh water tank when you arrive at your destination. If you don't need it with you on this trip, leave it home.

Last, camp close to home, its not how far you go, its just getting away that really matters. If possible, locate all campgrounds that are downhill from your house, and coast as

## Homeschooling in Summer...

(continued from page 4) ever learn everything they should have in public school? Probably not! What we need to do for children, no matter where they go to school, is to make sure that they are aware of their own strengths and weaknesses and that they know how to get the information they need, no matter what it is. And remember this: there is a reason they call school graduations "commencements". It is because the end of that particular school is merely the beginning (the commencement) of the next learning experience!

A Penn State graduate, Karen Pennebaker is a homeschooling grandmother who has been teaching her granddaughters for over ten years. She is an artist who enjoys painting, block printing and making jewelry, as well as doing volunteer work.

One of my homeschooled students has finished her Senior Year. Did she learn everything she should have? Probably not. Did anyone

be done, vitamin D therapy is very promising in addition to conventional treatment for the conditions mentioned above. Just remember, although rare, toxicity is a possibility. Moderate to severe cases of hypercalcemia should avoid vitamin D therapy. Others should work with a doctor knowledgeable in vitamin D therapy for doses above 1,000 IU/day. Although the government Recommended Daily Allowance is only 400 IU/day, keep in mind the RDA values for most vitamins and minerals is based on 50 year old science and are only adequate to prevent the more obvious conditions of deficiency known at the time. The statistics in

much as possible. As always be safe have fun and don't let the high price of fuel stop you from what you enjoy, just be smarter the way you enjoy it.

Roger White owns Roger's Mobile R.V. Repair, serving the RV Industry for 30 years. He can also save you gas money by coming to your location to make service calls and repairs. If you need assistance with your RV, he can be reached at 364-4260. He lives in Gassaway with his wife and son.

color family. My favorite month for wildflowers is August, when Joe Pye Weed blooms, along with others in the "purple flower family". Summer is a good time for homeschoolers to make plans for the fall. What are we interested in learning next? OK, let's see what we can find out about that subject. There are yard sales where books are often a dime a dozen. If you are new at homeschooling, check out the Typical Course of Study at the World Book Encyclopedia site or check the West Virginia Course of Study information (and more) at this website: [wveis.k12.wv.us/nclb/Content/public/cso/cso.cfm](http://wveis.k12.wv.us/nclb/Content/public/cso/cso.cfm)

Warrantee repairs, extended or manufacturer's. Insurance claims and estimates. Roger's Mobile R.V. Repair, Inc. Gassaway, WV, 304-364-4260.

Recycling is open for drop-off 24 hours a day, seven days a week. Site monitored by camera, disposal of unauthorized materials is considered littering. Cabot buys nonferrous metals and car batteries. Buy-back hours: Tues. and Thurs. 8 a.m. to 4 p.m. and Saturday 8 to noon. 354-7786. Batteries also accepted at Chloe Auto and Hardware, Route 16.

# Two-Lane Tradin'

## NOTICE

### SOUTHERN CRUISERS RIDING CLUB



Gilmer, Calhoun, Braxton, Lewis, Ritchie and Surrounding Counties  
Check Out our Web Site!  
[www.scrclg.com](http://www.scrclg.com)

**NOTICE CRAFTERS!** - Crafters and artisans! Space available at The Craftsman's Village Craft Show, July 4th & 5th, Midway Volunteer Fire Company, Vadis WV. Email [KarenLane@aol.com](mailto:KarenLane@aol.com) or call 304-462-5065 for entry forms or information.

**CALL TO WORSHIP** - Worship with Grantsville United Methodist Church. Brooksville UM Church, Big Bend WV, Sunday Worship 9:30am; Sunday School 10:30am. or Knotts Memorial UM Church, Grantsville WV, Sunday School 10:00, Worship 11:00am, Sunday Evening Service 7:00, Wednesday Bible Study 7:00. 304-354-6012.

Two-Lane classified ads are \$5 for 30 words, and then rated 10 cents for every additional word. One and two-letter words aren't counted.

Add a photograph or logo to your text for \$10, Reverse color (white on black) for \$5, or bold print for \$3. Classifieds MUST be pre-paid. Mail your copy and payment to:

Two-Lane Classified Ads  
2287 Rosedale Rd  
Stumptown, WV 25267

## FOR SALE

**BASKET KITS** - Make a beautiful, useful basket in less than two hours. Great for parties, reunions, women's weekends. Request FREE color brochure and price list. Wholesale prices available for ten kits or more. Bonnett Run Basketry. 304-462-7638 / [cross@wvnet.edu](mailto:cross@wvnet.edu).

**PUSH MOWER** - Self-propelled, powerful 5HP Homelite mower with 20" cutting path & Briggs & Stratton engine. Barely used. \$80 354-9132.

**FOR SALE BY OWNER** - Complete set of Encyclopedia Britannica. 45 volumes. Excellent condition. Best offer. No longer needed. Got married last weekend; Wife knows everything.

## EVENTS

**RELAX!** - Stress Relief Meditation, 1st Thursday of every month 6pm-7pm. Adena Pathways - Clendenin. Call 304-548-6989 for information.

**RELAY** - The 2008 American Cancer Society Relay for Life in Braxton County is June 13th at Holly Gray Park, Airport Road near Sutton. Individuals, groups, businesses needed to participate. Call Carrie 765-5753.

**FRESH PRODUCE** - Calhoun County Farmer's Market, Garden plants, flowers, herbs shrubs, baked goods, pies, breads. Upper West Fork Park Fire Department, Chloe, Wednesdays, 9 a.m. - 1 p.m. Doors Open at 8 a.m. New vendors welcome. For info call 304-286-2905.

## WANTED

**WANTED** - Looking for old cellar stones or old foundation rocks to build cellar with. Will move for free or will pay reasonable price. Call 304-354-6969.

## SERVICES

**BOAT, MOTOR & JET SKI REPAIR** - for all makes & models. Serving all lakes and marinas in WV. Have 15 years experience. Located in Clendenin. 304-548-4806 - Mobile 993-6385 2x-6/08-7/08

**CONSTRUCTION** - Turner's Construction, General & Residential Built Homes, Decks, Roofing, Drywall, Siding, Kitchens, and Remodels. William Turner, Owner. (304)462-8303 or (304)364-8516. Lic. # 028837.

**CLEANING SERVICES** - Business or residential cleaning, regular cleaning, spring cleaning, weekly, monthly cleaning. Priced per job at reasonable rates. Squeaky Clean Services, Shock, WV, call 304-364-8516, or e-mail [jmcc25@aol.com](mailto:jmcc25@aol.com).

**SEAMLESS GUTTERS** - LK Utility Buildings come with choices for color, singles or tin roof, T1-11 siding, windows, wiring and seamless, continuous rain gutters. Gutters can be installed on your outbuilding, home or business. Call (304) 354-7399. Lic. #2011-0946.

**RV SERVICE THAT COMES TO YOU** - 30 years experience repairing motor homes and travel trailers; electrical, plumbing, appliances, awnings, A/C, heat, etc. Warrantee repairs, extended or manufacturer's. Insurance claims and estimates. Roger's Mobile R.V. Repair, Inc. Gassaway, WV, 304-364-4260.

**RECYCLING** - Cabot Recycling is open for drop-off 24 hours a day, seven days a week. Site monitored by camera, disposal of unauthorized materials is considered littering. Cabot buys nonferrous metals and car batteries. Buy-back hours: Tues. and Thurs. 8 a.m. to 4 p.m. and Saturday 8 to noon. 354-7786. Batteries also accepted at Chloe Auto and Hardware, Route 16.

## Planting Trees & Shrubs For Energy Efficiency

Planting the right tree or shrub in the right place can improve a home's energy efficiency and shrink heating and cooling bills.

According to the experts at Commonwealth Edison Company (ComEd), one of the nation's largest electric utilities, it's all about selecting the right landscaping:

\* Evergreens along the northern side of a property can serve as a "windbreaker," making it easier to heat the home during

the winter months.

\* Large trees that shed leaves in the fall, such as maple or oak, should be planted on the south and west sides of a building to allow winter sunshine and summer shade.

\* Thick shrubbery planted around an air conditioner will shade the unit from summer sun. However, care should be exercised to avoid impeding operation of the unit's compressor.

Always be sure to place new

trees away from power lines to prevent tree-contact with electrical lines that can cause outages, stresses ComEd.

Plant flowering trees that grow less than 20 feet tall, such as dogwoods or crabapples, near the street and under power lines.

Trees that grow taller than 30 feet should never be planted near power lines. At full height, these trees can contact lines and cause a power outage or even pose a public danger.

## IT JUST GOT EASIER TO ADVERTISE IN CENTRAL WEST VIRGINIA

### NOW AVAILABLE: ONLINE PURCHASING!

Our most popular advertising contracts are now available online! Simply select your ad size, color and contract length, and pay with your credit card. We'll follow up to get the details of your ad copy, or your can submit your own.

To browse contracts available online, visit:  
<http://www.twolanelivin.com/ADSONLINE.html>.

## Two-Lane Business Directory:

### Schnauzer Paradise

Reg. Mini Schnauzer Puppies  
304-354-7100  
www.schnauzerparadise.com

### Flynn's Tax Service

Accounting & Payroll Services  
Lewis St., Glenville  
(304) 462-7603

### Track Your Cars W/GPS!

www.dfmgpsystems.com  
prices negotiable  
by calling 304-477-3212

### Sears Exxon

Groceries, Gas, Tires, Feed,  
Hardware, Supplies  
Route 33, Stumptown

### Small Business Marketing

Payment Plans Available  
Affordable & Effective  
304-354-9132

### Minnora Mission

Clothes, \$2 a Bag, M-W-F  
Rt. 16, Minnora  
304-655-7155

### Page's Auto Repair

Route 33  
Normantown  
304-462-7549

**Your Business Here**  
for as low as \$16 per month  
Call 354-9132 or e-mail  
info@twolanelivin.com

## RECESSION SPECIAL

Single-month ad  
contracts are 15% off  
throughout June!\*

Call before June 17 for the July issue.  
Call NOW: 304-354-9132

\* Discount does not apply to classified ads

## Two-Lane Livin' Readership Survey

Please help us successfully plan the future development and direction of Two-Lane Livin' magazine by completing and returning the survey below.

1. What county do you live in? \_\_\_\_\_
2. Where do you get your copy of Two-Lane Livin'? \_\_\_\_\_
3. Do you get your copy at the same place each month?  Yes  No
4. How often do you read Two-Lane Livin'?  
 Every month  
 Whenever I find a copy  
 Whenever I have time
5. How many people in your household read a single copy? \_\_\_\_\_
6. Do you share you copy with those outside your home? Friends? Relatives?  
A. Who? \_\_\_\_\_  
B. How to you get the copy to them? \_\_\_\_\_
7. How much of the magazine do you read?  
 100% (Cover to cover)  
 75% (I like most of it)  
 50% (I scan it and find what interests me)  
 25% (I read for the parts I like, then I'm done)
8. Do you complete the crossword puzzle or sudoku puzzle?  Yes  No
9. Has anyone in your home enjoyed the Kid's Activity Page?  Yes  No
10. Have you ever "pulled out" our calendar and put it on display?  Yes  No
11. What is your favorite column or topic? \_\_\_\_\_
12. What is your least favorite column or topic? \_\_\_\_\_
13. Have you ever visited our web site at www.twolanelivin.com?  Yes  No
14. Do you have Internet access at home?  Yes  No
15. Do you read our advertisements?  Yes  No  Some
16. Have you responded to any of our advertisements?  Yes  No
17. What are you looking for in advertisements? \_\_\_\_\_
18. Do You have children?  Yes  No If yes, what are their ages?  
\_\_\_\_\_
19. What is your age group?  
 25 or under  26-35  
 36-55  55 or over
20. Gender:  Male  Female
21. What is your education level?  
 Grade School  High School  
 High School Graduate  College Graduate
22. Have you missed an issue because you couldn't find a copy?  Yes  No
23. What would you like to see included in Two-Lane Livin'? \_\_\_\_\_
24. What do you do with your copy of Two-Lane Livin' when you have finished it?  
\_\_\_\_\_
25. What does the term "Two-Lane Livin'" mean to you? \_\_\_\_\_



Please complete this form and return it to:

Two-Lane Livin' Survey, 2287 Rosedale Road, Stumptown, WV 25267  
All responses will remain anonymous. Survey results and answers to question #25 could appear in the first anniversary issue of Two-Lane Livin' in September.

# LAWN ANXIETY



## Husqvarna Mowers - Be the Master of Your Yard!

Height Indicator shows cut height in inches!



Electric Blade Engagement!

LS Series... Exclusively at Husqvarna Full Service Dealers

V-Twin Husqvarna Endurance™ or Briggs & Stratton Vanguard engines!

Mow & Trim with Quality Products from Husqvarna!

Buy local and get service where you buy. It will make your life simpler!

### Husqvarna Trimmers



Model #124L \$179.00

Model #323L \$299.99

Minimum 20" x 10" rear tires!

12 gauge welded steel frame!

Brushguard-style front bumper!

## Shindaiwa String Trimmers



Model #242X \$298.99

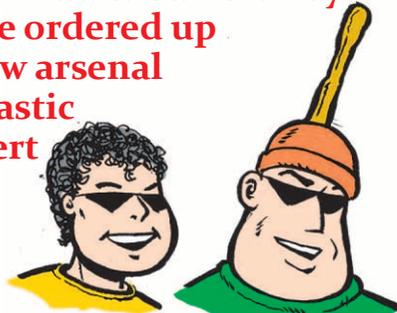


Model #272 \$409.99



Free 6 pack of 1 gallon mix oil with any trimmer purchase!

Drain Man & Culvert Boy have ordered up a new arsenal of plastic culvert pipe!



Fittings in Stock!

4" perforated & solid	100 ft. roll	\$42.74
6" perforated & solid	100 ft. roll	\$95.10
8" dual wall	20 ft. joint	\$3.22 per ft.
10" dual wall	20 ft. joint	\$4.54 per ft.
12" dual wall	20 ft. joint	\$5.55 per ft.
15" dual wall	20 ft. joint	\$6.60 per ft.
18" dual wall	20 ft. joint	\$11.34 per ft.
24" dual wall	20 ft. joint	\$20.99 per ft.
30" dual wall	20 ft. joint	\$23.75 per ft.
36" dual wall	20 ft. joint	\$38.63 per ft.
42" dual wall	20 ft. joint	\$49.70 per ft.
48" dual wall	20 ft. joint	\$38.63 per ft.

Are you losing natural gas or water to the elements from old leaky pipes to your home?

Save Money -- Stop Leaky Pipes!

<b>Water Pipe:</b>		
1" 160 lb.	100 ft. roll	\$36.45
1" 200 lb.	100 ft. roll	\$53.07
1 1/4" 160 lb.	100 ft. roll	\$70.50
1 1/4" 200 lb.	100 ft. roll	\$91.50
<b>Gas Pipe:</b>		
1" yellow	150 ft. roll	\$71.00
1 1/4" yellow	150 ft. roll	\$127.58

# Hildreth Supply, Inc.

Rt. 33 E., Spencer • 927-2170 • www.hildrethsupply.com

Hours: Monday through Friday, 7 am - 5 pm; Saturday, 7 am - noon

Prices good through June 30th, while supplies last.