

Two-Lane Livin'

**Testing W.Va's
Internet
Connection**

**Practical Ways to
Pinch Pennies**

**Treating
Heartburn,
Naturally**

**Travel Trend:
"Staycations"**

**Preparing Your
Child for
WESTEST**

**Gold Jewelry:
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**The Roots of
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**Why Avoid
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**Natural
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**Musical
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Central West Virginia's Guide to Life

www.twolanelivin.com

The Importance of Practicality

Two-Lane Livin'

Two-Lane Livin' is a monthly publication distributed to audiences in the central region of West Virginia, including Wirt, Clay, Calhoun, Doddridge, Jackson, Nicholas, Lewis, Roane, Gilmer, Ritchie, Wood, Braxton, Webster, and Upshur Counties. Copies are also available at the State Capitol Complex in Charleston. Print runs produce 15,000 copies.

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www.twolanelivin.com

Deadlines & Details

The deadline for the June issue is: May 20

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

Not long after graduating college, I spent a time living in a secluded house on a ridge point, surrounded on all sides by the forests of Wirt County. Bath and wash water came from rain on the roof, funneled by the gutters into a basement cistern. Heat for summer cooking came from a hot plate or grill, and heat for the house in winter came from the wood stove.

Viable work was clear in Parkersburg, over an hour away. But, there was a recent saw mill site over the next hill, and I homeschooled students for income. I could pay my electric, rent and groceries. Water from the cistern and heat from the saw mill left-overs were free.

Once a month, I traveled to town for food and to do laundry, and for the rest of the year, I stayed in that house on the hill, for I could afford little else.

That year includes some of the most profound, the most relaxed, the most enlightening moments of my life.

It was hard labor splitting and carrying wood and water, and it was hard living, especially for a city girl. But at the end of the day, I would sit, dead tired on the back porch, and watch the sun set from my perch on top of the mountain.

Once settled into the house, my daily routine began to in-

clude creative writing (with pen and paper), gardening, carrying water and wood, walking the dogs and - watching the sun set. In other words, my adult life had never before - or has ever since - been simpler.

It is incredibly difficult to live so simply in this world, and the limited period when I was able to do so (and survive it) now seems to be nothing but a fleeting collection of memories of when my only purpose each day was my own.

Time was fluid, but thick like molasses and slow as ketchup. I told time by the position of the sun in the sky, by the passing of the school busses on the roads far below me. On top of the mountain, the night sky surrounds you, and the rest of the world just fades away...

Then a job opportunity came, and I gladly and thankfully took it. I became a functioning citizen of the world again, and at the time, was happy to do so. But now, some thirteen years later, think back of those days when I tended gardens in the morning, wrote stories and taught in the heat of the day, carried wood and walked dogs in the evenings, and closed each day with the sunset.

Our lives in this modern world are so complicated. It's as though we are trained and drained by the things that are meant to make our lives easier. While I may sit and wish I could go back to that mountain, I know that the way for me to get back to the frame of mind (what I'm really longing for) is to give up the items I don't really need in

life, and simplify.

We're all being squeezed by economic conditions, we're all running in a reactive mode simply answering to the demands for our attention. We're all scrambling, in one way or another, to regain some sense of peace, of control, to get to a point where we are "at rest." But if our lives are complicated, how can we ever be at rest?

Since Frank and I left the house on the mountain, we've worked to be that settled again, that organized again, that "simplified" again. In thirteen years, we still haven't accomplished it. These days, I need my cell phone. I need my computer and my Internet, and my make-up and my specialty teas and flavored creamer. Alas, thirteen years of modern living has ruined me. My life is no longer simple.

Since I can no longer master the simple life, I have chosen a different goal -- a practical life. I've been working to become a more practical person. This approach is helping purge our home of unnecessary items we have become slaves to. Cleaning out closets and storage and kitchen drawers becomes much easier when you ask:

"Is it useful?" and "Is it worth the time/expense needed to take care of it?"

While all this might seem too basic to improve our lives, we have found that as we "purge" out the unnecessaries of our lives, we slowly, but surely, begin to relax, and appreciate the items we've chosen to keep. We have the time to take care of what we have, and more time to take

care of ourselves and each other.

A simple life is a practical life, and it's obviously practical to work towards a life that isn't burdened by unnecessary things. In a culture where we are typically defined by what we have and what we live with, I have learned that often, it is easier to live without.

I hope readers enjoy the practical information our columnists offer in Two-Lane Livin'. We believe our magazine is something that no one should live without.

* * * *

If you do try to simplify your life, remember the highlight of my simple life back when -- the sunset. Beauty is practical. It soothes the soul. Flowers, art, bright colors, all these can be practical, as long as the joy you receive from them outweighs the cost to have and maintain them.

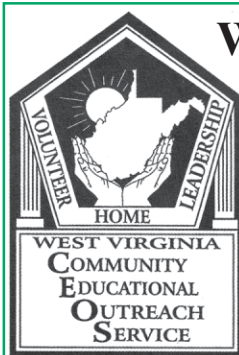
Music is practical. It lifts and eases the spirit. A stereo system that cost more than your car may not be practical, but an enjoyable radio station, a musical instrument, or a valued music collection can be practical.

Reading and learning are practical, they exercise your brain and expand your mind.

A simple life doesn't include denying yourself the simple pleasures in life. If fact, a simple life should allow you to discover these pleasures all over again.

And yes, friendships and love are also practical. If you have friends and love, you'll live longer, laugh more often and have someone to share your joys with. But the same rule applies: the joy you receive should outweigh the cost to maintain.

WVCEOS Week: May 18-24



WVCEOS Groups Work Together To:

- * strengthen families
- * promote lifelong learning
- * instill honesty, integrity, and respect
- * preserve heritage
- * recognize and respond to diversity
- * be open to change

Are you looking for ways to contribute to your community, create a healthier environment for your family, and enjoy fellowship with your neighbors? Do you want to learn new things, make new friends, belong to something positive and fun?

Consider joining your local CEOS.

For information about CEOS in your county, contact your local WVU Extension Office.

This WVCEOS advertisement was sponsored by Rush Run CEOS of Calhoun County. Regular members and mailbox members are always welcome.

Our Readers Respond



Students in Miss Allen's Lewis County High School English class enjoy reading Two-Lane Livin' each month. Above, students are reading the April Fool's issue -- right side up. How many of you were "fooled" by the April issue? Students appearing (or partly appearing) include L-R: Shanna Cayton, Laura Pumphrey, Ashley Cornell (in back), Megan Cogar and Kyle Crady (up front, barely visible), Courtney Bright (behind Megan's head, with ponytail).

Two-Lane Livin' -- Most refreshing and informative magazine I have read in ages. Just what we need in our area. C. McCartney

I thoroughly enjoy reading every article. Elaine, Clay County

April Showers Bring Rain, Rain Rain



A Dose of Mountain Therapy

By Kim Butler

There's an old saying that goes "April showers bring May flowers." I don't think there's any question about the literal translation - lots of warm April rains will bring on a bounty of May goodies - including an assortment of May flowers. But as I sat through what has seemed like an endless onslaught of rain, rain, rain the last few weeks I began to think about what those words meant below the surface.

Living in central West Virginia means getting used to the seasonal extremes, often including cold, aggravating winters that seem to drag on. This year was no exception. I was so ready for Spring to arrive. April in the country is rejuvenating - lots of sunshine, new flora, an assortment of farm babies from chickens to goats, and so on. It's part of what makes me want to live in the country.

However, I'm not sure I was prepared for this April. In addition to the never-ending rain showers, disappointment and sadness seemed to be lurking around every day. It started with Richard and I bringing our final load of belongings back from North Carolina. After many months, our journey from there to here was complete. It seemed

monumental and sad at the same time.

After 20-something years, I didn't have a home there anymore. My house was being occupied by another family and I wasn't sure I was OK with it. Friends and I stood on the concrete driveway crying like babies, surveying the surroundings and reminiscing about what had changed over the years. I finally got in the car and took one of the longest drives of my life, thankful my kids slept most of the time.

The next couple of weeks were even more unpleasant when one of our best friends from NC had two strokes back to back and was in and out of the hospital several times. Not even 40 years old, she's now faced with some permanent loss of function that will change the course of her life. And, I wasn't there to help her when she could use it most. Both she and her husband had also lost their parents this past year, so they were dealing with this crisis while still mourning their loved ones. I was so sad for them I ached.

Another whammy came about when I found out my paternal grandmother would be moving out of state permanently mid-April. This is my Granny, my last living grandparent, who at 90 years, is still very healthy and the kindest soul on the planet. She had spent almost every year of her life in West Virginia and I was comforted by her presence.

She also happened to be one of the few people left who reminded me of my dad (her son) who passed away just a few years ago. When I was able to visit with her she told me stories about my father that would eventually make tears turn to laughter. It was a devastating blow to my psyche. I tried to think positive - she would have a whole new world to explore in another state - but for me, it didn't change the fact that I am going to miss her in a way I can't describe.

I have so much unfinished business with her. She was going to teach me to pick wild greens, hunt mushrooms and make elderberry jam, just to name a few. She had a knowledge of how to live off the bounty of the land that's almost unmatched, and I want her to teach me everything she knows.

Her birthday is also in late April, which should be a happy event, but it also happens to be the same day my father died. I don't think she has really been able to enjoy her birthday since. I can't imagine what it would be like to lose a child, especially on your birthday, but this year she would also be somewhere else, where I couldn't be, when that sad day would roll around again.

Even a short weekend vacation with my family turned sour on the last day when my laptop computer - my constant companion for three years and the

(continued on page 21)

What is Making That Sound?



Just Thinking

By Joyce Moler

It's a world filled with many sounds. We see a lot. We do a lot. We observe a lot. But are we listening?

No, this is not one of those comments or speeches about listening to our children, our husband, our parents, or whomever in our life. Those lectures are worn out, or over used. (I could preach to you, but not today.)

We hear vehicles go by, big and small. We hear the alarm clock early in the morning. We hear the coffee pot struggling to percolate forcing water down a spout and into a glass pot. We

hear water running from spigots for varied reasons: showers, washing dishes, dishwasher use. We hear the refrigerator door open, letting loose from a suction keeping all the cool air inside. The list of sounds can go on and on. We just don't always realize where noises or sounds in our home are coming from, nor sometimes, do we care. They become routine and benign.

However, there are always exceptions to the rule.

The other evening, I heard a strange and unusual sound, not once but twice. The noise did not come from the television that was on, or from the outside traffic whizzing by on the two-lane road. No, it was right beside my head. (There are a zillion blonde jokes that could be incorporated here, but we're not going there

either.)

The first installation of noise, I heard, I thought was coming from the water bed. The sound was like a miniature airplane motor covered with a tin lid. Does a water bed have a motor keeping the water warm? I know there is a temperature setting on the side of the rail we keep an eye on. But that's all I know. If there are any other mechanical factors to a water bed, now was the time to reveal that information. And the one person with that knowledge is my husband. I hollered for him. He came running up, but by the time he made it to the room the noise had stopped.

He left.

I'm not surprised. Several years ago, when I was a substi-

(continued on page 21)

Two-Lane Livin' offers Two 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 COVER CONTEST WINNER IS:

Megan Gainer of Spencer, W.Va.
The name of her photograph is
"Mail Pouch Barn."

Megan Gainer, age 17, is a Senior at Roane County High School and was named RCHS Creative Artist of the Year 2006. She is presently in an apprentice program through West Virginia Tamarack with metal artist/blacksmith, Jeff Fetty of Jeff Fetty Designs, Inc. Her plans, after high school graduation, include attending college, majoring in metal sculpting and jewelry design. She is active in RAZE, Hi-Y and track, and she attended the West Virginia Governor's Honors Academy in 2007.

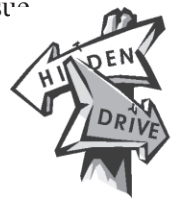
Contest Guidelines: Color entries should be printed at high-quality. Previously published material is permitted. All submissions must be the original work and property of the entrant. **We are currently looking for summer photos.**

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.

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: Rosa Lamp of Harrisville, who picked up her copy of Two-Lane Livin' at Hometown Pharmacy in Harrisville, 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.)

Name: _____	Affix Signpost Here
Address: _____ _____ _____	
Email: _____	
Where did you find your copy of Two Lane Livin'?	

Waste Not, Want Not

By Judy Wolfram

Let's do some "did you know" kitchen tips:

- Did you know that adding water to scrambled eggs instead of milk will them fluffier? Add about one tablespoon of water for each egg. A few drops of water will also make the eggs easier to beat.
- To keep milk from sticking to the pan when you heat it, rinse the pan with cold water first.
- Five parts flour and one part cornstarch makes a good pastry flour for pies.
- Pour orange juice over raisins and store covered in a cool place for several hours. The raisins will absorb the juice and you'll have a new flavor treat for your salads, cereals, or snacks.
- More juice can be squeezed from a lemon if it has been heated a little in the oven first. If the rind is to be used, grate before heating.
- If you have had eggs in your refrigerator for a while and want to beat the egg whites, add a few grains of salt.
- When baking, and sour milk is called for but not on hand, add about one tablespoon of vinegar to sweet canned milk. Let it stand for two or three minutes, then add it to your recipe.

Hope this helps you a little.

By the way, did you know that your dog can count? Don't think so, huh? Put three dog biscuits in your pocket and only give the dog two. Good luck with that. He or she can count.



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...

By Lisa M. Sheldon
because that's where it all begins.



When most of us were growing up, we heard the saying "April showers bring May flowers" and still look forward to the warming spring days and all that that entailed. Today, May means one thing in school, annual testing. Yes, it is time, once again, for WESTEST and the Writing Assessments. And, because of the year long emphasis placed on these tests, some children dread May and that it entails.

First, the reason for assessing children annually is two fold. One, the assessment allows federal, state, and county officials to gain some understanding of how a school system is educating the students in general and specifically.

Second, these assessments are used to see where a student needs to be placed in classes for the next school year (this is mainly with the writing assessment). Both of these are beneficial to the school and the student. However, the pressure placed on the students (as early as 8 years old) to perform well on these tests can cause confusion, worry and fear for students, whether they are 8 or 18.

Although these assessments are tied to directly to the school's ranking in the state, state funding and oversight, and can be a source of pride or disappointment to the administrations, they in no way decide



who your child is or what your child is capable of. If your children perform well in school and achieve passing grades, they will move on to the next grade. Children should always be encouraged to do their best, but not to the point of worry and fear.

Most of us have heard the term "test anxiety" which, in the past, has been mostly associated with college finals or state board exams. Today, we are seeing it in young children as each May approaches. How can we help?

Your attitude about the upcoming assessments is vital. As parents and guardians we often set the tone for our children's views on many things, and test taking is one of them. Keep your attitude calm. If your children exhibits signs of worry about testing, remind them of all the things they are good at, and how well they have done in the past. Your confidence is contagious.

Keep your child physically

healthy. This is for the entire year, but can really make a difference at test taking time. Limit TV, video games and non-necessary computer time, while encouraging creative play and outdoor activities. Know your child's sleep schedule. Doctors recommend ten hours of sleep for children. Replace some of those convenient sugary, salty and oily snacks with something that will make them feel good not bad.

All the above things will also help keep your child mentally healthy, but more is required in this area. Love. Try each day to give your child encouragement for things done well. Let kids know that you are proud of them and love them unconditionally. This will do more for them than you can imagine.

Note: Still, remain in charge and continue to have expectations of them, showing you love (continued on page 22)

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Practical Ways to Pinch Those Pennies

Ten cents may not seem like much. But when gas prices increase by ten cents on the gallon, milk prices increase by ten cents on the gallon, a loaf of bread costs ten cents more as does electric, water - even cotton balls -- ten cents can quickly add up to several dollars you may or may not have.

Likewise, ten cents saved daily on your electric bill, water bill, and other items can help to balance a budget that is spiralling out of control due to inflation. Truly, these days, a penny saved is a penny earned. The best way to make your money stretch farther is to cut expenses and spending -- and very likely, your family can trim down spending with just a little effort:

Frustrated with gas prices? Aren't we all. But how much are you driving? Are you making several trips to the store in a week? When the store can be up to 30

miles away, that cost can accumulate. Plan your trips to town to accomplish as much as you can in one trip. Visit the bank, grocery store, supply store all in the same day. If you need an item, but not immediately, add it to your "when I go to town" list. Or, communicate with your neighbors and friends. If they are going to town on Monday, perhaps they'll get an item you need. If you're going on Friday, check to see if they need anything.

Wash clothes only when you have a full load, and now that summer is here -- hang them to dry instead of using the dryer. Turn off lights that aren't in use, and UNPLUG any appliance that is not in use. Up to 60% of your electric bill is from powering appliances that aren't even turned on or in use. Add a rock, brick or liter bottle filled with water to your toilet tank. This will lower the water used to flush.

Cut down on the meat in your family's diet. Americans over-eat meat products anyway. The needed proteins can be found in beans and rice instead. Don't throw away leftovers. Vegetables and meats can be combined to use in a stew or casserole. When containers get low (sour cream, yogurt, sauces), transfer them to a smaller container. They'll last longer. Use hand towels for cleaning instead of paper towels.

Get rid of the extras. If you're paying extra for call waiting, call forwarding and voice mail. Are you using them enough to justify the expense? Do you really need that expanded cable or satellite package?

The best way to cut expenses is to be aware of your spending. If you watch your spending habits, you'll find dozens of little places in your budget where you're spending and don't really need to be.

Natural Foods For Hummingbirds

For those bird lovers who want to remove the hummingbird feeders and replace them with wholesome forage (some believe that sugar water in feeders is to hummingbirds as heroin is to humans), below is a list of best plants for hummers:

Flowers: Columbine (Aquilegia), Delphinium, Coral Bells (Heuchera sanguinea), Cardinal Flower (Lobelia cardinalis), Bee Balm (Monarda didyma), Sage (Salvia officinalis), and Scarlet Sage (Salvia splendens). Try any of the Hyssops, especially Anise Hyssop (Agastache foeniculum) - fabulous bee and hummingbird moth plants, too.

Vines include Trumpet Vine (Campsis radicans), Morning Glory, Trumpet Honeysuckle (Lonicera sempervirens), Japanese Honeysuckle (L. japonica), and Wisteria. Hummers will also visit the Hyacinth Bean or Philipino Bean (Dolichos lablab), an extraordinarily handsome annual heat-loving climber with green and deep maroon heart-shaped leaves. The bean-like, white to pink flowers are

non-stop and really put on a show. How can one lose when the plant includes deep maroon stems AND bean pods to match? If left to maturity, the pods will dry and produce several neat-looking black seeds with a white strip down the edge. Handsome in every sense and plenty of seed for next year.

Some shrubs that cater to hummers are Butterfly bush (Buddleia), Bottlebrush (Callistemon citrinus), Beauty Bush (Kolkwitzia amabilis), Tatarian Honeysuckle (Lonicera tatarica), and Weigela.

Native and non-native trees that provide forage are the Buckeye (Aesculus), Silk Tree (Albizia julibrissia), Tulip Tree (Liriodendron tulipifera), Chinaberry (Melia azedarach), and Black Locust (Robinia pseudoacacia).

Hanging baskets and planters around porch and deck will also attract hummingbirds if you include fuchsias, petunia, impatiens and pelargoniums.

Check out some of these plants at the annual Vandalia

Only Organic
By Sue Cosgrove



Heritage Festival at the Cultural Center and Capitol Grounds, always on Memorial Weekend, Saturday and Sunday, May 24 and 25th. I'll be there, with Braxton County's Melissa Dennison of Garden Treasures. But check out the whole festival - music, dance, crafters, vendors of all sorts, and the food...! Come down, say Hi, and tell us you read about it in Two-Lane Livin'. See you there.

Sue Cosgrove grows organically in Calhoun County. A popular speaker, she covers topics ranging from compost to herbs, and mulch to mycology (mushrooms). Her artistic passions include baskets and traditional and contemporary wheat weaving. In her spare time she works for the US Postal Service. Cosgrove can be reached at chewsorganic@yahoo.com.

To Homeschool or Not To Homeschool?



Homeschooling in West Virginia

By Karen Pennebaker

That is the question!! Often it isn't a "right or wrong" answer, but merely what is best for a particular child. Some families homeschool all of their children but others may find that one child does better in public or private school.

One reason some children want to go to public school is to play on sports teams or to participate in other extra-curricular activities. Yes, homeschoolers can join the YMCA, join 4-H or Scouts, play Little League ball, join a theater group or a local band, and, in some areas, participate in public school activities. In other areas, the choices are more limited.

A lot depends on the personality of the child and the home situation. Some children who do well in any situation. Conversely, other children will have a problem with education that has nothing to do with their intelligence or where they are educated.

For example, this society has many, many "throw-away children" who are victims of unsettled homes and are not emotionally able to cope. Other parents have merely

given up and told their children to "hit the road." Because of our laws protecting children, the unfortunate mess that these children get into is that they cannot go to public school because there is no one to sign them in! The laws that were supposed to protect them backfired.

The first time I ran into this situation was in the 1980s. My youngest son was forever bringing kids home whose parents had dumped them. Most were there for a few weeks. One boy was 15 when he came and he stayed for five years. His father, an evangelical preacher, told him to leave when the boy made the unfortunate decision to get drunk. We took him into our home. The father refused to give his son permission to go to high school. This was a very intelligent child who had been sent to a private Christian school for ten years and there he was, unable to finish his education because without parental consent, he could not go to school at all!

Of course, I then homeschooled him. When he was 18, he got a GED. He is now married and has a daughter. He has a good job, lives in a nice house and has had the ability to forgive his parents for the decisions they made.

That child should have been in public school for high school. He should have had a scholarship to

go to college or technical school, rather than have to learn everything in the "school of hard knocks." Fortunately, he was able to overcome the emotional disaster that could have enveloped him. Many children are unable to do this. Homeschooling worked in that case, but it isn't the answer for everyone in such a situation. Some children need the structure and discipline provided by public schools.

The easiest children to homeschool are those who have never been to school. They have no concept of "peer pressure" and are much more able to mingle with people of all ages. There are people who think that homeschooled children lack socialization, but that is often the one thing they are better at than other children! However, children who need constant reinforcement in order to learn may do better in a public or private school, where there is more structure.

Remember, WV Homeschoolers: Evaluations are due June 30th (test results or portfolio). Don't forget to get them in on time!

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.

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.

WD 40 - Pigeons hate the smell of WD 40. If you have a pigeons problem, spray the solution in their roosting zones.

BAKING SODA - To remove burned-on food from a pan, let the pan soak in soda and water for 10 minutes before washing, or scrub the pot with dry soda and a moist scouring pad. For a pan with a thick layer of burned-on food pour a thick layer of soda directly onto the bottom of the pan, then sprinkle on just enough water so as to moisten the soda. Leave the pot overnight, then scrub it the next day.

SALT - To help prevent burnt on food in your pans, sprinkle salt on washed skillets, waffle iron plates or griddles, then, heat in a warm oven, dust off the salt and when they are next used, foods will not stick.

THOUSAND ISLAND DRESSING - RemoveS white rings and spots from wood furniture. Wipe on Thousand Island Dressing, let stand for an hour, and wipe off.

Squeaky Clean Housekeeping Tip:

From Jaime McCumbers, Squeaky Clean Cleaning Services

To clean the rubber seal around the refrigerator door, use toothpaste.

Have cleaning questions? Send them to jmcc25@aol.com.

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Ewell Ferguson and his Bluegrass Kitty-Cat, Buster

Bluegrass TV Show

Bluegrass TV Show Schedule 2008
All Shows are on **Saturday at Noon - 12:00 PM**, except Show #1

<u>Show Date</u>	<u>Bluegrass Band</u>
April 5 th (11:30 AM)	Whitewater
April 12 th	Mountain Fury
April 19 th	Once Blue
April 26 th	Roaring Creek
May 3 rd	Lost N Lonesome
May 10 th	Stoney Creek
May 17 th	The Vaughns
May 24 th	Spirits of Bluegrass
May 31 st	The Blake Family
June 7 th	The Mathenys
June 14 th	Third String
June 21 st	River's Edge
June 28 th	West Virginia Travelers

BPSMusic.com

Recipes from Mom

By Lisa Cooper Laughlin
(taught by Helen Cooper Burns)



Denny just called and said the baby is on her way.
You're going to be a grandma and it's gonna be today.
Oh now I'm nervous and don't know what to do.
I'd appreciate any tips from each one of you.
What will be different now with a baby on the way?
What can I expect to be different after today?
Will my world change so much or will it remain the same?
Will life be different once they give her a name?
They don't give you a handbook when you give birth.
Or have one for grandma's when it's your first.
I guess I'll start with muffins for when they bring her home.
And get out my tablet to write a new poem.

Grandma's lemon-poppy seed muffins

Mix:
1 cup self rising flour
1/2 vanilla yogurt
3 egg whites
1/3 cup honey
1 tsp vanilla
1/2 tsp lemon extract
Stir in 1 tbsp grated lemon peel and 2 tsp poppy seeds. Spoon into greased muffin pans. Bake 9-11 minutes at 350.

For any tips or new grandma stories contact cooperlisad@yahoo.com. The baby's name is Cameron Leann Cottrill.

Natural and Artificial Horse Aids



On Course With Your Horse

By Jennifer Minney

There are four basics to riding; eyes, breathing, centering, and building blocks. All Four played together make an influential rider to their horses.

Our eyes refer to being aware to what is around you. Your soft eyes (peripheral vision) allow you to see a larger space around you. This increases your awareness of you and your horse.

Breathing is extremely important when riding. Easy breathing makes less tension in your body. Heavy breathing and holding of

your breath will cause your upper body to be top heavy. Keeping your upper body and back even with your hips will allow your center of gravity to be lower. Breathing also helps your horse relax. If you are tense so is your horse.

Centering is placing your center of gravity over the horses. Centering is accomplished with the other basics. It helps deepen your behind in the saddle and makes you less top heavy and more secure in the saddle. Also it will allow you to move more comfortably with your horse.

Your building blocks help you with balance. The blocks are your ear, shoulder, rib cage, hips and heels. All these, if lined up

when riding, make you balanced. This is called your "plumb line." Balance allows you horse to move more willingly and freely. With this, your ride will be more comfortable for you and your horse.

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.

The information above is taken out of a book titled "Centered Riding," written by Sally Swift. This is a recommended reading title for students at Meredith Manor International Equestrian Center.

Economic Recession: A Business Opportunity

Economies, like most processes, have a cycle. When the economy is strong, most people are employed and making money. There is a larger demand for goods such as food, electronics and vehicles and this increases so much that the supply can not keep up with the demand. This excess demand creates a rise in prices, or inflation. When the prices for goods and services get too high, consumers decide goods are too expensive and slow down or stop buying. When the demand decreases, companies lay off workers because they don't need to make as much as before. Decreasing demand fuels declining prices, which means the economy is in a recession. Companies counteract this by lowering prices to spur the demand.

As demand picks up, people begin buying again, fueling the need for greater supply. And the cycle starts again.

Although today's media seems to tout a recession as a uncommon occurrence, until the last 25 years, recessions were a common economic event, often occurring every few years. The National

Bureau of Economic Research (NBER) has noted that there have been only two recessions (1990-91 and 8 months in 2001) in the United States over the past 25 years; over the previous 35 years, they noted, there were eight. The bureau defines a recession as "a significant, protracted decline in activity that cuts across the economy, affecting measures like income, employment, retail sales and industrial production."

When we hear rumors of a possible recession, we immediately want to cut back and stop spending. The real trick to surviving a recession is to spend wisely -- save where you can and get your money's worth when you spend. Recessions most often last only a few months. But recession-smart spending can save you money, and bring greater returns on your investments far, far into the future.

Advertising during a recession can actually help businesses to dominate their market. The benefit is clear: when fewer competitors are advertising, those that continue advertising become more visible to the consumer. In fact, research has revealed that companies maintaining or increasing advertising during periods of economic slow-down boost their market share. Some companies even see an increase in sales over their competitors who cut their advertising.

Sometimes we need to remind ourselves that advertising works cumulatively. Cutting back during a downturn is like throwing away your investment. Maintenance today costs much less than rebuilding tomorrow. But as a business owner, you'll want to spend your advertising money wisely during a recession period. But how can you make sure you're spending wisely?



Advertising in a recession can help your business dominate the market and rise above your competition.

A recession period is when customers are actually "shopping" and not just "spending." This is the time when people want the most for their money, and it is a wonderful time to advertise sales, or provide customers with coupons. It is a good time to promote payment plans, and added purchase "perks" like free shipping and quality service. When gasoline prices are high, it's also a good time to remind customers to shop locally and save money spent on gas.

A recession is a time when your customers are "shopping around" before they spend. They will do so by browsing advertising and marketing information before they climb into their car to compare options in person. If businesses cut back on advertising, how will their customers make comparisons?

A recession is a temporary condition that provides smart business owners with an advantage. Your advertising will never be more effective.

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Knowing Nature *By Bill Church*

Aging Tracks

When you see a set of bear tracks do you wonder how long ago it came through here and if it's still around? How can you find out? You have to age the track. But, how do you do that? Practice! Tracks degrade over time, by the weather; (rain, sleet, snow, sun).

The single most important factor in track degradation (and thereby aging) is weather. Gravity is the second major factor. The third factor is the type of soil. The only way to learn to age tracks is to observe a track degrade over time with given soil and weather conditions. Soils are classified from 1 to 10 with 1 being sand and 10 being clay (soft to hard). You must estimate the soil classification first. Then keep an accurate record of weather changes and by observing a track you will develop a sense of how a track degrades in that type of soil with those weather conditions. Weather conditions to be aware of are temperature, humidity, wind, precipitation, and hours of direct sunlight on the tracks.

The art of aging tracks is not magic. While no one can teach you how to age a track, you can teach yourself with the two greatest tools a tracker can have: awareness and experimentation.

First, you must build a firm foundation of experience. To do that you can use a tracking box. A tracking box is a 4 by 8 foot (or whatever size) box filled with sand about 8-10 inches deep, basically, a large shallow sandbox that is used to study tracks. The purpose of a tracking box is to be able to practice your tracking skills in a con-

trolled situation. A tracking box can be built either indoors or outdoors. An indoors tracking box is used for the detailed study of pressure releases in a controlled environment, in the absence of weathering factors such as wind and rain. An outdoors tracking box is used for this as well, except the tracks and marks are subjected to wind and rain. The effects of these weathering agents can then be studied. An outdoor tracking box will also show the tracks of whatever animals and birds walk through it. Either type of tracking box can be used for studying human tracks, and can be used for scenarios. For example, one person can walk through the tracking box and perform certain actions, and then the effects of these actions on the tracks can be studied. These are pressure release studies.

A tracking box is basically a large shallow sandbox, used to study tracks. Use three boards, 8 feet long, one inch thick and 10 inches wide. One board will be cut in half for the ends. If you are building an outdoor box, you may want to use cedar. You will need enough sand to fill the box. You will also need a plastic sheet to place in the box to put the sand on to keep it from being washed out by the rain. You will need approximately 16 three-inch galvanized nails to nail it together, four on each corner. You'll also need something to smooth the sand (a 2 x 4 works well) and a garden rake to smooth out the tracks and marks and to fluff up the sand.

Whether you build it indoors or outdoors, place it a location where

you can move around it from all sides. You will need to be able to stand, crouch, or lie down on any side.

If you are building it outdoors, and you want to encourage animals to walk through it, place it on or near a well-used animal route (trail of some sort) or try putting a little peanut butter in the center of the box. You might also want to place it where debris is less likely to fall into it from above, such as from trees and shrubs. Also consider whether you want it in the sun or shade or a balance of both, since tracks age differently in the sun as opposed to the shade. Place the box where it's easily accessible. The sand should be dampened and fluffed up. How much you dampen it and fluff it depends on what you want to do with the box. For example, you would pack it down harder if you want to study tracks in harder sand. Then smooth it over with a 2x4 or something flat and smooth.

Wherever you build the tracking box, that spot is where it's going to be forever: sand is pretty heavy! If you build it outside, level the spot where you build it. If it's not level, then all your track analysis will be done with the effects of the slope showing in every track. You might forget this and then all your training will be skewed.

Either type of box can be used for studying human tracks. Look at the tracks carefully for about 10 minutes to print onto your subconscious what they look like. Write down the weather conditions: temperature, cloud cover or sunny, time

(continued on page 22)

Back Yard Habitats

Observing Nature in our own back yard can be a wonderful thing. Few things are as relaxing as watching animals from the comfort of a garden bench, a patio, or from a window in our home.

To increase the level of birds and butterflies (and ultimately wildlife in general), try strategically planting a few of the following trees and shrubs in your backyard habitat: Flowering Dogwood, Serviceberry, Holly, Spicebush, Hawthorn, Flowering Crabapple, Colorado Blue Spruce, Butterfly Bush.

Birds and butterflies love these varieties because they provide shelter and food.

Before you begin planting, observe how nature "manages" its flora and fauna. Trees and plants do not grow in straight lines. Vary the positions of your plantings to give it a more natural feel.

You might also want to consider adding a water element to your landscape design, either through a birdbath or a small waterfall. Many water elements are commercially available from your local "Mega-Mart" or building supplier.

Especially attractive are the small waterfall type elements. Make sure you get one that is



relatively realistic looking. Nothing ruins a beautiful natural scene more quickly than rocks that look like they are made from plastic. The animals may not pay attention, but I guarantee that you will find a realistic version far more pleasing to the eye.

If you can't get everything in place all at once, create your habitat a little at a time. Your efforts will pay off in the long run.

Daniel Reed publishes a free electronic magazine called "The Naturalist: The E-Zine for Nature Enthusiasts." If you would like to receive the monthly publication, visit his web site, DanielsPrimitives.com, or email subscribe@DanielsPrimitives.com.

Motorcycle Club or Riding Club?

Riding Club? Motorcycle Club? What is the difference? How are they similar? I admit I had no idea until I started riding in West Virginia and blundered into a few situations because I really had not thought about it or even considered it worth checking into.

Here are some of things I learned in the last two years.

The biggest difference in the MC and RC is actually how the Club is structured. The MC has a more formal organization and some rules, while the RC is very informal with very few rules and requirements of the members. Here are some examples:

A MC member usually has to earn his membership, being sponsored by an existing member and serving a probation period. In the RC, you just sign up to join. In the MC, you can't wear the patch until you earn it,

in the RC, you just buy it. MCs usually don't allow membership in other MCs or RCs.

Most MCs have a size requirement for the members' bikes, like 650cc minimum. RC has none. If you have two wheels and an engine that moves it, you can ride with the RC (all you have to do is be able to keep up).

MC's usually have a few mandatory meetings and rides every year. Nothing is mandatory with an RC. Some MCs have territory issues. Not with an RC. Pick whatever chapter you want and join.

There are some social rules that are required of MC members. If you are interested, you can do a Google search for Motorcycle Clubs and rules.

Motorcycle Clubs and Riding Clubs do have one thing in common forever: the members love to ride motorcycles. They love

their machines and the rides. Most of the members are just good old everyday people like you and me, and they have organized themselves, so many of their rides raise money for a deserving charity. Millions of dollars are raised every year on charity poker runs throughout the USA, including right here in WV. A good place to see an event schedule is at www.westvirginiabikers.com. You don't have to be a member of anything to participate and enjoy a charity Poker Run.

The bottom line is that if you are thinking of joining a club, do a little research and pick what is right for you. Whether it's a Motorcycle Club or a Riding Club, the whole idea is to hook up with people who love to ride and are doing some good for charity and the community.

by Robin Spencer, Chapter 121

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West Virginia Travelers

By Lisa and Frank Minney, www.wvtravelers.com



Travel Trend: "Staycations"

When gasoline prices are high, and inflation keeps cinching the budget, quite often, one of the first things a family sacrifices is the family vacation. If you are trying to plan a vacation, and realize that a trip is out of your budget, consider a new trend in travel, the "staycation."

A staycation is a vacation at home, enjoying the pleasures of the home and the environment surrounding it. Staycations can be as affordable or elaborate as you can manage, but in order to have a successful staycation, you must set some ground rules to make sure your normal life doesn't ruin your time off.

Preparing for a Staycation

First and foremost, set the dates and times when your staycation starts and ends.

Before your staycation starts, have your house cleaned. Take the money you have saved by staying home and have the house cleaned and the yard mowed before your staycation begins.

Stop all services you typically stop when you go on vacation. Have your newspaper delivery suspended, and your mail held at the post office. You can't escape your everyday life if reminders of it are arriving daily at your door.

The moment your staycation begins, turn off all the ringers on your phones, and mute your answering machine. Add a vacation message to your email account, and turn off the computer. Take every clock in the house down and hide them for the duration of your staycation.

Prepare your camera as if you were going on a destination vacation. Taking pictures will make your staycation feel special.

Setting The Mood

If you have a tent or camper, set it up in your back yard. Spend all time possible around your outdoor location, and not in the

house. If you must stay in the house, after the cleaning service is finished, work to make the house into a hotel. Install new air fresheners and place fresh flower arrangements around the house. Decorate with tea light candles inside, and tiki torches outside if you have them.

Turn the bathroom into a spa. Purchase essential oils or body scrubs and have them easily available for family members to use when they bathe. If you can't afford purchasing bath treats, make bath salts by combining two boxes of baking soda and two boxes of table salt with two oz. oil (tanning oil or olive oil)

If you are trying to plan a vacation, and realize that a trip is out of your budget, consider a new trend in travel, the "staycation."

and two oz. vanilla extract or lemon juice. Mix in Ziploc baggies, and store in jars.

Make meals special and easy by grilling and picnicing whenever possible. Use paper or plastic dinnerware, and cook with aluminum foil -- anything to keep clean up requirements to a minimum. Have the freezer stocked with quick-fix foods.

Get out the games; card decks, dominoes, whatever you've got. Make sure the games are easily accessible, and try to play at least one game a day -- even if you don't have children.

Staycation Activities

Just because you are vacationing at home doesn't mean you have to stay in your yard.

Plan at least one meal out of the house, in a new restaurant in the area or a special place where all members of the family are comfortable. If you can't afford a night out, splurge at the grocery store, and purchase foods

for a high-end meal. Bring down the good china, tablecloths and silver, and treat your family to a special candlelight meal with instrumental music in the background. (Kids love candlelight too.)

Think of your area. Is there something you've always meant to do? Visit a local museum, a new store, or park? Imagine you are a tourist. Just make sure you don't visit the normal haunts that will connect you to your every day life again.

Likewise, enjoy the features of your region. Go fishing, visit the pool, take your kids to a playground they normally don't visit. Look into special concerts or events during your staycation. Consider renting a boat, going bowling, rollerskating or attend an auction. Anything that isn't a part of your normal routine.

If you have children, a staycation is a good time to introduce your children to local firemen, law enforcement and others in your region. You want your children to be familiar with these emergency responders in case of an emergency and, while visiting, your kids may learn safety tips and be treated to tours and demonstrations.

Take a walk. A walk in the woods removes you from all the mechanical and electrical noises which cause stress in your lives. Time spent in nature is rejuvenating and refreshing. Even if you only walk with your children or your pets around the block, the fresh air and sunlight help to remind you that you are spending quality time together.

Learn how to relax, and teach your children to do the same. So many of us find it impossible (or excruciating) to sit still for long periods of time. Try to sit for 20 minutes. Most adults find this as impossible as children do. People have a hard time "doing nothing." Don't look at it as doing nothing. Look at it as time spent focused on proper, deep breathing. Some people call this meditation, and those who prac-



With the rising price of gasoline comes a new trend in vacation choices, the "staycation." Living room picnics, bathroom spa treatments and short trips to local sites are just a few ways to make a "staycation" special.

tice this regularly live longer, healthier, happier lives.

For Adult Staycations

If you don't have to entertain children, consider a book binge. Time could be spent within the pages of an adventure novel, or lying together in the hammock enjoying books on tape.

You may want to have your own film festival. Visit the library or video rental store, and select movies with a similar theme. Stock up on popcorn, and try different popcorn toppings. Sprinkle the corn with nutritional yeast (for a healthy, cheesy flavor), or sprinkle a combination of paprika, onion powder, garlic powder, cayenne pepper, and lemon pepper over buttered popcorn for a cajun treat.

Trade sides of the bed for your staycation. The switch will boost your creativity, and break your normal routine. If you really want a bedroom boost, purchase high-thread-count sheets or even just pillow cases. They'll make you feel like you are sleeping in a four star hotel.

If you can afford it, hire a massage therapist who makes house calls. If you can't afford the massage, rent a video and learn how to give each other massages. A simple foot massage can be sensual, and eliminates the stress carried in the feet and ankles. A facial is a special treat as well, for both men and women.

Learn to let go. What emotional baggage are you carrying? If, after three days of your staycation, you still have a worry or stress popping up in your mind, you need to go through a routine to symbolize letting that thought go. If it's a worry, write it on a sheet of paper, and burn

it in a bonfire. If the thought includes anger, write the thought on an old glass plate or vase or cup. Take the glass out to an empty trash can, and slam the glass piece down into the bottom. You'll be amazed at the therapeutic effects.

Staycation Don'ts

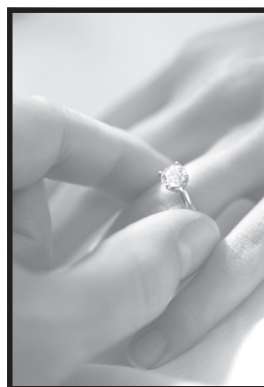
A staycation is not the time to catch up on unfinished projects, unless those projects prevent you from relaxing and enjoying your time off. You won't feel rested if you've spent your time cleaning out the garage, uncluttering closets, or scrubbing the bathroom tile. If however, you have a hobby that you enjoy, like scrap booking or knitting, you can take time to tackle small projects that can be started -- and finished -- in the time you have available.

A staycation is not the best time for company. If you invite friends over during your staycation, you immediately shift from being a relaxed guest in your own home to host or hostess. If you want to spend time with family or friends during your staycation, try to visit in their home, or meet at a restaurant, park or social setting outside your home.

Don't let high gas prices keep you and your family from having a great summer vacation. People tend to search the world for happiness and pleasures found right in the back yard.

With a little effort, a week or two off at home can become a staycation, a special, less expensive time spent making memories.

No matter where you are or go, your vacation is what you make of it, and home -- your home -- is where your heart is.



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ROUGHING IT: The Basics of Tent Camping



Identifying Green Things

If you spend enough time in the outdoors, sooner or later, you will become curious about the plants around you. In West Virginia, plant identification is especially gratifying at times, since a walk in the woods could bring you upon a species that grows nowhere else in the world.

If you are hiking or camping in a park setting, ask the park guide or ranger if a brochure on local plant life is available. If you plan to spend more time outdoors in the future, invest in a good field guide. Many field guides cover the plant life within a specific region, which is a good place to start.

In general, there are five basic kinds of plants you will encounter in the woods: fungi, mosses, trees, ferns and flowers.

Fungi, most often, are mushrooms. Mushrooms don't contain chlorophyll, but still, can be quite colorful. Another fungus is

referred to as a "puffball." And while many West Virginians and herbalists can easily identify which mushrooms are edible, we don't recommend eating any you aren't sure about. Many varieties are extremely poisonous.

Mosses are easily identified, and most often are found in damp and moist areas of the forest. Although on the surface it may not show, mosses are home to all kinds of creepy crawlies. A mossy log or stone may seem like a good place to take a seat, but only do so if wearing long pants. Once, I was picking at a piece of moss, loose on the rocks, and was stung (or bitten) by a centipede hiding underneath. Besides developing an immediate high fever, I also was struck with an immense headache.

Trees come in two basic types, coniferous and deciduous. Coniferous trees are cone bearing trees, like such as spruces, hemlocks, pines and firs. Coniferous trees are typically conical (cedar) or columnar (poplar), or look like a pyramid (spruce).

Deciduous trees are typically trees that "shed" their leaves. In fact, deciduous means "falling off at maturity" or "tending to fall off." Deciduous trees are often vase-shaped (Elm), round (Oak), or have spreading branches (Dogwood). Deciduous trees are easily identified by

their leaves, which come in five common shapes including: lobed (Oak), unlobed (Birch), compound (Maple), broad leaf (Balsam poplar), and simple (Beech).

If you're still confused, start perhaps by identifying the seed or fruit of the tree. Acorns mark the oak tree, chestnuts identify their own tree, etc.

Wildflowers are the most plentiful plants on earth. Beautiful, and some edible, they tempt us to pick them. Remember though, it is illegal to pick wildflowers in state parks and forests. Flowers are characterized by their parts, including petals, sepals (leaves), stamens (the male organ) and pistils (the female organ).

Flowering plants also have varying leaf shapes, including palmate, pinnate, toothed, lobed, alternate, opposite and whorl.

You urge to pick can be satisfied on wild berries including raspberries, blackberries and blueberries. Raspberries grow in thickets and come ripe in mid-summer. Blueberries can be found in bogs, woodlands, and on mountain slopes wherever there is acidic soil. Blueberries ripen between June and September. Blackberries ripen in late summer.

Be sure however, to stick to the berries you know. Some varieties are poisonous, and never

pick a berry plant dry. Leave enough for the wild life, which will eat and disperse the seeds, creating new plants for the future.

Of course every camper should be able to identify poison ivy, poison oak, and poison sumac. It's a matter of outdoor survival. Abide by the rule, "leaves of three let it be" - just to be safe.

As your familiarity with common plants grows, you can begin the challenge of identifying and seeking the rare or nearly-extinct plants that can be found in West Virginia forests, like Mountain pimpernel (*Taenidia montana*). Distinguished by an unpleasant odor, Mountain pimpernel has smooth leaves of three to five parts and several umbrella-like clusters of tiny yellow flowers.

Or, look for Shale Barren buckwheat (*Eriogonum alleni*). The United State Department of Agriculture lists only five West Virginia counties where this rare species grows. A foot-tall plant with circles of three to five woolly leaves topped by tiny yellow flowers, Shale Barren (or Yellow) buckwheat, within the state, is located in fewer than twenty populations.

Or, seek the treasure of rare wildflowers, Shale Barren rockcress (*Arabis serotina*), a Federally Endangered Species. Once found only in shale barrens of West Virginia and neighboring Virginia, this species has not been identified in the region in several years. A slender member of the mustard family with four-petaled white flowers, exists now in less than 34 populations nation wide

If you do find a rare plant species, obviously don't pick it. But also, tread carefully in its environment. If you do find a rare species, note the location and report it to the forest ranger.

RV-Related Recall

Norcold refrigerators could have a leaking gas valve. From Jan. 1987-May 1995, model numbers 442, 443, 452, 453, 462, ev462, 463, ev463, 482, ev482, 483, 874, 875. Call 364-4260 with your model and serial # to find out if your refrigerator is on the list of those that need repaired.

Life With A Recreation Vehicle

By
Roger A. White



itself and some now come with a window awning as part of the slide out cover assembly.

As always, prices vary according to your needs and desires so please consult your R.V. dealer for the proper way to measure your camper to insure correct fit and application and a current price quote for the products you desire. Be safe, have fun and now do both with style.

Roger White owns Roger's Mobile R.V. Repair, serving the RV Industry for 30 years. If you need assistance with your RV, he can be reached at 364-4260. He lives in Gassaway with his wife and son.

Types of R.V. Awnings

Campgrounds are about to open! Did you get your awning fixed? If you can't repair your awning, or need/want new awnings, here are the awnings available to you.

First, there are your basic window awnings. These, as their name suggests, are designed to provide shade and some privacy to your camper's windows and most of the time, weather protection when your windows are left open on these nice cool days.

Window awnings come in an array of colors and sizes from 3 feet in length to 12 feet in length in 6 inch increments and standard and XL fabric width to accommodate your R.V.'s different window sizes and your particular color desires. There are also full view fabrics that block the sun but not that spectacular view of your favorite camping spot.

For those of you that like ultimate convenience, yes, they do

make 12 volt operated window awnings that open and close with the touch of a button.

Now, if you're considering this type of awning you're probably driving a large class A bus style unit where the main patio awning does not cover the entrance door. Fear not. They now produce an over the door awning to keep you dry while you're trying to find the key that opens your door.

Currently the most popular probably are the slide out room covers. These covers can be of simple design with the only purpose to keep most water and debris off your slide out roof. Although some of the original designs had problems with water pooling and inadequate side coverage, the newer units available now have remedied these problems.

Most slide-out room awnings open and close with the room

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GEOCACHING EVENTS:

**May 10, 2008,
WWFM 3 in Huntington,
Party at the Pullman:
N 38° 25.339 W 082° 26.607**

**May 10, 2008,
W.W.F.M. Rivers edge
Parkersburg,
N 39° 15.943 W 081° 33.988**

REGULAR CACHES:

- * Cedar Chest
N 38° 52.985 W 080° 50.690
- * Les' Cache
N 38° 21.915 W 080° 32.427
- * Old Settler Cemetery
N 38° 49.320 W 081° 42.499
- * Rock Table
N 38° 50.700 W 081° 25.006
- * Sherwood Like A Flashlight
N 39° 16.803 W 080° 40.226
- * Birch River Falls
N 38° 28.701 W 080° 39.153
- * A Pfennige For Your Thoughts
N 38° 45.590 W 081° 38.270
- * Medina P&R
N 39° 00.334 W 081° 37.715
- * Higher Learning
N 39° 31.154 W 080° 53.512

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.

THOUGHTS

of Bob Henry Baber

**talk long enough
and you're bound to say
something incredibly stupid**

Flickr

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Wheat, page 6, by Vik Nanda;
Picnic, page 8, by juanjoexias;
Solar collector, page 17, by The Lebers.

Dear Ronda Sue

Dear Ronda Sue,

It seems the little things that bother us the most are the ones that happen to us the most. Would you please address common courtesy for someone who finds it necessary to blow their nose at the table at a restaurant? I see this all the time, and when it happens my enjoyment of the meal is gone. I want to say something, but maybe reading it here will change someone's ideas about it.

Thank you,
Honk Elsewhere

Dear Honk Elsewhere,

With your letter we can address this problem and maybe a few others. It is sad that some of us were not taught our manners. To those of you who are feeling a little guilty right now, get the message! Please, just excuse yourself from the table and go to the restroom or outside to blow your nose. Also to those of you that find it necessary to burp, fart, scratch or grab where you know you really shouldn't be in public, (especially at a restaurant where others are trying to enjoy a meal and probably paying good money to do it) take my advice. It's not cool; Ronda Sue Rule.

Sincerely, Ronda Sue

Dear Ronda Sue,

I am nine months pregnant, due in two weeks and my mother-in-law wants to be here for the birth. However, she and I are not really close yet she is still close with my husband's ex-wife, who lives right up the street. The past few times my husband's mother has come to visit, she talked to his ex for hours at a time on the phone in

front of me, and even invited his ex to my house to visit her while she was in town. Its just drama I don't want to deal with right after my baby is born. On the other hand, my husband and I would like to share this experience with his mother. Should I tell my mother-in-law how I feel or listen to my husband and just see how the week of her visit rides out? This should be one of the happiest times of our lives. I just don't want our baby's homecoming to be ruined by drama. Yet, I don't want to hurt anyone's feelings! What should I do Ronda Sue?

Stressed Out Mom To Be

Dear Stressed Out Mom To Be,

Congratulations on the upcoming birth of your new baby. I can understand why you are stressed out by your mother-in-law. She should be there to support you, not stress you out. So, don't let her. Don't worry about it right now because you have enough on your plate to worry about. You have a two-year-old son and in two weeks a newborn. Maybe the experience of watching her grandchild come in to the world will bring the two of you closer together. Best wishes to you and your family.

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.

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

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Mack will be at Waldenbooks at the Morgantown Mall
on Saturday, May 31, 10:00 a.m. to 2:00 p.m.

Write On The Radio



By Brad Moyers

May is the time of year when many start to think about planning their summer vacations. For me, it's only one month from the "Super Bowl" of country music. The 2008 "CMA Music Festival" comes to Nashville June 5-8. "Country Concert 2008" at Hickory Hills happens July 10-13. Then, Jamboree In The Hills happens July 17- 20. All of these are within a reasonable eight-hour drive of north central West Virginia and, certainly for the amount of top talent you could see, are well worth the trip. All have websites if you need particulars. My best piece of advice, besides planning early, is to keep cool and hydrated while there. Nothing is as tragic as being carried out of something that huge with heat exhaustion, and I have seen it time after time.

Certainly, many folks can't afford the time or cost of a big road-trip such as the above and, as I'm fully aware of that economic feeling, it is worth mentioning that there are several events much closer to home coming up as well. Please, before you take my writings here

as fact, always check before you make plans or travel. Things change.

The Charleston Civic Center is one of my favorite venues, only because it's close to home and not too big. This month, on May 8th, it's Kenny Chesney and LeAnn Rimes. Then, on June 3rd, Tim McGraw and Jason Aldean.

On June 20th, as West Virginia celebrates her 145th year, America's greatest country singer is scheduled for Charleston. I'm speaking of George Jones. According to his website, he will play the Charleston Municipal Auditorium. This event has been on-again/off-again for several months, but I certainly hope it holds up. If you are a traditional country fan and have never seen Jones, I encourage you to take advantage of this opportunity. Although George is not at his prime, he's great and the honor of seeing him is a special one.

June 29th Rhonda Vincent and the Rage appear at the 28th Annual Summersville Festival, along with a ton of other great bluegrass acts. Great bluegrass can also be heard August 3rd at Pickin In Parsons.

The State Fair in Lewisburg has announced part of their entertainment for 2008, having listed .38 Special, Shooter

Jennings and The Charlie Daniels Band. August 14th is the date they are scheduled.

And, as I research all this info so that we all may get an idea of where we want to venture to hear our music, I am reminded that without a Mother, none of the fun or leisure time in our lives would be possible without our Moms. Not having a child doesn't exclude Moms these days; I suspect it never has, because some Moms take care of pets, other's kids, or even someone they barely know. So, before any of us go anywhere, even down the street, let's take a moment and tell our Moms thanks and without their love, forgiveness and guidance, we may very well not know the difference between the Interstate that takes us to Nashville or the dirt road that takes us to the old home place. Mom, without your love, I'd have never made it long enough to understand the meaning of two-lane livin'...

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.



Buster Talks Bluegrass

buster@bpsmusic.com



Thanks for all the kind words about my new column here in Two-Lane Livin' folks! I know it may seem strange to some of you for a 3 legged kitty cat to be interested in old-time bluegrass music but, once the music gets in you, you're hooked.

The roots of old-time bluegrass can be traced back to a single family that had the most influence in the formative years of our heritage. Of course back then it wasn't called bluegrass. Bill Monroe hadn't invented it yet. It was called Hill Billy Music or Southern Music or Country Music, but not Bluegrass - yet.

Mother Maybelle Addington Carter, Sara Dougherty and her husband, Alvin Pleasant (A.P.) Carter, sang out of their homes in the Clinch Mountain area of Virginia in the late 1920's and early 1930's. They developed a unique style of instrumentation and harmony that brought to life songs that had been handed down from generation to generation. A.P. was a prolific song writer and added lots of new songs to the mix. Soon they were performing all around their community, the star attraction for the barn dance or

the church meeting on the ground.

Lots of new radio stations were springing up all over the rural Appalachian area around this time, and everything was performed live. There were no tape recorders back then. If the microphone was on, it demanded attention.

One of the ways the station owners devised to feed the hungry microphones was to bring in local talent to perform live, on the air. The Carter Family was one such group, and they were an overnight success. Soon, they were in great demand on all the local stations and came to be noticed by a record producer named Ralph Peer in Bristol, Tennessee.

Ralph was looking for genuine hillbilly talent and paid \$50 for every song he recorded. In 1928 the Victor recording company released a 78 RPM record of The Carter Family entitled "The Storms Are On The Ocean." It was a hit. Then came such great songs as "Keep On The Sunny Side" and "Little Darling, Pal of Mine," followed soon after by "I'm Thinking Tonight Of My Blue Eyes" and "Sweet Fern." They became the most popular group on the radio.

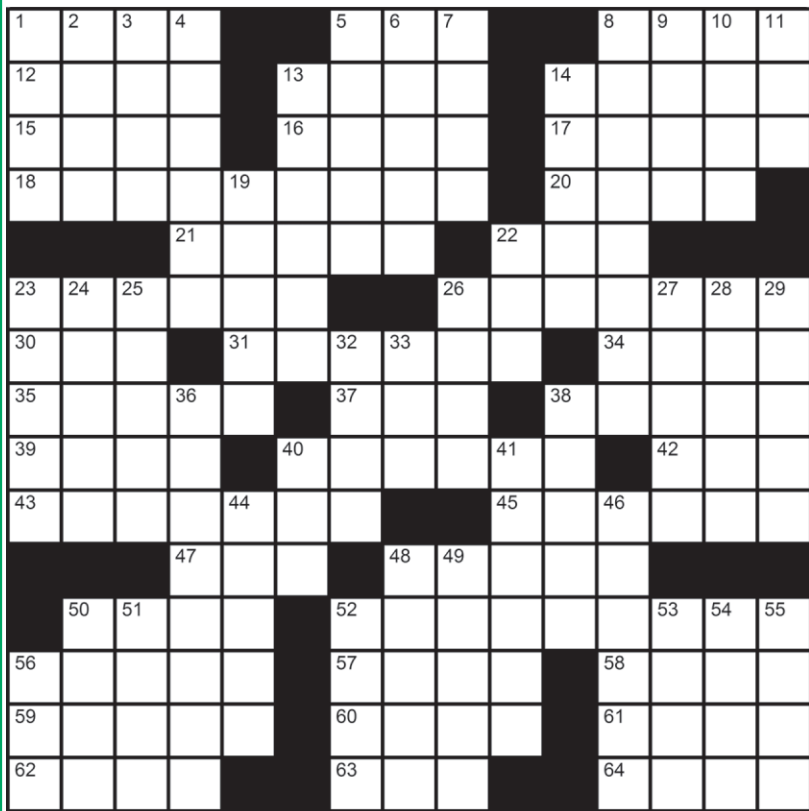
The Carters met and became friends with Jimmy Rogers and had a recording session with him in Nashville in 1931. Their songs were the most popular of the day and their unique style and harmony affected all of the young folks coming along in the music after them.

One such young fellow was Bill Monroe of Rosine, Kentucky. He was born into a musical family and listened to The Carter Family regularly on the radio. His older brothers had already picked the fiddle and guitar so Bill was left with the mandolin. Obviously, The Carter Family contributed greatly to our bluegrass music heritage.

Buster the cat 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.

This Month's Theme:

Backyard Games



ACROSS

1. Trend-setting
5. Kicked in yard?
8. ____ sack
12. Actor's part
13. ____ mater
14. Garlic mayonnaise
15. Appear
16. Capricorn
17. Substitute for currency
18. Get-away for kids
20. 3-handed card game played with 32 cards
21. They had their revenge in the 80s
22. Yellow ride
23. King of the Huns
26. Popular hair product of 50s, pl.
30. Sis' sibling
31. Wound
34. Turkish monetary unit
35. Dueling instrument
37. Gear tooth
38. Ship with a single mast
39. Language spoken in Hokkaido, Japan
40. Exhaust the supply of
42. Insecticide banned in U.S. in '72
43. Originated in
45. French schools
47. Pea house
48. Walla ____
50. Nothing
52. Requires a shuttlecock
56. British unemployment checks
57. Scat singer Fitzgerald
58. Halo
59. What a sniper does
60. Yemen port
61. Hunted by hunter
62. Teen skin problem
63. It is to "neither" what "or" is to "either"
64. Hall of Fame baseball player Slaughter

DOWN

1. Formerly
2. Someone who gets things done
3. Mirth
4. Yemen inhabitant
5. Rolling Stones hit, "Get Off of My ____"
6. Collect
7. "Tiny" Archibald
8. Played on baseball field
9. Romance writer Roberts
10. Alight, past tense
11. He backs-up Gladys Knight
13. Plural form of "agora"
14. State in northeastern India
19. Greetings
22. Opposite of pro
23. Whose music is in "Mamma Mia!"?
24. Feature
25. 1000 kilograms
26. Jumping stick
27. It has two electrodes
28. Wear away
29. Kinfolks
32. Gulf War missile
33. Positive or negative particle
36. Double Dutch requires two, sing.
38. PDA pens
40. It means stop
41. This Tracey had her own TV show
44. Bullwinkle, e.g.
46. Thin bread with caviar or cheese
48. "Where's ____?"
49. Austrian psychologist, founder of school of individual psychology
50. Zn
51. Julia's Oscar-winning role
52. ____ bag toss
53. U-____
54. Cream-filled cookie
55. They oppose the yeahs
56. General Services Administration

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

RECESSION SPECIAL

Single-month ad contracts are
15% off throughout May!

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and before May 31 for the July issue.

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* Discount does not apply to classified ads

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SUGGESTED USES:

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

Tasty Bowl Chili:

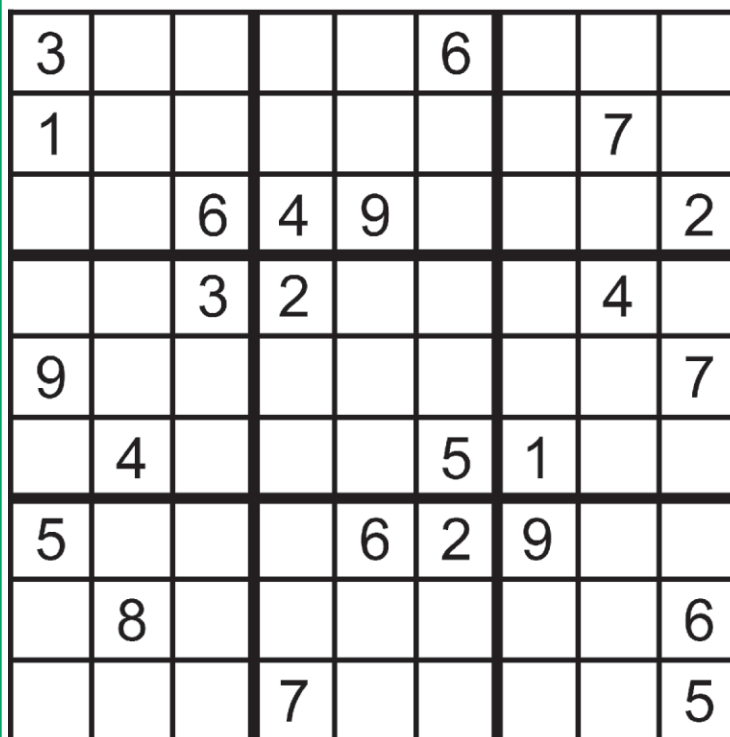
- 1 lb. Custard Stand Hot Dog Chili
- 1 lb. kidney beans
- 2 Tbsp. Chili Powder
- 1 lb. diced tomatoes (if desired)

Combine ingredients in a cooker. Heat on medium high for 5 minutes. Simmer for 10 more minutes. Serve with crackers or cornbread. Top with cheese if desired. May use with 3 lb. or 5 lb. sizes, just increase other ingredients accordingly.

More recipes available online at:

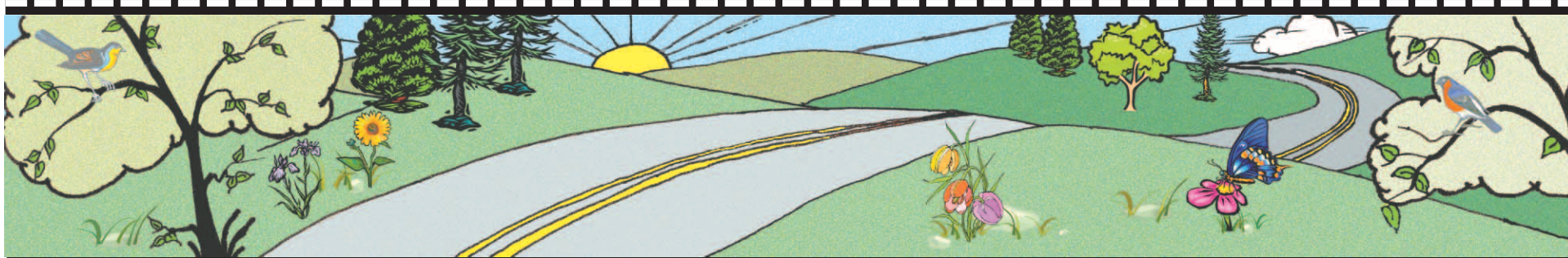
www.custardstand.com

Webster Springs, West Virginia



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.

Two-Lane Livin' ~ MAY 2008



MAY 2

Engines and Wheels Festival, North Bend State Park, thru May 4. 304-643-2523

Old Time Bluegrass, GSC Rusty Musket, 6:30 p.m. (304) 462-4108.

Rush Run CEOS Yard Sale, 2820 Russet Road, Grantsville, 9 a.m.

Moonlight Karaoke with Netta, 7pm. New-

ton Community Building

MAY 3

Wheat Weaving Class, Cultural Center, 1 p.m. to Register, call 304-558-0220.

Ox Roast, Smithville Elementary, 4-7 p.m.

Ramp Dinner, Brohard Community Building, 4-8 p.m.

Bluegrass, Calhoun Country, Upper West

Fork Park, 7 p.m., Chloe

Pig Roast, Arnoldsburg Community Building, 4 p.m.

Rush Run CEOS Yard Sale, 2820 Russet Road, Grantsville, 9 a.m.

Bluegrass: Weekend Grass, Bear Fork Trading Post, 7 p.m., Stumptown

Trans-Allegheny Lunatic Asylum Mud Bog; Registration 9:00am. (Weston State Hospital) 304-269-5070

Bluegrass: Matheney Family, Jerry Run Summer Theater, Cleveland, WV, 304-493-6574

Bingo, 6 pm. Newton Community Building

Engines and Wheels Festival, North Bend State Park

MAY 4

Ramp Dinner, 11 a.m., Mt. Grove Volunteer Fire Department

Ramp Dinner, 11:30 a.m., Springfield Val-

ley Community Building

MAY 6

Blingo, Parkersburg Art Center, 8th & Market Sts., 6 p.m. (304) 485-3859

New Relics Band GSC Rusty Musket, 8:00 p.m.

MAY 8

8th annual Mother & Daughter Tea, 6 p.m., Grantsville Senior Center

Kenny Chesney "Poets and Pirates Tour" with guest LeAnn Rimes Charleston Civic Center, 7:30 pm.

MAY 9

14th Annual Bluegrass Festival, North Bend State Park, thru May 11. (304) 643-2931

West Virginia Motor Truck Association annual "Truck Rodeo", Charleston Civic Center Grand Hall and Coliseum

Yard Sale, 8 a.m. Newton Community Building

MAY 10

Rimer Kendell & Harmony Bluegrass, Upper West Fork Park, 7 p.m., Chloe

Bluegrass Festival, North Bend State Park

Bluegrass, Short Time, Bear Fork Trading Post, 7 p.m., Stumptown

"Truck Rodeo", Charleston Civic Center

Bluegrass: Third String, Jerry Run Summer Theater, Cleveland, WV

Yard Sale, 8 a.m. Newton Community Building

Relay For Life pig roast, sing, and cruise in, Sportsman's Park, Elizabeth, starts at 10 a.m. 275-3905

MAY 11

MOTHER'S DAY

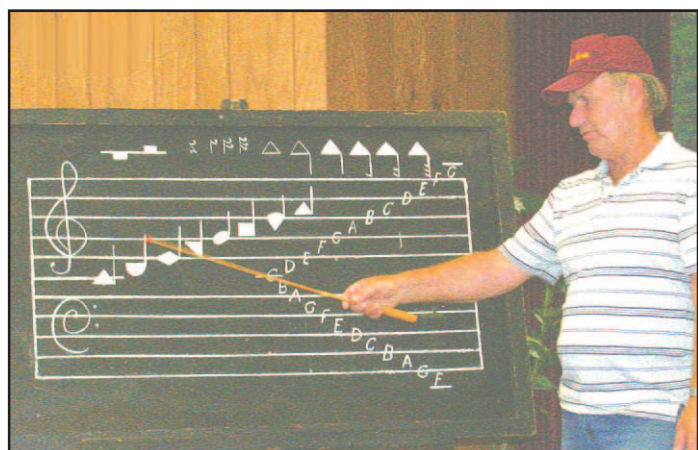
Jackson's Mill Mother's Day Buffet

MAY 13

PRIMARY ELECTION DAY

Square Dancing every Tuesday, 6:30 p.m. Lewis County Senior Center 171 W 2nd St, Weston (304) 269-5738.

Free Workshops at the WV State Folk Festival



Workshop topics include: Shapenotes (shown above), Fiddle, Banjo, Hammered Dulcimer, Square Dancing, Tin Smithing, Basket making, Cornhusk Dolls, Lavender Wands and more!

Demonstrations will be presented for White Oak Baskets, Spinning, Weaving, Soap Making, Blacksmithing, Tin Smithing, and Early Decoration Painting.

For up-to-date details on this year's festival, scheduled June 19 - 22, visit:

www.wvfolkfestival.org



Deadlines & Details

The deadline for the June issue is May 20.

Advertising rates and specials are available by calling 304-354-9132 or emailing info@twolanelivin.com.

Times and dates in this calendar are based on information available. Call ahead if you plan to attend.

If you would like to support Two-Lane Livin', you can make a direct donation online. Simply click the Paypal button available online at: <http://www.twolanelivin.com/ABOUT/LinkToUs.html>. Or mail your donation to the address on page 2.

MAY 14

SEED ANNUAL FLOWERS

WV Strawberry Festival, Buckhannon
wvstrawberryfestival.com

Calhoun Farmer's Market Opening Day 8 a.m. - 1 p.m. Upper West Fork Park, Chloe

MAY 15

Strawberry Festival

MAY 16

Strawberry Festival

UWF Park Mayflower Pageant. Theme, The 50's. Sign ups, 5 p.m.; pageant 7 p.m.

MAY 17

ATV Poker Run, Sanderson, WV, 9 a.m.
ww.wvrfac.com

Ronnie Drake & Yard Dogs, Upper West Fork Park, 7 p.m., Chloe

Bluegrass: Variety Pack, Bear Fork Trading Post, 7 p.m., Stumptown

West Virginia Strawberry Festival

Trans-Allegheny Lunatic Asylum Mud Bog; 9:00am. Weston, 304-269-5070

Bluegrass: Whitewater, Jerry Run Summer Theater, Cleveland, WV

Bingo, 6 pm. Newton Community Building

MAY 18

Strawberry Festival

MAY 20

FULL MOON

MAY 22

Woodchopper's Festival, Webster Springs, thru May 25.
(304) 847-7666

Bluegrass Festival, Upper West Fork Park, Chloe, thru May 24.

MAY 23

Bluegrass Festival, Upper West Fork Park, Chloe

Woodchopper's Festival, Webster Springs

MAY 24

Bluegrass Festival, Upper West Fork Park, Chloe

Woodchopper's Festival, Webster Springs.

Bluegrass: Independence Road, Bear Fork Trading Post, 7 p.m., Stumptown

Bluegrass: The Vaughns, Jerry Run Summer Theater, Cleveland

Vandalia Heritage Festival, Capitol Grounds, Charleston 304-558-0220

MAY 25

Woodchopper's Festival

Vandalia Heritage Festival, Capitol Grounds, Charleston 304-558-0220

MAY 26

MEMORIAL DAY

MAY 30

Bill Gaither & the Homecoming Friends Give It Away Tour, 7 p.m. Charleston Civic Center

MAY 31

Paul Cottrell & High Mt. Bluegrass, Upper West Fork Park, 7 p.m., Chloe

Trans-Allegheny Lunatic Asylum Mud Bog; Registration 9:00am. Weston, 304-269-5070

Bingo, 6 pm. Newton Community Building

Watercolor Art Studio Open House, Parkersburg, 422-4179.

Burnsville Public Library is looking for old bluegrass instruments, people who know about bluegrass history, or people who can play bluegrass for their annual Cultural Exhibit during May 27-31. A small fee can be paid by the library for these resources.
Call Jonna at 853-2338 for more info.

Local Connection To:
The Gaither Homecoming Concert, May 30, 7 p.m. Charleston Civic Center
Depart Calhoun County Committee on Aging, 3:30 p.m. Trip Costs: \$45
Limited tickets.
For more information:
(304) 354-7017/7822

YARD SALE May 2 and 3

Rush Run CEOS yard sale - items from several households including glassware, potty chair, beach chair, baby stroller, overdoor ironing board, two old trunks, child proof gate, and 12 glass panes for louver windows or door -- and MORE! Starts 9 a.m. each day. 2820 Russet Road, Just outside of Grantsville.

You can have Two-Lane Livin' delivered right to your home.

For a one-year subscription, send \$28 to:
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Millstone, WV 25261.

Webster County Woodchopping Festival

Memorial Day Weekend
May 22-25, 2008 Family Fun For All



An Action-Packed Weekend!

- * World Championship Woodchopping
- * WV Turkey Calling Championship
- * Car & Motorcycle Show
- * TERRY LEE GOFFEE
- The "Ultimate" Johnny Cash Tribute Artist
- * Fireworks & more!



www.woodchoppingfestival.com
(304) 847-7666

This Monthly Calendar for Central West Virginia is provided by:

Two-Lane Livin'
Central West Virginia's Guide to Life

Calendar event listings are FREE!
Contact 354-9132 or event@twolanelivin.com

PRODUCT RECALLS

Wal-Mart Stores Inc. is recalling about 61,000 Holiday Times Candleholders. The candle holders could tip over, posing a fire hazard. Also, the glass holder could break, posing a laceration hazard.

Dollar Tree Stores Inc. is recalling about 300,000 Cuddly Cousins Plush Insect Toys. The toys contain small parts, posing a choking hazard to small children.

FUNTASTIC is recalling about 26,000 Hillbilly Teeth. The gray surface paint on the teeth contains excessive levels of lead.

Michaels Stores Inc. is recalling about 310,000 Flower Writers; Christmas Writers; Easter Writers; and Spooky Writers Seasonal Writing Pens. The pens' surface coating contains high levels of lead.

Malt-O-Meal has recalled unsweetened Puffed Rice and unsweetened Puffed Wheat Cereals labeled in their name and under private label brands including Acme, America's Choice, Food Club, Giant, Hannaford, Jewel, Laura Lynn, Pathmark, Shaw's, ShopRite, Tops and Weis Quality. The cereals have "Best If Used By" dates from April 8, 2008 through March 18, 2009.

Total Body Essential Nutrition of Atlanta has recalled Total Body Formula in the flavors of Tropical Orange and Peach Nectar and Total Body Mega Formula in Orange/Tangerine flavor. The products may cause severe adverse reactions, including significant hair loss, muscle cramps, diarrhea, joint pain and fatigue.

Avon Products Inc. is recalling about 113,000 Cozy Warming Polar Bears. The warming pouch inside can overheat and ignite when heated in a microwave oven.

Galison/Mudpuppy is recalling about 90,000 Wire-O Bound Journals and Calendars. The metal spiral bindings of the journals contains excessive levels of lead.

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



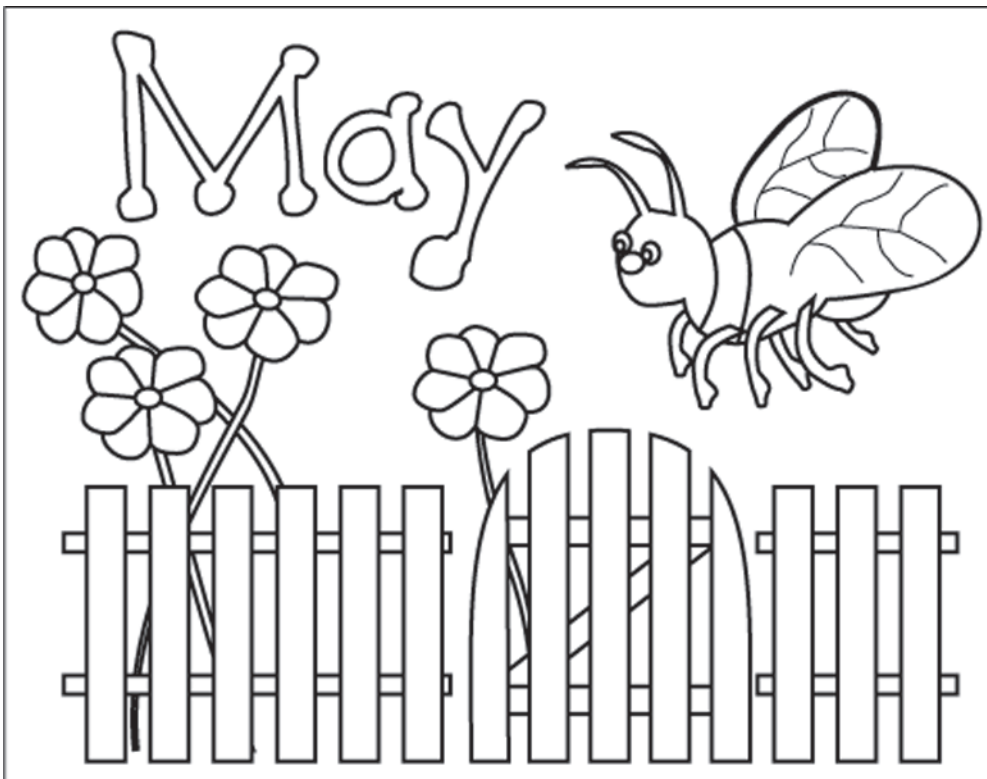
BRIGHT IDEAS!

For Bright Young Minds

By: Lisa M. Sheldon

West Virginia: Did You Know?

A day to honor mothers is a custom that goes far back in history. Early Christians set aside a special day to honor Mary, the mother of Jesus. For many years "Mothering Sunday" was held in some areas of Europe to honor St. Anne, the mother of the Mary. On this day children would go "a-mothering" and take flowers, gifts and sweets to their mothers. But, in the United States, Anna Jarvis of Grafton, WV is given credit for starting our national celebration of Mother's Day. Several people had suggested there should be a Mother's Day, but it was Anna Jarvis who worked hard for it and saw it to the end. She also started the custom of wearing carnations on Mother's Day. The carnation was her mother's favorite flower.



NEED TO READ

Llama Llama Mad Ad Mama

by Ann Dewdney

Mama has a little shopping to do with Llama Llama. Like a lot of children, Llama Llama is not happy about this. He wants to play, do something fun. See how Llama Llama and Mama work this drama out. You can also check out other Llama Llama stories.

Skippyjon Jones and the Big Bones

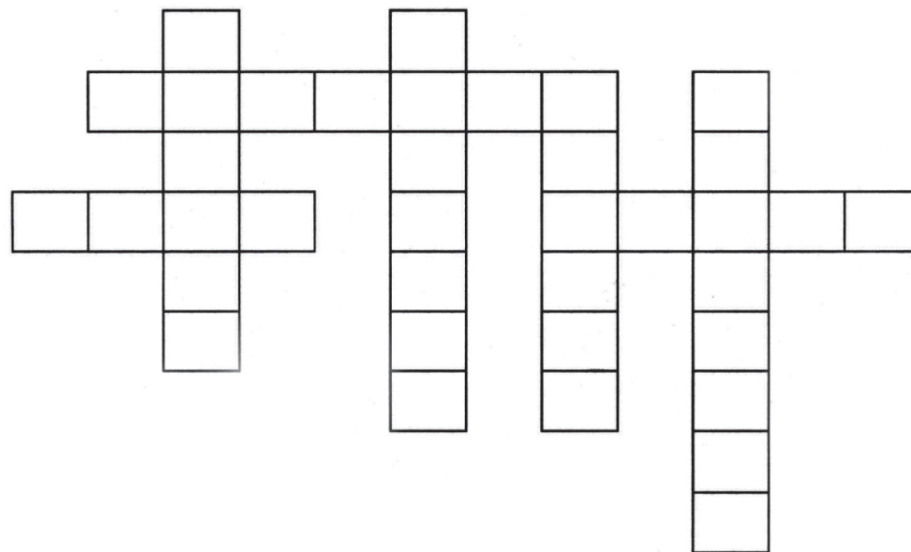
by Judy Schachner

Mama has a little shopping to do with Llama Llama. Like a lot of children, Llama Llama is not happy about this. He wants to play, do something fun. See how Llama Llama and Mama work this drama out. You can also check out other Llama Llama stories.

ACTIVITY ALLEY

Spring has sprung. Can you make these spring words fit into this crossword?

RAIN
ROBIN
TULIPS
SPRING
PUDDLES
FLOWERS
UMBRELLA



Silly Shots

What do you call a penguin in the desert?
Lost!



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

Treating Heart Burn, Acid Reflux

This month let's focus on heart burn, acid reflux and the drugs used to treat them. According to Lynn August, a medical doctor, pioneer and leader in nutritional therapies since the 1970's, excess stomach acid is rarely the cause of heart burn or acid reflux. A much more common cause is too little stomach acid.

Here's how it works. Stomach acid has a purpose: to digest your food. It extracts the energy and raw materials that your body needs to be healthy. The lining of your stomach is built to handle acid without sustaining damage. There is a valve at the top of the stomach that keeps the acid from splashing up into the esophagus (or food tube). If this valve leaks, the acid can come up and burn the esophagus.

Poor abdominal muscle tone, chronic overeating, dehydration, sluggish liver, hiatal hernia, improper stomach emptying (often from too little acid), cranial or spinal nerve entrapment, *H. Pylori* bacteria, even pregnancy can all cause stomach acid leakage. Many chiropractors are trained to treat this condition. In

my practice, well over 90% of these cases are cured or dramatically improved often in one visit by fixing the leaky valve.

The traditional medical approach to this problem is to prescribe a proton pump inhibitor such as Prevacid, Nexium, Protonix, and Prilosec. These

Many heartburn and acid reflux patients effective symptom relief from taking a teaspoon of apple cider vinegar with each meal.

drugs reduce the amount of stomach acid produced in the stomach. Nexium will reportedly help the lining of the esophagus repair itself if damaged.

Remember, stomach acid is there to digest your food. So what happens when your stomach is producing less acid? Well, you should have less heartburn, but how are you going to digest your food? Not very well, I'm afraid. This all too often leads

to chronic malnutrition which in turn allows degenerative disease processes to gain a foothold.

Listed side effects from proton pump inhibitors include: diarrhea, stomach pain (heartburn), nausea, headache, muscle pain, skin rash, drowsiness, increase in hip fractures and decrease in heart function.

Many heartburn and acid reflux patients can get just as effective symptom relief from taking a teaspoon of apple cider vinegar with each meal. This treatment rarely has side effects. Remember, excess stomach acid is almost never the cause of heartburn or acid reflux. It's the stomach acid leaking into the esophagus. This problem usually can be fixed by a qualified practitioner without surgery.

It is this doctor's opinion that proton pump inhibitors are ignoring the basics of human anatomy and physiology in favor of short term symptom relief. The average patient is happy to get quick relief but unaware of the long term damage the treatment may cause.

Americans have more chronic, degenerative and in-

Total Health Matters

By Dr.
Rick Magly



flammatory illness than any other country. Didn't know that? Don't take my word for it. Look it up at the library or on the Internet. For country statistics visit World Health Organization. For information on Proton Pump Inhibitors visit American Heart Association, Journal of American Medical Association, and Journal Watch. For information on inflammation visit: womentowomen.com or righthealth.com/inflammation.

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.

An Herb A Day

CAYENNE

Cayenne is a tropical perennial shrub with long, podlike berries. Most of us refer to the plant as a chili pepper plant. Cayenne Pepper is made from the dried pods. You can cook with the whole pepper, or with the powdered spice. When cooking with the fruit of the plant, remove the seeds first. These produce the "heat" known in cajun dishes.

If you discover that your dish has become too hot to enjoy, add potatoes, noodles, or some coconut milk to absorb and neutralize the spiciness.

Cayenne is filled with vitamins A and C, beta-carotene, and Capsaicin, a powerful stimulant and is anti-inflammatory. It also has Salicylate, a substance similar to aspirin. Cayenne has been used to cleanse blood vessels, discourage the formation of blood clots, and lower cholesterol. It can aid in weight loss, and overcoming addictions.

Why Avoid Monosodium Glutamate (MSG)?



Chew On This

By Sue
Cosgrove

Just what the heck is MSG or monosodium glutamate? And why has this food additive been condemned by researchers for decades? Why should MSG consumption be avoided and how?

Manufactured glutamate—that is, not the naturally-occurring glutamic acid found in meat broths and naturally fermented foods like soy sauce, is a neurotoxic substance causing a host of negative reactions, especially in sensitive individuals. The name for these is "excitotoxins."

Dizziness, violent diarrhea, hives, headache and anaphylactic shock are some short term reactions. The more insidious long term consequences of MSG ingestion involve neurological damage in children, and Parkinson's and Alzheimer's diseases in adults. Research shows brain lesions, obesity and retinal

degeneration in animal studies are linked to MSG.

Many, many, many processed foods contain MSG because MSG is a flavor-enhancer. Processing methods tend to remove nutritional benefits along with flavor. Read the labels of your favorite snack foods, especially in the "chips and dips" category and you'll find very few MSG-free snacks. But snacks are not the only category of food containing MSG and similar flavor-enhancers: meat broth substitutes (i.e., bouillon, etc.), seasoning mixes from salad dressings to taco sauces, crackers, processed and minimally-processed meats (most sausages), canned soups - just about any processed food with seasonings added may contain MSG and related substances.

Avoiding MSG and other excitotoxins is difficult at times because of deceptions in labeling. Here's how to make it easier: First, look for "MSG" or "monosodium glutamate" in the ingredients list.

Chances are good that if a processed food product contains

three inches of ingredients in teeny, tiny print on the package, there's a flavor-enhancer in there somewhere!

Next, look for ingredients that ALWAYS contain a form of MSG. These are calcium caseinate, sodium caseinate, textured protein, hydrolyzed protein, and citric acid. Sally Fallon, author of *Nourishing Traditions*, says "... soy foods, nutritional yeasts, protein powders, malt flavorings, amino acids and various mixes labeled 'flavorings,' 'natural flavors,' or 'seasonings' USUALLY contain MSG." Another good reason to avoid processed foods is that even if MSG and

the like are not deliberately added to a food product, MSG can form or develop during the processing itself.

Until next month, Chew On This: "Margarine eaters have twice the rate of heart disease as butter eaters." (Nutrition Week 3/22/91 21:12)

"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 at chewsorganic@yahoo.com.

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Name The Product

Congratulations to Mike Wright, Gassaway, for correctly guessing Icebreakers breath candy. He won the book, *What's in Your Food?* and you can, too, by being the first person to correctly identify this month's product.

Here are the ingredients for this month's contest: cultured milk, salt, natamycin.

The FIRST correct answer received for the Name the Product 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.

THOUGHTS

of Bob Henry Baber

talk long enough
and you're bound to say
something incredibly stupid

For Mother's Day, Ease Mom's Stress

It's a day for breakfast in bed, bouquets of flowers, special gifts and simply saying "thank you." Mom deserves to be pampered on Mother's Day. So what do moms really want the most?

A new survey of 2,920 moms, dads, sons and daughters reveals that gifts offering therapeutic relaxation will be most valued, as they can help moms reduce daily stress.

The new poll, which was conducted by Harris Interactive on behalf of CSN Stores, found that the majority of mothers wanted to be surprised with a non-traditional gift.

With the aim of truly pampering mom and making her feel special this Mother's Day, here are some ideas for gifts that moms actually want to receive:

* Relaxation items such as massage chairs and mood-improving lamps received 37 percent of the vote from moms, according to results from the new poll.

* Beyond emphasizing relaxation, many mothers also selected gifts for the kitchen (34 percent) like a cookware set or colorful appliance; and items for the garden (29 percent) including a greenhouse or new robotic lawnmower.

* As for gift givers, they appear to be listening to moms a lot this year, as their choices mirrored mothers' preferences. Relaxation gear was most popular (32 percent), followed by kitchen (21 percent) and garden (16 percent) products.

Remember, even small gifts can make a big impression if they demonstrate thoughtfulness and love.

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Planning Ahead

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

Many people think preparing a will is too expensive and too much bother. The alternative, though, is to allow state law to make all of the decisions for you, whether you would have chosen the same results or not.

Over 60% of Americans have no will. They are giving up benefits for their family or others by not planning ahead.

Simple wills often cost very little in comparison to what they are protecting and can eliminate certain fees that would otherwise be required.

For example, an executor must post a bond unless the will does not require it. With a will, the bond cost can be eliminated. Most simple wills cost less than the bond, saving assets for more appropriate uses.

The process of preparing a will starts with listing what you own, including real estate, personal property, stocks, savings and checking accounts, business interests, retirement funds, etc. Warning--the total may be surprising!

To make your executor's job easier, you could compile a three-ring notebook containing that list and the locations for all important financial and legal documents or even copies of them.

If you and your spouse own more than a certain amount of property, the estate of the second spouse to die is likely to owe federal estate taxes (currently 45%). The amount owed can be lowered or eliminated with timely estate planning.

Each of us has a tax exemption available that applies to our estate. It allows us to avoid federal estate taxes on \$2,000,000 worth of property. But if that tax exemption is not used in a certain way through your will or revocable trust, the full benefit can be lost.

In coming years, the federal tax-free amount is going to increase. For persons who die in 2009, \$3.5 million of their estate gifts will be tax-free. In 2010, the estate tax will be repealed for that single year. The tax-free amount for 2011 and later will be \$1 million.

There are also two unlimited deductions that may benefit your estate. They are the marital and charitable deductions. Gifts to spouses and charities are tax-free in any amount. They do not use any of the tax exemption. You can also set up a charitable trust in your will or revocable trust to provide income to family members that will lower estate taxes and help the charity you choose.

Preparing a will can protect family members and others and help your favorite charity continue its work.

That's good planning.

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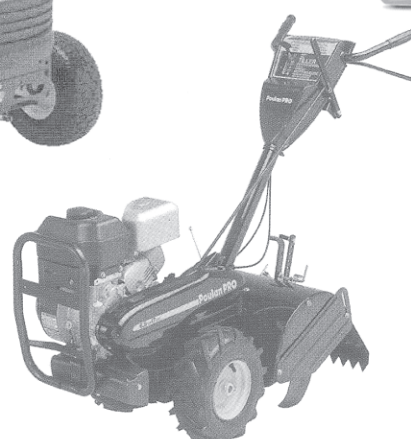
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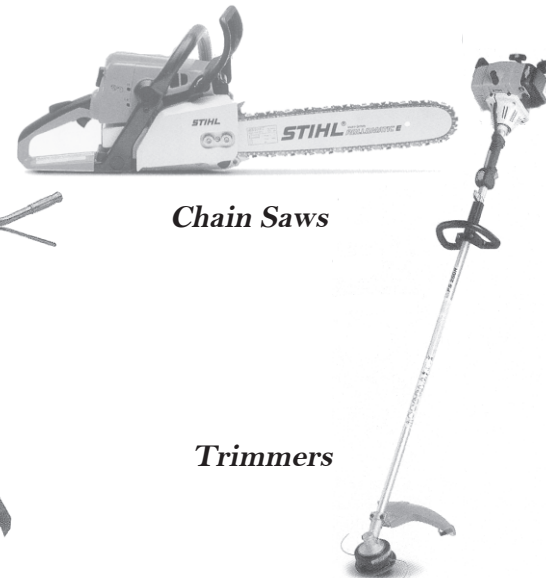


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Solar Technology Attracts Homeowners



By Pat Laughlin, The Land Lady



For decades solar energy use was largely confined to a small fringe of diehard conservationists. And their sole option was typically a "solar thermal" system that stores heat from the sun to warm pools or appliances. But these days, solar power is going mainstream in many more homes, helped along by a proliferation of new solar technology like cheaper photovoltaic cells and new solar-powered gadgets.

The number of solar gizmos for the home is rising as well. Products now available include everything from solar-powered water heaters to carports.

You can also purchase solar powered heating coils for swimming pools. Heliocol USA Inc., for instance, offers plastic tubes that collect heat for pools and come battened down with high-strength alligator clamps to withstand winds from hurricanes and severe thunderstorms. For a typical backyard pool the system runs around \$6,000, or \$5,000 after tax credits. Vendors say the system can pay for itself in two years.

One of the biggest questions for homeowners is whether converting to solar power will re-

ally save money. Installers often say you can pay off a photovoltaic roofing system -- which typically costs \$30,000 to \$40,000, after rebates and other incentives -- in as little as 10 years by saving on the cost of traditional power, which can run \$300 or more a month. But some rooftop systems end up not delivering as much power as promised because the panels aren't installed properly, or because the electric-conversion equipment malfunctions.

Industry officials, for their part, say the new solar systems generally pay off over the long term. It is estimated that consumers spend as much as \$140,000 for conventional power over a lifetime. And that total could rise, since utility rates are soaring around the country because of deregulation. By contrast, a \$40,000 photovoltaic system can appear cheap.

To help make the high costs of solar systems more palatable, some companies have expanded

their offerings to include remote monitoring of customers' solar production. That helps ensure everything is working and that customers are getting the biggest bang for their buck from their solar technology. The consumer can also monitor their own system's performance through different Web sites.

Another option for homeowners who find the installation cost prohibitive is to lease a solar system. Consumers who can't afford a full photovoltaic system may also be able to get solar for parts of their home.

The most economical approach of all, industry officials say, is to buy one of the growing number of new homes already equipped with solar.

Pat Laughlin specializes in marketing and sales of rural properties. She is co-owner of United Country Farmhouse Realty with a main office in Ripley and home office in Calhoun County. You can email unitedcountrylandlady@yahoo.com.

Not All That Glitters Is Gold

By JD Brewster

We don't pay much attention to the commodities markets but these days, maybe we should. I am sure everyone has seen ads on TV to "Turn your gold jewelry into cash! Quick and Easy!" These ads are appearing because the market price of gold and silver is way up. So the shysters start to pop up like mushrooms after rain. However, that should not get in the way of local folks taking advantage of high prices, in case they did want to sell some jewelry or silverware. But, just how would one know what is a fair price?

First off, be careful, some ads on TV don't tell you what they are paying. They send you a "kit," you mail in gold and they send you cash. I don't think many would fall for that. However there is a process, a little math -- just multiplication and division -- that can let you know the metal value of your items.

First, weigh the item. This can be time-consuming if you are weighing many items, but most of us only have a ring or so, so it isn't too bad. Get the weight in grams.

Second, get the current market price for your metal (www.kitco.com gives you all the latest prices). This is the spot price and is given in troy ounces: 1 ounce = 31.1 grams.

Third, divide the spot price by 31.1. Let's use a 14 kt gold ring weighing 7 grams as an example. Today the price of gold is \$920, so 920 divided by 31.1 equals \$29.59. So a gram of pure gold is worth \$29.59. Few gold items are pure gold though. We know they are made of 10, 14, 18 karat gold. The karat value tells the purity of the gold ring. Does this effect price? Yep.

So, fourth, find the purity of the

ring. 24 kt is pure gold, so kt number divided by 24 tells the purity in percent. The gold ring is 14kt, 14 divided by 24 kt = .583. The ring is 58.3 percent pure.

Fifth, we know pure gold is worth \$29.59 a gm so we can multiply \$29.59 by .583 and find 14 kt gold is worth 17.25 a gm.

Our example weighs 7 grams, (7 X 17.25 = \$120) so we know a 7 gram ring is worth \$120 in gold. Allowing for a buyer to make profit, a fair sale price for the ring is about \$110. Simple? A ring 10 kt gold is (10 divided by 24) 417 percent pure, 18 kt gold is (18 kt divided by 24) .750 pure.

Silver is simpler, its purity is not measured in karats, most silver is sterling and .925 pure, old American coins and some silver is .90 pure; some other silver items vary but all are marked in a way that tells the purity. All that may sound complex, so here is what it looks like in a formula.

Spot price 31.1 X Purity Number X Weight = the value of the metal. Don't forget to allow about 10 to 15 % for profit for the buyer or he won't buy it!

Keep in mind, this is the bottom line value of the metal. If you have items that are collectors' items, coins, sets of silverware, fancy jewelry, such items could well be worth more than the price of the silver or gold they contain.

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Financial Focus

Edward Jones MAKING SENSE OF INVESTING

What Can Investors Learn from Gardeners?

Spring is here. If you're a gardener, you know its time to put in your flowers or vegetables. But even if you don't have a green thumb, you can still take advantage of the season by "planting the seeds" for the growth of another valuable piece of property - your investment portfolio.

Actually, you can find a few similarities between successful gardening and effective investing. For starters, both gardeners and investors need to consider their individual circumstances. If, for example, your garden is in a shady part of your yard, you might be able to grow some nice geraniums, but you'll have tougher time with roses, which crave the sun. As an investor, you'll also find that some investments are more appropriate for your situation than others.

Furthermore, just as gardeners don't usually grow only one vari-

ety of flower or one fruit or vegetable, you, as an investor, shouldn't stick with one type of investment vehicle. Build a portfolio containing a variety of investments that, when put together, is designed to help you make progress toward your objectives.

Another trait exhibited by gardeners and worthy of emulation by investors is patience. If you were dissatisfied with the growth of a plant after just a few days, would you uproot it and put another plant in its place? Probably not. Instead, you'd nurture the original plant, hoping that, in the long term, it is possible for it to grow. The same thinking can apply to investments. Over the short term, your investment choices will fluctuate in price, and sometimes you may be frustrated by what you perceive as the lack of progress. But instead of constantly selling off investments and buying new ones, you'll

likely be better off choosing quality securities and holding them for a period of many years. Eventually, your efforts may be rewarded.

What else do gardeners do that might be relevant to investors? For one thing, they get rid of weeds that can choke off the growth of flowers or vegetables. As an investor, you too may benefit from occasionally "pruning" your portfolio of those investments that no longer meet your needs, and, in fact, take up space that could otherwise be more profitably used.

So the next time you see some industrious gardeners making something beautiful and productive in their yards, watch them closely. Their skills and habits might be productively transferred to you as you invest for the future.

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

Things New and Old *By Chris Hasse*

The Hound of Heaven

Sometimes, a deep sorrow overwhelms me. I'm missing my little dog. She was an Australian Cattle Dog who just 'showed up' one night. As I arrived home, she growled at me from a dark corner in the garage where my husband bedded her down. I gasped, prayed and walked past her, clutching my breath in my throat. I shut the door behind me and called to my husband, "What is that thing doing in our garage?" He said, too calmly for the state of terror I was in, "I fed her some oatmeal. It looks like she might stay."

Stay she did, and worked her way into my heart. She was my first and only pet. She loved me with a fierce loyalty. We did a lot of things together. Walked and talked. Climbed mountains, forded streams, once fought off a pack of dogs, walked against blizzard winds on Lake Michigan's shores, and endured the leash on the streets of Gainesville. We even won Walmart's "Dog of the Year" contest, with her nabbing the prize: 3 bags of ol' Roy.

I called her Lady Laptop Hasse, because whenever I sat on our outside bench, she put her head in my lap. She spent hours lying near the garden fence, while I weeded and hoed my crops.

Now, she's gone. She was terribly frightened of gunshots and fireworks. On New Year's Eve, when my stepdaughter's neighbors were doing their patriotic noise-making in Gainesville (and I wasn't there to comfort her), my little Lady Laptop ran away.

Her fierce, surprising loyalty to me I never understood. When I started to realize how she clung to me, looked to me, wanted me and only me, and how she loved to do anything with me, I started to understand why people are so nuts

about their dogs. And then I started rethinking a poem I had studied in high school. Written in 1893, by Francis Thompson, it is entitled "The Hound of Heaven." I loved its rhythm and its beautiful use of words, although much of it I still don't understand. But there is a refrain in it that haunts me, and forever will. Thompson goes through different stages of his life, and then after each stage comes the mournful and majestic words, describing the Hound's trackings:

I fled Him, down the nights and down the days...

I fled Him, down the labyrinthine ways
Of my own mind; and in the mist of tears

I hid from Him, and under running laughter...

From those strong Feet that followed, followed after.

But with unhurrying chase, and unperturbed pace,

Deliberate speed, majestic instancy,

They beat-and a Voice beat More instant than the Feet
'All things betray thee, who betrayest Me.'

Still with unhurrying chase, And unperturbed pace,

Deliberate speed, majestic instancy,

Came on, the following Feet, And a Voice above their beat-

'Naught shelters thee, who wilt not shelter Me.'

Having tried his hand at human love, and "all swift things for swift-ness did I sue;" Thompson continues his lament, describing his search for meaning in nature: "I," he said,

Drew the bolt of Nature's secrecies. I knew all the swift importings

On the wilful face of skies...

All that's born or dies...

I laughed in the morning's eyes. I triumphed and I saddened with all weather,
Heaven and I wept together,
And its sweet tears were salt with mortal mine; ...

In vain my tears were wet on Heaven's grey cheek.

For ah! We know not what each other says,

These things and I; In sound I speak-

Their sound is but their stir, they speak by silences.

Nature, poor stepdame, cannot slake my drouth;...

My thirsting mouth.

Nigh and nigh draws the chase,

With unperturbed pace,

Deliberate speed, majestic instancy;

And past those noised Feet

A voice comes yet more fleet-

'Lo, naught contents thee, who content'st not Me.'

How the Hound pursues him! He will not let Thompson go. How He pursues us, this loving Hound of Heaven. How majestically high above a mere dog's loving loyalty is His fierce love for us.

Dear reader, embrace Him, whose feet's "undaunted instancy" chased us down our labyrinthine ways. "Ah, fondest, blindest, weakest, I am He Whom thou seekest! Thou dravest love from thee, who dravest Me." Thank you, Lady Laptop. Thank you Sir Francis Thompson. And thank you, O thank you, dear Hound of Heaven! Please never stop your loving pursuit, for Lo, all things flee me, if I fleest Thee.

Columnist Chris Hasse, 15 year resident of Calhoun County, will hold a series of Bible study meetings at Upper West Fork Community Park through May 10. See Two-Lane Livin' classifieds on page 22 for further information.

But I Work On Sundays

By Pastor Mary Zimmer

We have had some beautiful sunny days here lately and I, for one, am certainly enjoying them. BUT there is a drawback that I have noticed to these sunny days.

The sun's rays are showing me, well, actually proclaiming loud and clear that I have dirty windows!

See when the sun doesn't shine through the windows, I don't see the dirt. I can ignore them and get away with not cleaning them because no one is going to notice them. That is, as long as the sun doesn't shine.

But when the sun shines, you cannot ignore it – unless you leave the room and just don't look out the window!

I must confess that I haven't cleaned them yet. I'm using the excuse that it's still too cold outside to do a good job. I'm also justifying to myself that I know there are many out there with dirty windows doing the same thing.

I know that I'll get around to cleaning those windows – eventually! There will come a point where I just won't be able to stand it any more and I'll get them cleaned.

For now though, I am ignoring them and cringing every time the sun points them out.

Isn't that true about our own dirt – sin? The Light of Jesus Christ shines upon us and points out our sin loud and clear. Yet, we don't want to do anything about it so we ignore it.

We use excuses that the sin isn't that dirty and soon 'I'll clean up my act'. We justify ourselves saying, "I'm just as dirty as the next person and they aren't doing anything about it so why should I."

Yet every time the Son shines, the dirty sin is there. I don't know about you, but each time I cringe inside with shame.

Sometimes, we walk away trying to ignore the dirt of sin on our lives. Yet, the Holy Spirit won't let us off that easy.

The Gospel of John tells us that God has given those who believe upon His Son Jesus Christ, the Spirit of Truth. (John 14:16, 17). John continues in chapter 16 telling us of the work of the Holy Spirit. "When He (Holy Spirit) comes, He will convict the world of guilt in regard to sin and righteousness and judgment." John 16:8 (NIV)

Eventually, there comes a point where I can't stand it anymore and I turn to the Lord in repentance and allow the forgiveness of Christ to wash me sparkling clean.

After I wash the windows, I always think, "That wasn't so bad, why did I wait so long. They look so good now." You know I ask myself that same question when I fall on my knees before the Lord. I feel so much better, why DID I wait so long?

As the sun shines upon your dirty windows, let the Son shine upon your heart to show the dirt that needs washed whiter than snow. Trust me; you will feel so much better when you're sparkling clean!

I would like to invite you to visit the Prayer Chapel at Knotts Memorial UM Church. It is open every Wednesday from 11:30 to 1:30 for you to come and spend some alone time with the Lord.

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.

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Scratches, Dents and Dings

Consumer Points and
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Testing West Virginia's Internet Connection

I remember a time, about twelve years ago, when I was grateful to have Internet service, *any* Internet service. I felt fortunate to even have dial-up. Although I had access to the Internet on a T-1 line at work, at my rural home in Wirt County, dial-up just -- didn't exist yet.

When we moved to rural Mason County, I was excited to sign up for a connection that moved at a miserable crawl.

When we returned to rural Gilmer County, I was pleased to discover I actually had maximum dial-up speeds, and no disconnects. I felt I was, for several years after that, one of the lucky few in West Virginia who had reliable dial-up service at both home and work.

And then, the world went high-speed. I don't even know how long broadband was out there before I even knew it existed, but by the time I found out -- the world, the Internet was far ahead of any of my capabilities.

I was technically disabled again. When Youtube was commonplace in the world, I was tortured by miserably long downloads. When Netflix offered free movie downloads in addition to our three-at-a-time hard copies through the mail, I actually felt pain -- real pain.

I thought I'd try it, you know, to download an entire movie via dial-up... Hours passed. Continuous time where my computer CPU just clickedy-clacked, as if it was straining its mental torque to pull the data in. It hurt me to listen to it, and was an endless, miserable wait. When I finished downloading the download-it program and the movie, for some unknown reason, it didn't work anyway.

And then one day, by some miracle, broadband came to Stumptown, West Virginia. The telephone line repair guy called me from the station at the end of our road. He had just finished installing broadband service for our area. Did I want it?

I almost drove 2.25 miles (just under two as the crow flies) to

kiss the man. Within a week, Frontier Communications likely had orders from every 354-phone-number (Calhoun service) in Stumptown. Our nearby 462-phone-number Verizon neighbors (Gilmer service) were not so fortunate.

Less than two years later, Frank and I launched Two-Lane Livin' magazine. Without high-speed Internet access, Two-Lane Livin' wouldn't be possible. Large images, large uploads, large files, email coming and going almost constantly... If broadband wasn't available in Stumptown, West Virginia, you wouldn't be reading this.

Literally, this is the Two-Lane Livin' perspective of the Gilmer/Calhoun example cited recently on a popular blog maintained by Create WV.* The entry is in response to the recent release of the map of West Virginia's broadband coverage developed by Connect West Virginia.* Connect West Virginia is creating detailed maps of broadband coverage in West Virginia to accurately pinpoint gaps in the state.

In a state where it is commonplace to complain about Internet Service with full justification, someone has taken the lead to research the situation and develop partnerships to improve the situation, and Two-Lane Livin' joins hundreds in the state to applaud their efforts.

To make their maps as accurate as possible, Connect West Virginia is asking for input: if you don't have broadband service yet, if you want to test your broadband speed, if broadband has changed your life.

Can broadband change a life? Can it spark a new business, can it create new connections that make the impossible possible? Can broadband actually make dreams come true?

Ab-so-lutely.

You're holding the proof in your hands.

~ Lisa

Every West Virginian deserves high-speed Internet! Please participate in Connect West Virginia's program to expand and develop broadband services in our state.

connectwestvirginia.org

* Who?? What??

Vision Shared:

An economic development plan to build on West Virginia's strengths using a holistic approach to economic diversity, encompassing all elements that potentially could affect our success.

Create WV:

West Virginians working to follow Vision Shared to create a state that thrives on innovation, artistic vision, connectivity, diversity, entrepreneurship, technology and growth.

www.createwv.com

Create WV Blog:

createwv.typepad.com

Connected Nation:

A national organization making technology work to ensure communities are not left behind.

Their proven methodologies help states make more broadband available to more households.

www.connectednation.com

Connect West Virginia:

An in-state subsidiary of Connected Nation, working with broadband providers to create maps of broadband coverage across West Virginia.

www.connectwestvirginia.org



www.spencerautogroupgmc.com

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Not responsible for typographical errors. Prices reflect all available rebates and incentives... Taxes, title, doc and state fees not included. Prices include rebates. All rebates to dealer.

News Highlights From Around The Region

BRAXTON

A statewide protest against the soaring cost of diesel fuel, led to nearly one hundred converging on the Capitol in Charleston Friday. That convoy, that drew independent truckers from throughout the state and surrounding states, and wide spread news coverage, began in Flatwoods.

Braxton Citizen's News

A three month in-depth investigation by the Braxton County Sheriff's Department has ended with four people being charged. The investigation included 12 breaking and enterings in the Burnsville area and involving residences in Lewis and Gilmer Counties.

The Hur Herald

CALHOUN

Calhoun Circuit Clerk Sheila Garretson received grant money from the West Virginia Division of Culture and History for records preservation in the Circuit Clerk's office to preserve

court records, says Garretson. *The Hur Herald*

Calhoun Committee on Aging is looking for volunteers to serve on a new committee. Called the "4U2" project, it will collect ideas and recommendations from the future senior population to identify, plan and implement changes to the "face" of the senior center. The program goal is to accommodate the "Baby Boomer" generation that is beginning its retirement.

The Calhoun Chronicle

Kathy Wood is the new directory of the Office of Emergency Services. With a background in law enforcement, 911, and emergency dispatching, and an understanding and respect for emergency medical services and the volunteer fire departments, she has a clear picture of the position.

The Calhoun Chronicle

The old Calhoun County High School has been sold for a fourth time since it was closed ten years ago. It has now been purchased

by a Virginia couple, who have indicated they will be working on the stone structure to make it into their dwelling, saying they might use it for a bed and breakfast and a photography studio.

The Hur Herald

CLAY

Marshall and DeVona Robinson of Widen have announced the formation of a new scholarship program to assist in the education of young men and women from Clay, Nicholas, Braxton, and Webster Counties in the Land Surveying Program at Glenville State College.

The Clay Free Press

Troopers from the Clay State Police detachment arrested two men on drug charges after a pound of marijuana and over \$23,000 was seized from their car and motel room.

The Clay Free Press

DODDRIDGE

West Union Bank has introduced a program designed to

recognize and reward members of the communities of Doddridge, Ritchie and Harrison Counties. Focusing on the values of volunteerism, heroism, selflessness, generosity and kindness, the program encourages members of the communities to nominate someone they know who has or is doing something that reflects one of these five values.

The Herald Record

Flood debris collected from Doddridge County after the December 2007 flood totaled 30.22 tons for a total cost of \$5,793.88 which was paid for by the Doddridge County Solid Waste Authority.

The Herald Record

GILMER

Ike and Sue Morris' announced their \$5-million pledge to Glenville State College. It marks the beginning of perhaps the largest capital campaign in the school's history. The primary focus of the fund drive is to secure funding for construction of

a 5,000 seat convocation center. Architect drawings indicates the main level has a footprint of over 84,000 square feet. Other goals include establishing an endowment to insure the future of the Hidden Promise Scholars program, and funding several Fine Arts Center improvements.

The Hur Herald

The Glenville Office of Minnie Hamilton Health System announced the new location of their physical therapy services.

PT services have moved into the white house on the left just prior to the MHHS office on Mineral Road. Services are offered at the Glenville office every Tuesday and Thursday from 7-11:30 a.m.

The Glenville Pathfinder

Gilmer and Calhoun law enforcement responded to the Stumptown area of Gilmer County shortly after 10 p.m. Tuesday to what Gilmer 911 was calling "shots fired between two vehicles." Early reports said each vehicle had two individuals, reportedly firing guns.

The Hur Herald

15th ANNUAL



Largest Senior Event in West Virginia

Senior Expo

Charleston Civic Center ♦ Charleston, WV
9:00 AM til 3:00 PM Both Days... Free Admission

Tuesday, May 20, 2008

Opening Ceremonies 8:00 am - 9:00 am

FREE Health Screenings 9:00 am - 12 Noon

- Lipid - Cholesterol, Triglyceride, LDL, HDL
- Glucose - Blood Sugar
- Prostate - Specific Ag. (PSA Men)

(Health Screenings Require 10-12 Hour Fast)

9:00 Exhibits Open

Bill Spurlock Orchestra 10:00 am - 3:00 pm

Senior Beauty Pageant 1:00 pm- 3:00 pm

TV Martin Staunton, emcee

Enjoy Over 100 Exhibits

Wednesday, May 21, 2008

Exhibits Open 9:00 am

Bill Spurlock Orchestra 10:00 am - 1:00 pm

FREE Health Screenings 9:00 - 12 Noon

- Lipid - Cholesterol, Triglyceride, LDL, HDL
- Glucose - Blood Sugar
- Prostate - Specific Ag. (PSA Men)

(Health Screenings Require 10-12 Hour Fast)

BINGO 1:00 pm - 3:00 pm

Exhibitor Information:

email: expopromotions@cs.com

Phone: 304-347-0888

A Cabell County family has sued Glenville State College after members of the college's athletic department allegedly mistreated their son. Adam Simmons, a former member of the school's basketball team, is at the center of the suit. The case between Glenville State and Richard and Carol Simmons is set to be heard August 25 in Kanawha County. *The Hur Herald*

LEWIS

At a special meeting the Weston City Council approved a \$1.6 million budget for the 2009 fiscal year beginning July 1. The budget amount is approximately \$200,000 less than the budget of the current year. This is due to an anticipated drop in some tax collections and a lower carryover budget balance. *The Weston Democrat*

The council voted unanimously to abolish the Weston Historic Landmark Commission before realizing that such a vote would have no real affect. Created by ordinance, the only way to abolish the commission was by passage of a new ordinance. Mayor Julia Spelsberg, the vote was symbolic of "the council's displeasure with the commission." *The Weston Democrat*

The Lewis County Senior Center is starting a satellite nutrition site at the Ireland Community Building. Lunches will be served on Tuesdays and Thursdays from 11:30 a.m. - 12:30 p.m. For more information contact the Lewis County Senior Center at 269-5738. *Direct Source*

The Lewis County High School Marching Minutemen have had a "superior" two weeks that included a six-day trip to Orlando, Fla., and a short one to Elkins. On both occasions, the band brought home "superior" ratings and an armload of trophies. In addition, their scores from the State Concert Band Festival at Elkins will be published this fall

in the "Interscholastic" Magazine that is given to every school in the state.

The Weston Democrat

NICHOLAS

State Director Rick E. Rice announced that Rural Development approved a Water and Waste Disposal Grant in the amount of \$623,076 for the Birch River Public Service District, Nicholas County, WV. Rural Development funds will be used to extend public water service to the Dille and Widen areas of Clay County and the Morris and White Oak areas of Nicholas County. *Direct Source*

RITCHIE

Steve "Doc" Worden and North Bend State Park Superintendent Steve Jones announced the development of the North Bend State Park Foundation, a non-profit organization dedicated to raising fund for projects at the state park. *The Ritchie Gazette*

A man on a horse went through the McDonald's drive-thru -- a first for the Ellenboro establishment. Apparently, the ride had worked up his appetite. *The Ritchie Gazette*

ROANE

A company that began in Roane County more than half a century ago was sold to a Canadian corporation. The sale of Burke-Parsons-Bowlby Corp., first announced in January, was completed on schedule. Stella-Jones Inc., based in Montreal, was to pay approximately \$33 million to BPB shareholders, along with other considerations. *The Times Record*

The soy dairy in Spencer is making a comeback. Spring Creek Natural Foods is no more after declaring bankruptcy, but now a new company, Phoenix Organics LLC, is keeping the Spring

Creek tofu name alive. Bill Quick, a Calhoun County resident who worked at Spring Creek from 1986 to 1993, is now managing the company. He and three employees make tofu each week, Sunday through Tuesday. *The Times Record*

WEBSTER

The Town of Addison/Webster Springs has a new historic walk titled, "A Stroll Through Webster Springs, West Virginia." The historic walking tour can be incorporated quite easily into a daytrip, afternoon, weekend or longer visit to the region. A brochure is available at many locations throughout Webster County and by request at (304) 847-2145 or (304) 847-7291, e-mail wcds@websterwv.com, or mail to 139 Baker Street, Webster Springs, WV 26288.

Webster County Memorial Hospital has selected a new CEO, Annette Keenan. She began her new position on April 1. *The Webster Echo*

Webster Echo/Republican writer, Jim Wilson has recently published his fourth book entitled *Abbagoochie Gotcha! The Making of a Legend*. The book stemmed from a tongue-in-cheek article of an imaginary creature that made its way onto the AP wire and became a legend in Webster County. *The Webster Echo*

Glade Lodge #205 has medical equipment to loan out, including wheel chairs, canes, beds, potty chairs, crutches and more. All is asked is that once your need has passed, you will return the equipment so it may be loaned to someone else. For information, contact any of the lodge members of call (304) 226-5657. *Direct Source*

WIRT

Gun charges against Wirt County Middle School principal JD Hoover have been dropped using a technical point of law. Circuit Court Judge Robert Waters dismissed two counts of unlawfully and feloniously possessing deadly weapons on educational facilities based on an exception in the state code that prohibit weapons on school grounds, but apparently allows people to have unloaded weapons in a locked vehicle. *The Hur Herald*

Mountain Therapy

(continued from page 3)

holder of many pages of my most personal writings - got broken. I'm still suffering with drawal and don't know when I can expect to get it fixed and usable again. I pray that most of my writings are still there. If not, I have lost months of observations, ideas, memories and photos.

To add to the misery, we finally were able to figure out what had killed almost two dozen of our chickens, including my pet banty rooster "Lucky" that I had hand-raised. He was all but dead at a day old - kind of the runt of the batch - when I took him aside and made special arrangements. He eventually got better and followed me around the farm everywhere, even jumping into the windows to get my attention. Hawks were flying into the coop and killing the chickens, sometimes three or four at a time. We felt helpless and our daughter was devastated.

All of the emotion and sadness got me thinking about that saying again, "April showers bring May flowers." A dictionary on the internet translated the meaning of the sentence into "some unpleasant occurrences bring about better things." My optimistic nature seemed to be on vacation at the moment, but I knew I needed to concentrate on what I had to look forward to in May.

Granny might not be nearby,

but I can still hunt for that elusive morel using her guidance, I can plant a garden of greens, or make a flowerbed using her favorite plants. May will bring baseball season, my son's favorite sport since he plays on the town's little league team. My daughter will be anxiously awaiting the new chicks since one of her banty chickens finally got "broody" and is setting on a clutch of eggs. I will be able to celebrate Mother's Day with my kids, most likely with some interesting crayon drawings of me on a hand-made card and dinner at the little café in town.

The sun will shine, air will warm, 4-wheelers will come out of the shed each weekend and Richard will start asking me again how many more months before we can start building a log house. And, hopefully, as I survey the surroundings of my dirt driveway down the holler, a little therapy will happen when all those fresh May flowers make the April showers seem so long ago.

Hoping to simplify their lives, Kim Butler and her family recently returned to Calhoun County after 20 years near Charlotte, NC. 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. You can contact Kim at kimbutler@frontiernet.net.

What is that Sound?

(continued from page 3)

tute teacher, I went to the parking lot at the end of the day and started my vehicle to go home. It made an unfamiliar noise, one with an unusual and undetectable origin. Thump, thump, thump. Thinking, if this vehicle backs up okay, then I'm heading down the road towards home, about 25 miles away. (It did, so I did.)

To block out the sound I turned the radio up loud. Once in a while to check on the unusual racket I turned the radio down. Yep, it was still there, all the way home.

The diagnosis? The engine blew. (It wasn't my fault. I would assume a blown motor meant no moving down the road.)

The second installation of noise was made. Bzzzz! I hollered again. My husband picked up the cell phone and told

me to answer it.

What?

My young granddaughter had been messing with my cell phone earlier in the day, without my knowledge, and placed it on vibrate from a ring. (I just learned how to turn it off and on.)

The vibrating phone was hitting against the wooden frame it was sitting on, thus making the unusual sound.

Don't ever underestimate a noise and its relevance.

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.

Enjoy galleries of fine
arts and crafts
made by local artists
in Webster County.



www.WebsterArtists.com

For information on events, lodging,
businesses & more in Webster County...

www.WebsterWV.com

Preparing for Assessment Tests

(continued from page 4)

them too much to let them just run wild. Children thrive on boundaries. Boundaries remind them continuously that you love them.

For the day of the test, many school systems will send home a list of things you can do to help insure your child is ready to do their best. Read these suggestions, they are right on the money, and can ease the anxiety of the day: get proper rest the night before, eat a good breakfast, dress appropriately for the weather, get up in time so that your child does not feel rushed and these are just a few.

"A certain amount of anxiety is helpful in motivating kids, but too much can interfere with concentration," says Dr. Paul Foxman, author of *The Worried Child*. "Bottom line: no single test is going to determine your child's future."

The best they can do is the best they can do. As parents and guardians that is all we can ask.

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.

Aging Tracks

(continued from page 7)

of day, wind, etc. Come back in one hour and look at it again; two hours, three hours, etc., for a period of at least 24 hours, making sure that you keep track of the weather conditions.

When you come back say, at 4 hours, make a second set of tracks beside the first ones and compare the two from that point on. This will make more of the changes stand out. Study both of these for ten minutes. This will give you a good comparison of the track degradation at 4 hours, 8 hours, and 24 hours. After that, go back every 24 hours for seven days so you will see the track age over a week. After doing this spring, summer,

fall and winter, you will begin to learn how to age a track to within two hours of it being made.

Next, try this with different soils so that you can see the difference in soil type and track degradation. The more varieties of soils, the more accumulation of experience.

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.

We are very thankful for our sponsors and clients who make publishing and printing Two-Lane Livin' possible.

It is important for our readers to support those who support us. Shop locally, and tell them we sent you!

Classified ads are seeds planted.

Classified ads may be small, but they can be mighty. Classifieds are great for: generating new leads, testing new concepts or products, and keeping your business name and image consistently in the minds of your customers.

To write an effective classified ad, begin with a powerful headline less than six words long, that names a benefit of your product or service, a problem solved, or need that is served. For your message, list the offer for your product, a call to action, and contact information.

Done? Then cut, cut, cut. Most likely, you'll be paying by the word, so use "telegraphic" language, as if you were sending a telegram. For example, instead of writing, "Guaranteed or your money back," simply write, "Guaranteed!" The money you save could allow you to add an attention-getting feature like a border, or reverse printing (white on black).

For more information on classified ads, call 354-9132.

Two-Lane Tradin'

NOTICE

SOUTHERN CRUISERS RIDING CLUB



Gilmer, Calhoun, Braxton, Lewis, Ritchie and Surrounding Counties
Check Out our Web Site!
www.scrclgilmer.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 or call 304-462-5065 for entry forms or information.

CALL TO WORSHIP - Worship with Grantsville United Methodist Charge. 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.

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.

HELP WANTED

WANTED - Hiring sales representatives in Central West Virginia to offer multiple media, marketing and advertising packages in Braxton, Clay and Nicholas Counties. Payment is commission based, on a monthly basis. No quotas, few cold calls, leads already warmed. Send resume to P.O. Box 2, Millstone, WV 25261.

Two-Lane classified ads are \$5 for 30 words, and 10 cents for every additional word.

Add a photo for \$10, Reverse color (white on black) for \$5, and bold print for \$3.

Classifieds MUST be prepaid. Mail your copy and payment to:

**Two-Lane Classified Ads
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FOR SALE - Seasonal family owned business due to retirement. Successful moneymaker. Repeat customers. NO DOOR TO DOOR, NO SELLING. Work 2 days per week April through October. Great for 2 people or can expand. Based in Roane County but can be relocated with no income loss. Low price includes EVERYTHING. Ready to go NOW. 304-927-0094. Kimberly 5pm - 6:30pm.



FOR SALE - For Sale: Registered Dwarf Nigerian kids, 1 buckling 1 doeling born 2/20/08 (pictured); 1 buckling 1 doeling born 3/30/08 solid brown in color; Very loving & cute \$175 - \$250 Elizabeth, WV 304-275-1122

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.

FOR SALE - 2005 HUSQVARNA LAWN TRACTOR used 2 summers, cleaned after each use. 24HP-48IN cut - WHEEL WEIGHTS INCLUDED \$1500.00 304-765-2846

EVENTS

BIBLE SEMINAR - "Truth for Today, Hope of Tomorrow" Bible Seminar. Upper West Fork Park, Chloe, through May 10, Sunday-Friday, 6:30 PM, & Saturdays, 11:00 AM. Topics that will be studied will be: Christ's soon return, Why So Much Suffering, the 2,300 day prophecy of Daniel 8:14, The Millennium, What and Where is Hell, The Holy Spirit and the Unpardonable Sin, Is Heaven Real, Survivors of the Longest War (Revelation 12), the Judgment and the glorious gospel of the Righteous Saviour, Jesus Christ. Presented by Chris Hasse and the Spencer Samaritan Pathfinders, a Christian Youth Club.

RELAY - The 2008 American Cancer Society Relay for Life in Braxton County is June 13th & 14th at Holly Gray Park, Airport Road near Sutton. Individuals, groups, businesses needed to participate. Call Carrie 765-5753.

SERVICES



Windbeam Way Nursery
"Plants for Discerning Gardeners"

Located on Rt 5, just off US Rt 19 at Heaters, 4 miles north of I-79 Flatwoods Exit. 304-765-2608. Nursery propagated WV Native Azaleas (wild honeysuckle), WV wildflowers and ferns, unique rhododendrons, mountain laurel, summer blooming native azaleas, viburnums, sweetshrub, witch-hazel shrubs and perennials for birds and butterflies. Display Gardens. Hours: Sunday and Monday in May 9-7, or by appointment.

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.

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

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RECYCLING - Cabot Recycling is open for drop-off 24 hours a day, seven days a week. The site is monitored by camera, disposal of unauthorized materials will be 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.

Webster County Woodchopping Festival

**Memorial Day Weekend
May 22-25, 2008**

Friday, May 23

- * Arts & Crafts Booths Open
- * Fireman's Parade, 7 p.m.
- * State Fireman's Rodeo, 8 p.m.
- * Adam D. Tucker, 9 p.m.



Saturday, May 24

- * Lumberjack Breakfast, 6 a.m.
- * 5-K Race & 10-K Race, 8 a.m.
- * Woodchopping Elimination, 9 a.m.
- * Car & Motorcycle Shows, 1 p.m.
- * Horseshoe Singles Tournament, 2 p.m.
- * Outdoor Concert -
A Tribute to Johnny Cash
by Terry Lee Goffee, 7 p.m. & 9 p.m.
- * Woodchopper's Dance, 9 p.m.



Sunday, May 25

- * WV State Turkey Calling
Contest, 11 a.m.
- * Championship Woodchopping
Finals, 12 p.m.
- * Horseshoe Doubles
Tournament Begins, 2 p.m.
- * Gospel Sing - Kevin Spencer
& Friends, 7:30 p.m.
- * Fireworks, 9 p.m.



An Action-Packed Weekend!



www.woodchoppingfestival.com

(304) 847-7666

Two-Lane Business Directory:

Flynn's Tax Service
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NO, BUT I BELIEVE IT. YOU SHOULD SEE AROUND OUR HOUSE.

I KNOW WHAT TO DO ABOUT THIS WEED DISASTER.

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WE'LL CALL SUPER SHINDAIWA TO THE RESCUE.

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THEY MAKE A SHINDAIWA TRIMMER TO FIT ALMOST ANY NEED.

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