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## NOTICE!

Advertising copy & event listings for the **DECEMBER ISSUE** must be in by: **NOV. 22**

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## Life is Like a Rag Rug



### Two-Lane for Life

By Lisa Minney

When I lived in the city, my life had a year-round routine. With the exception of holidays, my life was my work schedule, with the rest of my life arranged around it. Changing seasons only meant that I dealt with different factors in the process of the same routine.

The longer I have lived in these hills though, and the more I respond to the needs of our home and the land around us -- the more I find my life has "seasonal" routines. Spring and summer are cycled around the farm and garden routine. Planting, weeding, harvesting, putting up hay, gathering eggs, mowing the lawn. This routine is more of a reaction than a routine really; you just spend the whole season reacting to what needs to be done.

In fall though, there is more time available for us to develop our own routines. In the last few years, I have been compelled do my major "spring" cleaning in the fall.

Because summer is so busy, I spend most of the summer making a mess. Housework routines are not maintained when you are buried in tomatoes. Boxes of canning jars become normal obstacles in the daily kitchen duties. Teeny, tiny spiders build webs everywhere, and in the warm weather whirl of out-

side duties, I don't really notice all these things.

And then, when harvest season ends and I finally get to sit down and rest, I look around and become painfully aware that the place is a mess, and I can't stand it any more.

I think some of it is in defense. Knowing that in a few short weeks I will be shut in here for what will seem an eternity until spring, I cannot handle the thought of being trapped in such conditions. Windows are washed to let the last strong sunlight of the season to illuminate the dust bunnies and cob webs that must go. Furniture is moved, washed, dusted and vacuumed under, and then is arranged in a new layout. Closets are sorted and organized, curtains are washed and hung outside to dry while the weather still allows it.

I do all these things in the spring as an annual chore but in the fall, it's more of a compulsion -- a race to see if I can get all the dirt and clutter out before the weather shuts us in.

And the race is on.

\* \* \* \*

When "city" guests come to visit us, I notice that many of them seem "antsy." They feel a need to "go do" something: run to town, visit a neighbor, play in the outdoors in some manner. When I first moved here 18 years ago, I felt much the same way. I was restless, and often frustrated by those who mosed around me. Sometimes I still am. See, city life makes you rush. Always

in a hurry. Always on the go.

It's very difficult to slow down. Learning to "take your time" is impossible when you feel you don't have any time to begin with.

Until the day we launched our business, I've been rushing through life. I realized it one morning when I was frantically brushing my teeth as if I was late running out the door -- and yet I had no place I needed to go. For more than 30 years I've been brushing my teeth in a hurry, and now that I didn't need to anymore, the habit was stuck.

Now brushing my teeth in the morning has become my "take your time" exercise. It has to be, because I still wake up every morning in a rush. Each day I snatch the toothbrush from the cup, spin the cap off the tube and quickly slip a spot of toothpaste on the brush, stick the toothbrush in my mouth and look up at the mirror and notice, I'm still brushing to beat forty. Still rushing.

Each day, I force myself to slowly focus on brushing every tooth, one by one, front and back, up and down.

I also have trouble sitting still. A lifetime of 15 minute work breaks and half hour lunches has made my tolerance for being "at rest" about 20 minutes long. After that, I begin to examine my fingernails and push back my cuticles, tapping my feet, or I start looking around for something that needs done. I can sit longer if my hands are busy -- taking notes, stringing beans, petting the dog, so this summer, after learning how to crochet rag rugs, I thought that would be a good way to help me "stay at rest" when we watch movies in the evenings.

The first night, I sat down with "I'm going to make a rug," in mind. I was focused on the completion of the project before I even started.

I was up until 3 am, two nights in a row, rushing through stitches to get the rug done. Within four days, I had made an eight foot rug, but my hands were cramped, and I had dark circles under my eyes.

This was not helping me rest at all.

And besides that, the rug looked awful. Straight edges weren't straight, every knot showed, stitches were loose in some places, tight in other, and in some spots, completely skipped - leaving a hole.

Rush. Rush. Rush.

I tossed the raggedy run on the floor inside the front door where I knew it would be covered in mud within a few short weeks.

And I started again. This time, I sorted my colors, laying out patterns and shades that would compliment each other. I focused on the tension of each counted stitch, tied tiny square knots that wouldn't slip or bulge in the rug.

I've been working on it five days now, and it's only about three feet long - a little over half done.

But the edges are (mostly) straight, the knots are (almost) invisible, and it is going to be beautiful, if I do say so myself. Just by slowing down the process, I have improved the quality of the rug.

My busy life was like the first rug, haphazard and unplanned, strung together on weak knots and uneven stitches. But since we have simplified our lives, and begun focusing on what we do and don't need, want and don't want, we have become more like the second rug, stronger, thicker, and more comfortable. The first rug will fall apart, likely, the first time it is washed. The second rug will last the rest of my life.

I am so thankful that I am learning to find pleasure in the simple things in life -- the rewards of hard work, the creative flow released by organized spaces, a relaxed ease that comes with resting when you truly know you deserve to rest.

We've worked very hard this summer, and in many ways, I feel we are facing a season of holidays and rest. I'd like to think I'll slow down a little.

But there is still so much to do before then.

~Lisa

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# Fireside Folklore

By Sherri Brake



## The Shadow Man on the Hill

I've seen him only once but have felt his presence on several occasions in our home. Our property is situated on a hill with about 100 acres around and a great view of the valley from up on top. At night with darkness and shadows forming across the valley, your imagination can run wild with what could be lurking outside in the woods and hollows. I never thought I would ever experience what many would call a ghost ...in my own home.

It all began early summer of 2009. I had recently married and moved to my husband's home in Nicholas County. I had been here a short time and it was late on one quiet, country night that something odd woke me up. There was an icy coldness on the left side of my body. I lay in bed trying to understand why one side of me was freezing cold when I was completely under the covers. It was at that instance that I saw something standing at the foot of our bed. Actually, it was not "something" quite yet. It was more

of man sized shadow that filled in quickly and blocked out the moonlight against our large bedroom window. I could see that it was a tall man and a rather thin one at that. He had on grayish colored clothing and was gaunt looking in the face. Almost as soon as he completely formed, he faded away into the night and left me analyzing the situation and his ten second appearance. I woke my husband up to tell him what I just experienced and as I described the man's clothing and gauntness and he calmly said "You saw Mr. Thomas".

You can imagine my surprise that my husband was as calm as he could be AND he had a name for the entity I had just experienced! "Who's Mr. Thomas?" I asked. My husband then told me that the exact spot where our house was standing was where a scale house once stood for the old strip mine. I knew that we lived on an old mine property and that there were some miners who had worked on our land many years ago. This was old news to me but the fact that we lived exactly where a scale house had stood was new information. I asked my husband for more facts on Mr. Thomas and I

learned that he worked for the mine company and had died on our property just a few feet from where we were sleeping. Mr. Thomas was coupling railroad cars back in the 1970s and had been pinned between two cars that did not line up correctly. They had slipped and smashed him between the heavy steel cars. I told my husband that he must be wrong and that my shadow person did not have a light on his helmet like miners wore. It was then that my husband told me Mr. Thomas worked above ground and would not have worn a helmet with a light on it as I had expected. I understood then that I did indeed see Mr. Thomas.

It has been over a year since I first saw him. On occasions when the lights flutter on and off in our home, the cats run frightened or I see the shadows move out of the corner of my eye, I just smile and acknowledge his presence. I guess he still thinks he is continuing on with his earthly job up on the hill.

*Sherri Brake lives in Muddlety WV. She is a paranormal investigator and owns Haunted Heartland Tours. Visit her at [www.HauntedHistory.net](http://www.HauntedHistory.net), [www.sherribrake.blogspot.com](http://www.sherribrake.blogspot.com), or email her [Sherri@HauntedHistory.net](mailto:Sherri@HauntedHistory.net)*

# Granny's Front Porch

By Susanna Holstein



## Mindfulness

It is time to re-view: what was best about the past year, what needs to be changed, what needs to be remembered (and in some cases, forgotten)?

Forgotten is a good place to start. Carrots-the ones we forgot to harvest that rotted in the ground. If you have grown carrots you know how much trouble it is to keep them weed-free when they are small. To have gotten past that stage, and then not harvest them? My excuse is that July was hectic, with lots of company, the gardens coming in with bumper crops and my full-time job at full tilt. Not to mention the terrible heat this year. I'd rather erase the memory of most of that month. Still, it's not something I'm happy about.

What needs to be changed? I need to find a better balance in the summer months so that we can enjoy the season instead of working our way through it in a sweaty daze. (I have a plan for that called retirement, and it's coming soon.)

The biggest category is what needs to be remembered-- watching the sunlight filter through the trees and haze of early morning, the call of the hoot owl at dark, whip-poorwills singing in the woods and the bloom of the first spring violets. Walking through herb gardens with grandchildren and seeing the surprise on their faces as we sample the fragrant leaves and flowers is another. The glow of the

firepit in the evenings and a friend singing an old ballad, a well-kept garden-I stash these memories away to enjoy when snow blows by my windows.

Life is a series of such vignettes that we will miss if we're not paying attention: a red leaf on green grass, a tall white bird wading in a lake, a single red rose poking through a white picket gate, morning glories wrapping an iron fence in the middle of a city. Taking time to be mindful of such small graces is the best stress reducer available, and costs nothing but a few moments of time.

Sometimes we are so set in our habits we think it would be impossible to change or slow down. This short folktale reminds me of who it is that can make change happen:

A man was eating his lunch one day, complaining bitterly the whole

time. "Every day it is the same. Always the same thing for lunch. Never anything different!"

A co-worker heard his complaint and said, "Well, tell your wife to fix you something different tomorrow!"

"I have no wife! I am not married," the first man said.

"Well then, who fixes your lunch for you?" the co-worker asked.

"I do," the first man said.

I think I will stop writing right now and enjoy a steaming mug of hazelnut coffee. I'll be thinking about the friend who made the mug and feeling the warmth of it in my hand. When I go back to writing, I am betting I will be smiling. Won't you join me?

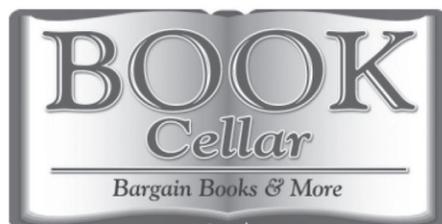
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**Contest Guidelines:** Contest open to all ages. Photographs and prints of artwork both welcome. Entries are judged upon relation to the magazine's theme & photo quality & need not picture a road. Full contest details available on page 18. Multiple entries are encouraged. To submit your entry, mail high quality prints or e-mail high resolution JPGs. Mail entries to: Cover Contest, 2287 Rosedale Road, Stumptown, WV 25267 or [info@twolanelivin.com](mailto:info@twolanelivin.com). Entries will not be returned.

## 2. FIND the Signpost:

Hidden somewhere in the pages of each issue is our hidden drive graphic. Find the image, cut it out, and paste it into the box in the entry form below. Each month, we will draw TWO NAMES from the entries submitted. Winners receive a Two-lane Livin' bumper sticker.



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## Inventory Time



### Rural Free Delivery

By  
Mack Samples

Those of us who do not believe in Al Gore know that it will not be long before the first frost nips the greenery and the blue northern wind will blow. Winter will come just as it always did in the years before Al was born. So November

is the time to take a look around your place and see if you are ready.

About the time of the first frost I always ask myself some questions. Is the woodshed chocked full of good dry oak, maple, and locust? Is my stovepipe clean as a whistle and ready for the first fire? Is my garden all cleaned up so it will not be unsightly during the winter months? Is my brush hog off the tractor and stowed away in the shed? Do I have plenty of diesel fuel on hand so I can push the snow off the road when that becomes necessary? Is there plenty of gasoline on hand so I can fire up the generator if we have a long power outage? Have I cleaned and waxed the riding mower and tractor?

After the outside inventory, I generally turn my attention to the food supply. Do we have at least one hundred quarts of half-runners canned and in the basement cellar? Are there fifty to sixty quarts of tomato juice on the shelves? Yes, there is. I didn't count the number of jars, but there is more than an ample supply of canned fruit. Gleaming jars of apples, peaches, and pears line the shelves. There are also a couple of rows of beautiful grape juice, not to mention a quart of moonshine that I use to kill the flu virus when it hits the household. The winter supply of meat is not yet on hand, but there will soon be several jars of canned pork and sausage on the shelves along with some venison.

There are enough potatoes in my basement to last until about Christmas and I have already stored four more bushel underground. I can pull them out as needed. The three bushels of sweet potatoes sitting snugly against the wall in the basement will stave off starvation if everything else fails.

A quick look in my freezer confirms that there are fifty to sixty packages of frozen corn. That should suffice. Quart packages of blackberries and raspberries are taking up too much space in the freezer but, boy, will that cobbler taste good in January and February! Yet we must be mindful of leaving some freezer space for some ham slices and beef.

And let's not forget the gun cabinet. Are all of the firearms in working order? Is the .270 ready for action? Do I have plenty of ammo on hand? Is that .38 special ready for any intruder that might come crashing through my door on a winter night?

Once I have completed the inventory and am satisfied that I am ready for winter, I rest a little easier because I know that I can survive no matter what happens. It won't matter if the Democrats or Republicans win the election. It won't matter whether or not we win the war in Afghanistan. And it won't matter if we have a double dip recession or if the country breaks into a roaring recovery. To paraphrase that All-State Insurance man, are you ready for winter?

Mack Samples is a well-known writer and musician who lives in Clay County. Visit his website at [www.macksamples.com](http://www.macksamples.com).

## Wood Stove Basics



### Chickens in the Road

By Suzanne  
McMinn

Getting a wood stove for the first time is like having your first baby -all you have to do is ask, and advice is plentiful- and sometimes confusing. (Use a pacifier! Don't use a pacifier! Use a grate! Don't use a grate!) Everyone wants to help, and everyone has their own way.

And in the end, the only way that's right is the way that works for you.

I got a new "used" wood stove last winter. I was so excited - and so clueless. I didn't even know how to start a fire, much less keep one going. Managing a wood stove looks much easier when someone else is doing it, but it's a skill worth learning.

Wood stoves are much different from fireplaces. Not so much in the fire-building and management, but in purpose. I grew up around fireplaces. Fireplaces tend to be pretty. They have lovely mantels to display decorations. Fireplaces are part of the architecture and design of a home. While some wood stoves may also be beautiful, they are largely installed for functionality. They aren't lit for romance or company. They're lit for heat, which brings a whole new importance to getting it lit and keeping it going. And they're very common in the country where frugality flourishes—along with a lot of free firewood.

A few things I've learned along the way, for those of you who are

either new to wood stoves, too, or are still struggling:

The fire needs to breathe, especially when you're trying to get it started. Don't shut the damper all the way. Before starting a fire, you can also pull out the drawer under the stove to allow more air flow.

Warm the flue. Light some paper and hold it right under the flue. A warm chimney draws better and will make lighting the fire easier.

Load up on dry kindling, and lots of it! Keep a huge box on hand to store it and pick up more every time you step outside.

Keep light wood, such as poplar or pine available for your first load of wood into the stove. To start your fire, stack light wood in Lincoln Log-fashion on top of kindling and balled-up newspaper or other fire starters.

Once the fire is going, add heavier wood. Use seasoned hardwood if you can. If this is your first year with a wood stove, store up wood for next year to season it.

To keep the fire going, add more wood before the fire burns too low. Keep your next load of wood inside where it can get as warm and dry as possible before going into the stove. Always keep space between the logs for air. Use bellows, or blow on the fire when it looks like it needs some extra encouragement to flame. You want to be tending a fire, not restarting it. Build up a good bed of coals and keep it going.

If you have to leave the house for several hours, bank the stove. Fill the stove with heavy wood and shut the damper almost completely (but not quite). The wood will burn

slowly so you you'll still have a fire when you get back home. Bank the stove at night, too, and you'll wake up to a warm house.

Alternative methods to traditional fire-building is not using a grate at all in order to keep the wood right on top of the coals. Another is the top-down method—building the fire in reverse, logs on the bottom, kindling on top. If you have trouble with one method, try another. Find what works for you.

With practice, you'll be lighting—and managing—fires that keep going in no time. If you're like me and new at it, start practicing now. It's going to be zero degrees before you know it and you want to be ready!

Here are a few easy ways to make homemade fire starters to add to your kindling (for those of us who still need a little extra help getting a fire going):

Place dryer lint or sawdust/wood shavings in cardboard egg cartons then drizzle melted wax over the lint. Cool, then break the cups apart to use. You can also use the dryer lint/melted wax technique to make fire starters with paper towel or toilet paper tubes. Tuna cans make great fire starter molds, too. If you have access to a supply of pine cones, you can drizzle melted wax over the cones as well. Pine cone fire starters can even be placed in pretty bags and given as (very welcome!) gifts. Add orange peels and cinnamon sticks to the bags to go into the stove along with the pine cones for an extra gift of scent.

Suzanne McMinn lives in Roane County, where she writes every day at [www.chickensintheroad.com](http://www.chickensintheroad.com).

## The Stigma of Breastfeeding



### City Girl Transplant

By Tracy  
Arnold

This August I gave birth to a beautiful baby girl. I decided when I was pregnant that I would breastfeed. Growing up in the city, it was inappropriate, almost obscene, to see a woman feeding her child at a bare breast. In the city it is commonplace to see a woman feeding her child with a bottle and formula. Once I moved to the country, I noticed a different attitude toward breastfeeding. I noticed women freely and openly using their bodies to feed their children. But not till I became a mother myself did my own stigma of the practice change. It took a move, labor, and birth to loosen me up.

One wonderful aspect of breastfeeding is the bonding between mother and child and the bonding among other breastfeeding mothers. I have received so much encouragement from other women. Breastfeeding moms have been popping up all around me. It's as though I joined a secret society like the Masons.

However, unlike the Masons, members in this society can squirt milk. As only a recent member, I have learned that not everyone accepts the society.

The stigma of breastfeeding revolves around modesty. I lost all humility during the birth experience when every body part was fair game for exposure to anyone. My little girl was born at 8:30 p.m. and she began eating as nature intended at 8:40. In the early days, it was as though she was always eating. While in the hospital just after her birth, I tried to juggle a newborn, a backless robe, and visitors. This combination inevitably led to the unfortunate wardrobe malfunction where a breast lay exposed. At one time or another, I took the lack of modesty I gained with the experience home with me. My mother, who came to help the first week, did not mind my exposure to feed my little girl, nor did my husband.

The first modesty compromise outside of friends and family occurred when I arrived for my daughter's first pediatrician appointment. My mother attended the first appointment with me. While there, my little girl began to scream. She has a loud scream,

as most babies do, and her angriest pitch can cause quite a stir, especially in close confines. Fortunately, she doesn't cry when she is wet, tired, sleepy, or bored; she only seems to cry when she is hungry. Therefore for her, maximum comfort and consoling is received through food. While in the waiting room, she cried, her face red and contorted in distress.

I had to stop her crying so I picked her up and began to slightly expose a breast for her afternoon snack -- in front of two mothers other than my own, one with a baby and toddler, the other with a teenaged boy. My mother noticed my bare chest and frantically scrambled for something to cover me. I didn't understand the panic and proceeded to nurse. She said I needed to cover in front of the boy. But I wondered, why? Do we ask cats or dogs to cover up while they're nursing? So, why should I? As a new mother, I quickly learned that I would rather face exposure than deal with the blood curdling screams of my seven pound bundle of joy. Necessity trumps modesty every time.

Any thoughts? Contact Tracy at [zoezolt@gmail.com](mailto:zoezolt@gmail.com).

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# Knowing Nature

By Bill Church

## Identifying Feathers

Ever find a feather, and were just dying to know what bird it came from? You can get help from The Feather Almanac at [www.lab.fws.gov/featheratlas/index.php](http://www.lab.fws.gov/featheratlas/index.php). It may take some browsing, but you can find images of flight feathers from hundreds of birds (Flight feathers are the long feathers from the wings and tail of birds—the big straight feathers). Also see "Bird Tracks and Sign" published by Stackpole and "Feathers: Identification for Bird Conservation" Marian Cieslak and Boleslaw Dul. Natura Publishing House.

Feathers insulate birds from water and cold temperatures and provide color which is sometimes used as camouflage against predators and sometimes as a means of visual communication. Although individual feathers are very light, a bird's plumage weighs two or three times more than its skeleton.

There are two basic types of feather: vaned feathers which cover the exterior of the body, and down feathers which are underneath the vaned feathers, providing an insulating layer. The pennaceous feathers are vaned feathers. Also called contour feathers, vaned feathers are distributed over the whole body. Some of them are modified into the flight feathers of the wing, and the flight feathers of the tail.

A bird's feathers are replaced periodically during its life through molting, new feathers are formed

through the same follicle from which the old ones were fledged.

Looking at a pile of feathers from someone's lunch, there can be clues to the predator's identity in the larger feathers. Hawks will pull out the feathers with their beaks, leaving two crimp marks at the base of the feather. House cats, bobcats, or other felines will shear off the large feathers with their sharp back teeth.

Canine predators also chomp off the feathers, but their teeth are not so sharp, and leave a ragged edge. Keep your ears open! If the kill is recent, the predator may be nearby, with plenty of birds telling you about it. I once sat under a pine tree filled with shouting birds, while a pygmy owl plucked a warbler overhead and sent the yellow feathers drifting down on my shoulders.

Maybe your feather isn't from a kill site. Was it a worn feather, shed in the natural course of growing new clothes? Look at the tip farthest away from the bird's body, and whether the soft part of the feather has worn down past the stiff quill in the center.

You will also note that the pale parts of the feather wear away faster than the dark parts. The dark pigment melanin is a very strong molecule that helps resist wear, and this is why so many otherwise all-white birds have dark wingtips. An old woodpecker feather, with its white spots along the leading edge, will develop a wavy edge as the white parts have worn away.

It is a good idea to store feathers from different birds in different plastic bags... that way if one has mites, it will not spread to the others... mites are not easily seen without a microscope. Feather mites are teeny weenie things, but do leave tell tale signs in feathers. Over time, feathers with mites show holes and ragged edges in the flitching, from where mites have been eating the feathers. It is a good idea to spray the feathers with pet store 'mite spray' every so often...

This is another way to save feathers and wing portions, as well as eradicating maggots and/or mites. I place wing portions and/or feathers inside paper bags with moth balls. Store in a dry area. The feathers dry slowly and without insects or mildew problems and the moth balls kill everything.

How do you tell if a feather is from the left wing or the right wing? Just grasp the feather by its smooth, evenly ground base. Upon inspection, the "Lip" on the base is on the rough side of your feather. Hold the feather so the rough side is facing away from you. Pull the feather web apart. Turn the feather, so when you stroke the webbing from the top down, the webbing comes apart. The direction the webbing is pointing, either left or right, is the wing of your feather.

Bill Church is a certified WV Master Naturalist and herbalist. Articles are courtesy of Gilmer County Master Naturalist Association.

# Through The Seasons

By Randy Bodkins

## OPENING DAY

You arrive at your chosen stand and realize that you are about forty-five minutes early. Nothing to do except wait. Settling in, you soon find that a pointy rock is in need of removal. Nice, comfortable tree, just the right curves; you did good and had no trouble finding this spot in the dark. Your mind wanders back to last Saturday and the 3 bucks that were chasing does on this ridge. Dig into your pocket for your watch. You've been sitting for a whole ten minutes. It will be a long time until legal shooting time.

Knowing that it would take one hour and fifteen minutes to get to this spot, you had timed it right. But, the flashlights ascending the hollow behind you; made you pick up the pace. A little light comes and trees start to take shape. A drop of sweat runs down your back; and it starts: The Dreaded Shivers. Slight, at first; then intensifying. Come on sunrise. It seems slow, on this morning. Your teeth start chattering, the drizzle starts. You should have put your heavier outerwear in your pack. But, you've made the trek up the mountain before and were all right. You were traveling at your own pace though, not trying to stay ahead of others.

Come on sunlight, I'm facing east and you'll find me first. You put your face in your shirt and exhale, the added warmth helps, but not for long. A drop of water falls from an overhanging limb; right down your back. Teeth chatter again. You hear approaching footsteps, the shivers stop. It is just a raccoon, headed for a hollow beech. The rain intensifies, shivers return. Down in the valley, the shooting starts. You figure that deer should be moving up the mountain now. Rain turns to ice. Come on deer.



A fawn feeds up the ridge, it is now 9 am. The deer passes, you flick the layer of ice from your clothing and stand. A candy bar may be a good idea; it is frozen. Ten o'clock, you need to walk and get the circulation going. As you head further up the mountain, the sun makes an appearance. Maybe the rest of the day will be better. You settle into a stand on a oak flat. A pair of gobblers soon appear, feeding on acorns. A good sign.

Squirrels are also busily feeding. High noon: the skies open up with an intense downpour. You are now soaked and shivering again. So much for things looking up. It pours, non-stop for a full hour.

The fog settles in. Visibility is less than ten yards. This is pointless. Time to gather up your stuff and go home. One and a half hours later, you arrive at your vehicle. What a miserable morning. A pepperoni roll would sure taste good and the little country store is fifteen minutes away. On your drive home, you are wondering if the trip was worth the aggravation and expense. Will you do it again next year? Of course, you will. It was opening day and you wouldn't miss it for anything.

Have a safe and productive deer season.

Visit Randy online at [randy-bodkins.fineartamerica.com](http://randy-bodkins.fineartamerica.com).

## In My Back Yard

### Snake! Snake!

Years ago, before indoor plumbing was common in these parts, a fellow had a pet black snake. A little over six feet in length, this cordial serpent often lay upon the outhouse rafters where a mouse might happen along. When the man had occasion to use the facility, the snake would either lay still or, if in the mood, stick his head down and flick his tongue to determine who might be there. The black snake was often to be seen in the yard and could easily be handled if one was gentle about it.

Sometimes good fortune can happen along, and so it was when company would arrive, particularly if they were city folks. After a bit of a visit and a cup of coffee or two, the inevitable question would arrive, "Well, where might the bathroom be?"

"Over there," the man would say, pointing to the privy on the side of the hill, and the guest would wander up the path in that direction. Predictably, within a minute or two, the door of the outhouse would be flung open and out would race a disheveled and greatly fearful person crying, "Snake! Snake!"

"Let me go see," the prankster would say. At the scene of the crime he would fetch up the snake and bring him back toward the house and the frightened visitors on the porch.

"This here's my pet," he'd remark,

letting it loose in front of his startled friends.

The eastern black rat snake is the most common snake in West Virginia. Sometimes called chicken snakes, they will occasionally raid hen houses, eating eggs and chicks. Their diet consists of mice, rats, shrews, voles, chipmunks, rabbits, birds, eggs, lizards, frogs, salamanders, and other snakes. Prey is killed by constriction. Black snakes were also once known as pilot snakes in the erroneous belief that they led rattlesnakes to safe places to den. Useful around barns and farming communities, these snakes play an essential role in controlling pest populations. Hunting is generally conducted just after dawn and before dark.

After mating the female lays between 12 and 20 eggs which hatch in 65 to 70 days. Up to two clutches a year can be laid. While some black rat snakes can grow to over eight feet in length, the average is between 42 and 72 inches. These snakes can easily climb large trees without the benefit of branches, going as high as forty feet where they may remain for several weeks. Black snakes are also quite competent at swimming.

When cornered or captured a black snake can be aggressive and may vibrate its tail in leaves to mimic the sound of a rattlesnake. When frightened they often emit a malodorous musk smell. Many

By Michael Rhonehouse



of these snakes are quite docile and can easily be handled. Due to lack of knowledge and needless fear, black snakes continue to be victims of human persecution.

Another time, a descendant of the snake in the privy came up the steps of the same back porch and slowly crawled under the feet of four workmen who had been helping to construct an addition to the cabin.

"Want me to stomp it?" One of the men asked.

"Naw, that's my pet," was the response.

The critter meandered on in an unconcerned manner to a sheet of plywood leaning against the house at the back of the porch. Reaching shelter behind the plywood, unmindful of the bemused workmen, the eastern black rat snake took a nap.

- Photo from Wikipedia.

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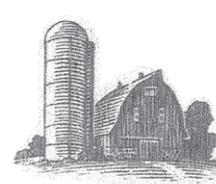
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**EasternAmerica Trio Products Inc.** is recalling 124,000 **Compact Fluorescent Light Bulbs**. Light bulb may overheat and catch fire.

**Oxmoor House, Inc.** is recalling about 540,000 **Home Improvement Books**. The books contain errors in the technical diagrams and wiring instructions that could lead consumers to incorrectly install or repair electrical wiring.

**Fisher-Price Inc.** is recalling about 2.8 million **Baby Playzone™ Crawl & Cruise Playgrounds™, Crawl & Slide Arcades™, Baby Gymtastics™ Play Wall, Ocean Wonders™ Kick & Crawl™ Aquarium (C3068 and H8094), 1-2-3 Tetherballs™, and Bat & Score Goals™**. Also 950,000 **Healthy Care, Easy Clean and Close to Me High Chairs**. Also about 100,000 **Fisher-Price Little People Wheelies Stand 'n Play Rampways** and about 7 Million **Fisher Price Trikes and Tough Trikes toddler tricycles**.

## Milk Thistle and Your Liver



### Chew On This

By Sue Cosgrove

Our livers don't get a vacation, especially with the current compromised food system on which we subsist. On the job, 24/7/365, no rest for the weary organ unless we take time out and conduct a cleansing fast. Liver disorders, quite common today compared to a century ago, are largely due to pollution: Food, water, cosmetic and environmental toxins envelop us day and night. C'mon, give your liver a break

In *The Complete Medicinal Herbal*, Penelope Ody states that the key symptoms for liver congestion are abdominal bloating; emotional lability; menstrual disorders; tendency for constipation; red, itching palms; small red abdominal spots; and sore, itching eyes. If one suffers from hepatitis or other liver problems, is exposed to environmental contaminants such as highway pollutants or super-chlorinated water, takes certain prescription or over-the-counter drugs (i.e., Thorazine, Compazine, Haldol, and even acetaminophen when taken with alcohol), one may benefit from a sometimes invasive and thorny non-native plant called Milk Thistle (*Silybum marianum*).

In the October 1998 issue of *Prevention* magazine, "Honest Herbalist" Varro E. Tyler stated that there was no approved drug in the

US that protected the liver from toxic substances AND promoted regeneration of damaged liver cells. However, Milk Thistle does both!

Since biblical times, Milk Thistle's benefits to the liver have been known and now these benefits have been verified by up-to-date research. Chronic liver disease is most frequently caused by alcohol abuse. Clinical trials showed significant improvement in liver function when standardized Milk Thistle preparation (silymarin) was given to patients with alcohol-related liver damage. Research shows Milk Thistle protects the liver from a type of cirrhosis caused by toxic chemicals ranging from alcohol to lead and cadmium. The *Prevention* article states, "Silymarin effectively slows the development of and hastens recovery from liver disorders, including hepatitis, a viral disease that causes liver damage."

Another component of Milk Thistle, silybinin, is used in Europe as the only effective antidote\* for potential mushroom poisoning caused by eating deadly *Amanita phalloides* (Death Cap mushroom) and related species. This antidote is an injectable version of silybinin. *Mothernature.com* states: "While Milk Thistle is not widely used in the US, European research suggests that silybinin, one of the compounds in silymarin, a flavonoid component of Milk Thistle seed, can be used to treat severe *Amanita* mushroom poisoning. In one experiment, every animal given silymarin and/or silybinin treatment before being poisoned with mushrooms survived. And when silybinin was given intravenously to humans who accidentally ate Death Cap mushrooms, the death rate was dramatically reduced."

"In 1996, a Netherlands medical journal told of a husband and wife who ate *A. phalloides* [Death Cap] mushrooms and developed symptoms of poisoning 18 hours later. When their livers and kidneys began to deteriorate, they were treated intravenously with silybinin, penicillin, and glucose. After three days, organ failure was reversed. Researchers noted that both silybinin and penicillin prevent amatoxin uptake into liver cells, but also noted that the penicillin treatment can have serious side effects if used for more than three days."

The good news here is that Death Cap has not yet been found here in WV, according to the 2003 printing of *Mushrooms of West Virginia and the Central Appalachians*, by William C. Roody.

When using milk thistle for liver support, look for capsules containing 200 mg of the extract standardized to contain 70% (140 mg) of silymarin. Take one capsule two or three times each day. If used in tincture form, follow label directions.

Of particular interest, the *Plants for a Future* database (pfa.org) states, "Regeneration of the liver is particularly important in the treatment of cancer since this disease is always characterized by a severely compromised and often partially destroyed liver. A homeopathic remedy is obtained from equal parts of [Milk Thistle's] root and the seed with its hulls still attached. It is used in the treatment of liver and abdominal disorders."

As with other thistles, you may have guessed that milk thistle is easy to grow and must be watched so it doesn't take over your garden. Any fertile, well-drained garden soil with sun has all Milk Thistle needs. Because of its stinging needles, plant it away from unwary pets and small children. Do not supply Milk Thistle with chemical

fertilizer as this plant has the ability to concentrate nitrates in its leaf tissue. (Nitrates and nitrites -also found in cured meats such as bacon- are implicated in stomach cancers.) Although it's considered a biennial, if you sow seeds or set out starts early in the growing season (March/April), it may bloom and set seed the first year, quickly growing up to 4 feet tall. Flowering from mid-late summer, the seeds begin to ripen from August through frost.

This strikingly ornamental white-veined plant offers added value on the dinner table. Both the leaves and the roots can be eaten raw or cooked. Use young leaves for best flavor - in dry weather they turn bitter. Remember to remove the sharp leaf spines first! Use the younger, less bitter stems, peel and cook as for asparagus, or slice raw into salads. The flower buds are edible but small and somewhat tedious to prepare. Aside from medicinal purposes, the seed can be dried, roasted and used as a coffee substitute, remembering that coffee's natural bitterness is also good for the liver.

To preserve, harvest the whole plant when in full flower and dry. For seed harvest, collect fully ripened seeds in fall before they drop and scatter; dry completely before storing.

Avoid compromising your liver function as much as possible: Choose organically-raised food to eliminate potential chemical residuals; drink and bathe in the cleanest water you can obtain; don't tailgate while driving, especially behind heavy trucks and buses; face into the wind and away from the nozzle while pumping gas; throw out chemical air "fresheners" both aerosol and solids; dry clothes outside and without fragranced fabric softeners; practice moderation with alcohol consumption; and ASK your prescribing physician about each medication's effect on your liver. The liver you save may be your own ...

Meanwhile, Chew On This: "It's difficult to think anything but pleasant thoughts while eating a home-grown tomato." - Lewis Grizzard

\*See this issue's *Only Organic* column for more information on *Amanita* poisoning and antidotes.

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# Local Mushroom Foray Discoveries

## Only Organic

By Sue Cosgrove

A handful of mushroom enthusiasts sallied forth in mid-September in Gilmer County to collect and identify fabulous fungi. Despite more than three inches of rain falling two days prior, only two specimens were found on the forest floor – the rest of the day's collection came from decaying wood or dying trees.

One of the two most exciting finds was a fresh, new Chicken Polypore or Sulphur Shelf (*Lactiporus sulphureus* or *Polyporus sulphureus*) just beginning to present its bright orange and yellow fruit body on a dead hardwood stump. This fungus can grow into huge brackets and collections weighing 30 – 50 pounds from one specimen are not unusual. One of the attributes of the Chicken Polypore that makes the find so pleasant is that this fungus can be brought home, trimmed, brushed clean, and popped into the freezer without any precooking.

According to Bill Roody's Mushrooms of West Virginia and the Central Appalachians, two look-alikes similar to Chicken Polypore exist in this region. *Lactiporus huronensis* is nearly identical but only grows on conifer wood, while *Lactiporus cincinnatus* has a white, rather than sulphur yellow, pore surface and grows into more rosette-like layers rather than bracket-like layers. The good news is that this too, is an edible fungus, and can grow in great quantity.

The second find of interest was the beautiful Destroying Angel or Death Angel (*Amanita virosa*) mushroom. This pure white-capped mushroom stands up to 6 inches tall, with a cap width from 2 to 5 inches and is found from early summer to fall either solitary or in scattered groups, in broadleaf and conifer woods, particularly under oak, according to Roody. As the common name implies, this mushroom and several of its relatives are extremely poisonous, targeting the liver and kidneys. Statistics show that most deaths by poisonous mushrooms in North America occurred from eating the Destroying Angel or the Death Cap (*Amanita*

*phalloides*) mushrooms.

The following research on an antidote for Amanita mushroom poisoning is taken from a report published in 1984. I thank mycological enthusiast, Denny Brown, for forwarding this to me to share with TLL readers and others. I have excerpted highlights of the report – for the full article with references, email [chewsorganic@yahoo.com](mailto:chewsorganic@yahoo.com) with the word, "Antidote," in the subject line, and I will be delighted to send a copy. The information which follows specifically references the Death Cap mushroom.

"...Ingestion of as little as a quarter of a cap [mushroom cap, NOT cup] (20 g) of *A. phalloides* is usually fatal. Part of the deadly nature of the fungus is its pleasant taste and the latent period of 6-24 hours which renders gastric and intestinal [flushings] ineffectual. Initial symptoms consist of violent vomiting, diarrhea, dehydration, reduced blood pressure and hypoglycemia [low blood sugar]. If the victim survives this there may be a 48-hour remission followed by a relapse, with coma and death occurring in 3-5 days, the mycotoxins causing irreversible loss of [kidney and liver] function.

"...Although conventional treatment for such poisoning results in a 34 to 63 percent mortality rate... therapy that includes the use of 3 grams of injectable Vitamin C begun prior to onset of advanced stages of poisoning (emphasis mine) is always successful... The treatment consists of giving, as soon as possible, intravenous Vitamin C (ascorbic acid) 3 g/d, oral nifuroxazide 1200 mg/d, and dihydrostreptomycin 1500 mg/d. The three drugs are administered for 3 days during which time carrot broth is the only source of nutrition. At the anti-toxic centers in France this treatment is combined with 'the indispensable re-equilibration of fluids and electrolytes' and a course of penicillin."

The report further states that this method was first used in 1957 by a Dr. Bastien and through 1969 15 patients were successfully treated. At French treatment centers, this method has succeeded "...in all cases except those in which poisoning was already at an advanced stage before treatment



The Destroying Angel, *Amanita virosa*

commenced. In order to publicize the treatment Dr. Bastien has, on two occasions, publicly consumed fatal doses of *A. phalloides* (65 g and 70 g) and then successfully treated himself, a flamboyant but eminently convincing display of the efficacy and reliability of this treatment. Further evidence of its efficacy has been provided by others."

I have purposefully given incomplete descriptions of these poisonous mushrooms in the hope that those curious to know more will access the many readily available resources to further their knowledge. As stated at the foray, responsibility for correct identification lies with the person consuming the mushroom. Don't take my word for it – and I won't take yours! A wonderful friend who started me down the mycological path once brought me a sizeable collection of delicious Chantarelles, truly a sublime gift. Although I had complete faith and trust in my friend's knowledge, I did not eat them, since at that time I was not familiar with them either on the dinner table or in the field. The following July I found my first patch of Chantarelles, and enjoyed the fine cuisine they provided, but only AFTER I conducted my own research and identification.

Happy – and healthy – hunting ..

# Waste Not, Want Not

November is here and it's my time of year. November is a perfect month. It has a lot going for it:

- N - is for nice weather
- O - if for the official end of daylight savings time
- V - is for Veteran's Day
- E - is for enjoying Thanksgiving Dinner
- M - is for making holiday goodies and plans
- B - is for ballots that we cast on election day
- E - is for evenings that turn into clear, bright, starry nights
- R - is for remembering our blessings all year around.

This is the month we all give thanks -- although we should be thankful all year around. Here's another way to look at November:

- T - Turkey. Yum. Yum.
- H - Holiday season begins
- A - A family gathers together
- N - Native Americans welcomed the Pilgrims
- K - Kitchen smells that are so tempting
- S - Stuffing is just sooooo good.
- G - Grace before a bountiful meal
- I - Indians taught Pilgrims to grow corn
- V - Veteran's Day: It's oh, so special
- I - It's time to set the clocks back 1 hour
- N - No more heat & humidity, just cool fresh air
- G - Good food, good friends, gathering of family, grateful for all the blessings that we have in this beautiful state of ours.



It's November, and I'm thankful -- and I wish all of you a bountiful and happy November and Thanksgiving.

Judy Wolfram is vice-chairman of Calhoun County Solid Waste Authority. Letters can be sent to: Rt. 1 Box 83H, Five Forks, WV 26136.



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## THANKSGIVING

*What happened when the turkey got into a fight?  
He got the stuffing knocked out of him.*

In early America in the 1600s, life was hard. Building houses was one of the most important tasks for the Pilgrim men. They had to tend the fire because it provided warmth and cooked their food. However, before they could do that, they had to cut and carry the wood back to their house. Water was also very important and they had to fetch the water. They stored food such as salted fish in sealed barrels. They had no refrigeration, so they dried many of their foods to preserve them. The Pilgrims did not use forks; they ate with spoons, knives and their fingers. They ate venison, duck and seafood. After a hard winter with many casualties, they celebrated by having a Thanksgiving feast with the Wampanoag Indians. The name Wampanoag means "eastern people."

On the 3rd day of October in 1863, President Abraham Lincoln issued a proclamation to celebrate an annual Thanksgiving on the last Thursday of November. In December 1941, Congress passed a law making Thanksgiving the fourth Thursday of November.

Thanksgiving is a wonderful holiday. It is one of my favorites. Families gather and enjoy a feast of delicious foods. We eat turkey and dressing, mashed potatoes, sweet potato casserole, green beans, cranberry sauce, rolls and pumpkin pie. It is a wonder we are able to get up from the table after eating so much.

### Pumpkin Pie in a Ziploc:

For the pie shell, crush three graham cracker squares in a Ziploc bag. Add: 2 tsp sugar, 3/4 T. soft margarine or butter. Mix and spread in the bottom of a small margarine tub or wide mouth cup.

Then, in a small bowl or another Ziploc bag, mix: 1 T. instant vanilla pudding, 1/4 tsp. pumpkin pie spice, 3 tsp. canned pumpkin, 1/3 cup cold milk. Make sure it is zipped! Mix well by shaking the bag. Pour or squeeze this pumpkin mixture into your pie shell. Refrigerate 1 hour before eating and top with whipped topping.

I love making crafts. When my nieces were young, I brought craft supplies to my sister's house on Thanksgiving. After eating, we went out on their screened in porch and made a Christmas craft together. I enjoyed this very much and my nieces had a finished craft to take home with them.

Maybe your family can start this tradition. You can recycle items such as pieces of scrap material, ribbon, felt, lace and Popsicle sticks to make Christmas ornaments. Pinecones decorated with buttons, sparkles and ribbons are pretty to hang on your tree. Something as simple as snowflakes cut from white paper look pretty hanging from branches or in your windows. Use your imagination and see what you can make.

Now for some more fun, I will end my column with Thanksgiving words to unscramble:

- KPPMUIN IPE \_\_\_\_\_
- YUTKER \_\_\_\_\_
- STEARH \_\_\_\_\_
- SMLPIRG \_\_\_\_\_
- SNADIIN \_\_\_\_\_
- STEAF \_\_\_\_\_
- GINVHTKNASIG \_\_\_\_\_
- REFAMWLOY \_\_\_\_\_

Janet Smart lives in Jackson County. You can visit her blog at [www.janetsmart.blogspot.com](http://www.janetsmart.blogspot.com).



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## Mede, the Mighty Methuselah

About a month ago, my youngest sister called and told me she had seven monarch butterfly caterpillars in various stages of growth in large open-mouthed jars. I told her I had always wanted to try it myself. After our conversation, I found a patch of milkweed, the only food that monarch caterpillars eat, sporting seven little caterpillars. I brought three home and I named them Large, Medium and Small. "Large" was actively involved in chewing the leaves and defecating large green clumps of digested milkweed. "Medium", who quickly became Mede, was equally active. "Small", however, seemed disoriented, not knowing what to do and about the 3rd day into captivity, started beating his head around in a weird sort of way, and climbing on the sides of the glass bottle. After the 5th day, I found him liquefied in a reddish-orange puddle with all semblance of his worm-like self gone. I felt so sorry for him, and wondered what went awry.

Large and Mede continued to grow. About the 5th day into captivity, Large suspended himself in J-shaped formation, held by a thread of cobwebby-like material to the screen with which I had covered the jar opening. It was probably a week that he hung there, and one morning I awoke to find him sporting a luscious light green colored chrysalis, or covering, which somehow he had made as I slept. At that point I renamed him Chrys. On the second day in the chrysalis, at his widest point, he began to display a band of shimmering golden dots of almost incredible

splendor. It took my breath away.

My sister had told me that after about 7 days, the chrysalis would start to turn black, which it did. But it was not becoming black in the right place. It began on the sides, not from the bottom. It was only supposed to be black about two days. But I watched daily as the pattern of the black grew, and then I started to see the beautiful shape and color of the orange wings forming wherever the black color wasn't predominant. I felt hopeful that somehow, Chrys was going to become the butterfly he was supposed to be. Day after day passed by, and amazingly beautiful color formations became visible. A dazzling, green, with colors in the range of jade or emerald, developed at Chrys' top half. And his bottom 1/3 became a lovely turquoise, unmatched by any jewelry ever made. These two colors were stunning, but startling, because not expected. And daily, the color of the Monarch wings faded. I was beginning to worry about Chrys, since he was not following the format which my sister, the experienced "hatcher," had told me to watch for.

Mede continued to chew milkweed leaves and grow. Soon, Mede had also worked himself into a chrysalis, and had blackened on the 8th day. I had almost no hope for him, since he appeared to be nothing but a charred-looking shell of his former self: no hint of orange wings, no form inside the midnight shroud, and the golden band now a dull, almost non-existent, pale shadow.

But on the 10th day in chrysalis, Mede, the Mighty Methuselah,

broke forth, and how lovely he was! While the average lifespan of a monarch is between four and six weeks, each year there's one generation, dubbed the Methuselah that lives as long as nine months and makes the trek south to Mexico, there to roost in mountain forests, hibernate and reproduce. Mede was a Methuselah, I was sure.

Small is like the child that never has opportunity to develop character; he dies before his time, and not much can be said of him. Chrys, while dying, sported the most beautiful colors, all fantastic and breath-taking. He was a real "show," but he wasn't supposed to be. He was like a person without Christ, trying to make something of himself before his life was snuffed out. The more frantically beautiful his coloring, the closer he got to annihilation. Finally he faded away into a blackened bit of nothing. The worldling, the man without Christ, or the religious hypocrite, tries to clothe himself with his own works, dazzling and fantastic, drawing attention to himself and his sported loveliness. Finally it is found out that it is all only show. And then there is death.

The man who is "in" Christ follows the pattern set forth by the man Christ Jesus, who loved not his life to the death. He asks us to lay down our lives, without fanfare, according to the Father's will, even as He did, saying all along, "Not my will, but thine be done." Let us hide ourselves in His loveliness. Thus we become mighty Methuselaha.

Contact Chris via email at: [hassechris@yahoo.com](mailto:hassechris@yahoo.com).

## Falling Into Indoor Education



### Homeschooling in West Virginia

By Karen Pennebaker

Once the smell of wood smoke is in the air, you know the weather is going to get colder and colder. This is a good time to learn to sew, cook, read and discuss books, and to work on projects that can be done indoors. If you are homeschooling, you can incorporate a lot of normal, everyday activities into your school work.

Depending on the students' age, you can avoid "cabin fever" with activities that are fun as well as educational. One thing that always worked with my granddaughters was to find videos at the library that were connected to what they were studying.

Time-Life and National Geo-

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Dee & Angie Cowger, Custard Stand Food Products, LLC

graphic have videos dealing with various important eras in history, science and nature, and various areas of the world. The History Channel has programs you can watch and they sell copies of their programs. Public TV and radio has a lot to offer, as well. The Discovery Channel is another good resource. We live in a "dead space" where we can't get cable or dish TV but most people don't have that problem! However, do NOT just send the kids in and turn on the TV. You sit there with them no matter whether they are preschoolers or high school students. You can even take notes, so you can discuss the program later and ask questions about specific parts of the program. One thing my granddaughters loved to do was check dates and names to be sure the videos were accurate. Usually, they were. Occasionally, they found errors!

The internet, has both excellent information and a lot of junk. One very important lesson everyone needs to learn is how to sort out the information. Learn to check primary sources. Never believe anything that is just spouted off with nothing to back it up. Remember, anyone can post an article on Wikipedia but the good ones have source materials listed so you can

find out more about the subject (and check it for accuracy).

Please, don't spend the entire fall and winter as a couch potato! Everyone needs exercise. In good weather, get outside for a while every day. Go for walks, play games, rake leaves - exercise keeps you healthy! If the weather is too bad to go outside, you can still exercise. One new invention that is useful for many is the Wi. Wi games take physical movement. Nursing homes use the Wi for exercise for the elderly. Dancing is another good form of indoor exercise. When I was a little girl, I can remember being allowed to roller skate in the basement on rainy days or during the winter.

As November comes to an end, West Virginia's main outdoor activity appears to be deer hunting. If your student is interested, make sure to sign him/her up for a hunter education class. In fact, it would be good for anyone to take that class. Even if you are not a hunter, be sure to wear orange if you walk in or near the woods during deer season.

Thanksgiving comes along on the fourth Thursday of November, three weeks before Christmas. Winter is on its way.

Contact Karen at [homeschool@twolanelivin.com](mailto:homeschool@twolanelivin.com).

# CRAZY CLAY CREATURES



**Supplies:**  
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Wiggly Eyes

## TO MAKE YOUR OWN CLAY

3 cups flour  
1 tablespoon cream of tartar  
1/4 cup salt  
1 cup water  
1 tablespoon oil  
liquid food coloring

Mix flour with salt. Add water, food coloring, and oil slowly. If mixture is too stiff add more water. If it is too sticky, add more flour. Store dough in air tight container or zip-lock bag.

## Prepare the clay

Stretch the Cloud Clay™ or your home made clay by pulling it over and over again. It stretches more and will become very pliable. This makes for a limber critter. If you wish to mix colors, now is the time to do so.

## Make the basic shape

Roll the clay into a basic creature shape. Our creature was basically round so a ball was the starting point. If your creature will be tall and skinny, roll a snake to start.

## Add its features

From this basic shape, push, stretch and pull basic features such as mouths, tentacles, legs – whatever your creature desires.

## Add the details

Give your creature its basic details. Mouth(s), eye(s), arms/tentacles, etc., -because a creature can never have too many (or too few) of anything.

## Embellish!

Final touches give these creatures their winning personalities. Freckles, warts, cracked teeth - do whatever seems best for your unique creation. Pinch off little bits of clay or use scissors to fringe the clay.

Fresh clay sticks to dry clay; so if you think of something to add later, it's easy to do.

If your creature requires a special position to show its best side, prop it in that position until it's dry – clay holds its shape when dry.

Article provided by *Controlled Excentrics in Sutton - supplier of clay, wiggly eyes, and a full spectrum of craft supplies and work space. Visit [controledexcentrics.com](http://controledexcentrics.com)*

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# Central West Virginia Events - NOVEMBER 2010



**November 15<sup>th</sup>-19<sup>th</sup>**  
**Little Kanawha Bus will be collecting cans of food for pantries in Calhoun, Roane and Jackson County.**  
 Riders can bring a can of food in lieu of fare for any local, non-medical trip. Food collected will be donated to the First Baptist Church Food Pantry in Calhoun County, Helping Hand Pantry in Roane County and Daily Bread Community Soup Pantry in Ripley and the No Hunger Food Pantry in Ravenswood.  
 For additional information, contact Little Kanawha Bus at 1-866-354-5522.

## WEDNESDAY NOVEMBER 3

Homeschool Student Sessions, 11 am - 1 pm, UWF Park, Chloe, 304-655-6745

Fall Health Fair, Grantsville Senior Center, 7 to 11 a.m. 304-354-7017

## FRIDAY NOVEMBER 5

Charlie Chaplin: A Life in Concert: 7:30 PM, Smoot Theatre, 213 5th St, Parkersburg, 304 422-7529

Roundup Country, Big Otter Community Center. 7 p.m.

The Matheny's, 7 pm, Braxton County Jamboree, Chapel Road, Gassaway, 304-364-5577

## SATURDAY NOVEMBER 6



"Night of Illusion with Jason Bishop," Stonewall Resort. Call 800-278-8150 to make reservations.

Saturday Night Sing: Rocky Branch Bluegrass, UWF Park, Rt. 16, Chloe.

Taste of the Landmark, Annual Fundraiser, Desserts, entertainment, crafts. Landmark Studio of the Arts, Sutton, 6:30 pm.

CB Coffee Break, 10 a.m., Amma Community Building. Amma Exit off I-79 in Roane Co. Covered dish. Anyone interested in Citizens Band Radios is invited to attend. 304-548-4475

Coach Purse-Case Knife Bingo, Gassaway Community Building, Doors open 5 p.m. Bingo at 6.

Craft sale, Flea market & Gun Show - Gilmer Recreation Center thru 11/7, 8 am to 5 pm. Interested vendors may call 304-462-4339.

Tole painting classes, Mom's Place, Elizabeth, 6pm. \$10. (304)991-0018

## SUNDAY NOVEMBER 7

**DAYLIGHT SAVINGS ENDS**

## WEDNESDAY NOVEMBER 10

Homeschool Student Sessions, 11 am - 1 pm, UWF Park, Chloe, 304-655-6745

## THURSDAY NOVEMBER 11

**VETERAN'S DAY**

New Works Play Festival, Landmark Studio of the Arts, Sutton. 8 p.m. on November 11, 12 and 13. For info or reservations, call 304-644-3166.

## FRIDAY NOVEMBER 12

Rocky Branch Bluegrass, Big Otter Community Center. 7 p.m.

Southerndraw, 7 pm, Braxton County Jamboree, Chapel Road,

Gassaway, 304-364-5577

## SATURDAY NOVEMBER 13

Saturday Night Sing: River's Edge, UWF Park, Rt. 16, Chloe.

Psychic Fair & Alternative Healing Expo, Berkeley Springs, WV, The Ice House, 10am - 4pm

Tole painting classes, Mom's Place Elizabeth, 6pm. \$10. (304)991-0018

## SUNDAY NOVEMBER 14

West Virginia Symphony Orchestra - An Appalachian Autumn: 3PM, Blennerhassett School, 444 Jewell Rd, Parkersburg, 304 485-9722

**"Wheat & Grains: Homemade Pasta & More" Workshop**  
**1:00-4:00 PM**  
**Parish Hall of Risen Lord Catholic Church,**  
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**Clay County.**  
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**To register, contact**  
**chewsorganic@yahoo.com**  
**or snail-mail at P. O. Box**  
**34, Millstone, WV 25261**

## WEDNESDAY NOVEMBER 17

Homeschool Student Sessions, 11 am - 1 pm, UWF Park, Chloe, 304-655-6745

## FRIDAY NOVEMBER 19

Wild Foods Weekend, Stonewall Resorts. Call 304-269-7400.

Allegheny Outback, Big Otter Community Center. 7 p.m.

No One You Know, 7 pm, Braxton Jamboree, Chapel Road, Gassaway, 304-364-5577

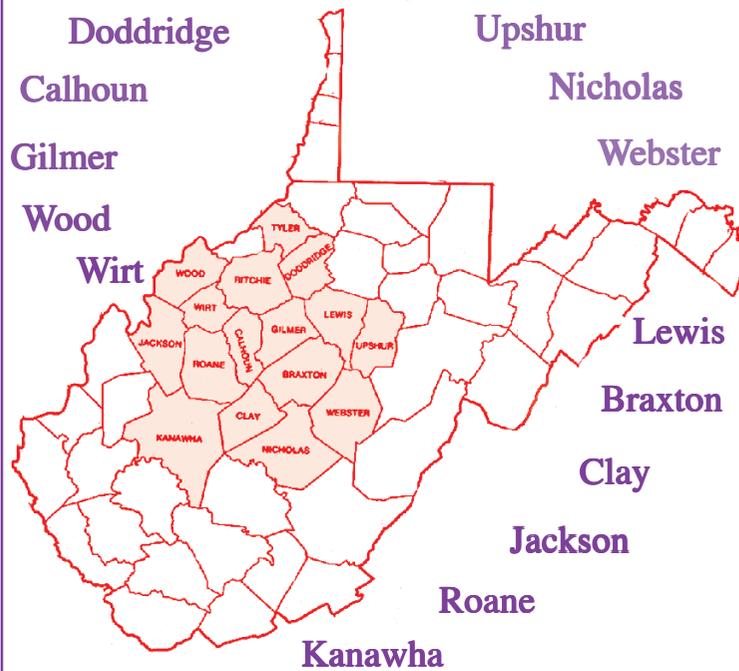
## SATURDAY NOVEMBER 20

Saturday Night Sing: High Moun-

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tain Bluegrass, UWF Park, Rt. 16, Chloe.

lighting of the Dancing Snowflakes, 6 PM. 304-269-2608

Ramp Dinner, Rella's Cafe, Hacker Valley, 12-6 pm, Carry Out Available, 304-493-6658

River's Edge, Big Otter Community Center. 7 p.m.

Capital City Art & Craft Show, Presented by the Kanawha City Lions Club, Charleston Civic Center Grand Hall, kclionsclub.org

County Line, 7 pm, Braxton County Jamboree, Chapel Road, Gassaway, 304-364-5577

Tole painting classes, "Mom's Place" Elizabeth, 6pm. \$10. (304)991-0018

**SATURDAY  
NOVEMBER 27**

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**SUNDAY  
NOVEMBER 21**



**FULL MOON**

**WEDNESDAY  
NOVEMBER 24**

Homeschool Student Sessions, 11 am - 1 pm, UWF Park, Chloe, 304-655-6745

Saturday Night Sing: Flashback, UWF Park, Rt. 16, Chloe.

Tole painting classes, Mom's Place, Elizabeth, 6pm. \$10. (304)991-0018

**THURSDAY  
NOVEMBER 25**



**THANKSGIVING**

**FRIDAY  
NOVEMBER 26**



Weston's Christmas Parade and

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Committee on Aging,  
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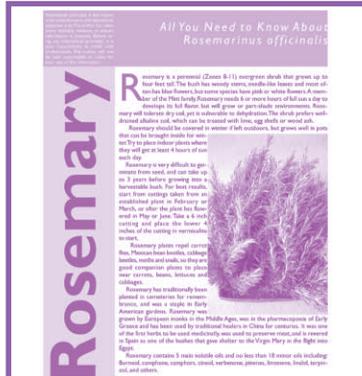
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*Due to the Thanksgiving holiday, the December issue of Two-Lane Livin' will not be distributed until the following week.*



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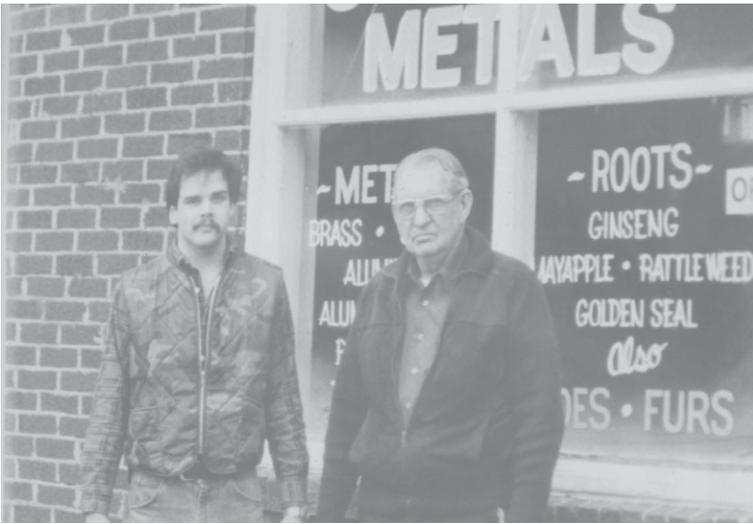
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**COVER CONTEST HONORABLE MENTION**



"Red Barn," sent in by Janelle Taylor, Indore, West Virginia

# Recycling, the Family Business



Tony began working in the recycling business with his grandfather, Guy Coffman, when he was 14. After Tony graduated high school in 1981, he was made a full partner in the business. Photo courtesy of Tony Coffman.

By Megan Greco and Morgan Young

At 10 a.m. trucks overflowing with everything from crushed cars to rusty washing machines begin the slow trek onto the industrial scale at Coffman Metals in Birch River, W.Va. Customers from all over central West Virginia come to Coffman's to cash in on

their finds at 50 cents a pound for mixed aluminum. The loud clanging of unsecured scrap is not enough to drown out idling engines and ringing phones.

"Everyday we have 100 to 150 customers," said Tony Coffman, owner of the recycling center.

Coffman's career path was al-

ready set in stone at 14-years-old. As a high school sophomore he began his education in the family recycling and trading business. A common love for the outdoors made a job working in his grandfather's establishment ideal.

"Then kids mowed lawns. I worked for my grandfather," Coffman said. "I just liked hanging out with my granddad; he was a pretty cool dude."

In 1928, Tony's grandfather, Guy Coffman, started trading fur and natural roots, such as ginseng, with community locals in Nicholas County. It wasn't until after Guy's death in 1987 that the recycling aspect of the business took hold. A year after his high school graduation, Tony was the logical choice to carry on his grandfather's legacy.

"I'm the only guy who showed any interest in my grandfather's business," he said. "That was the whole idea I think, from his point of view, someone to carry on. He had nine children, and none of them were in the business. My dad was in insurance,



Ginseng diggers and cultivators from all over Central West Virginia come to Coffman's to sell their finds. Coffman pays \$6.00 per pound of ginseng at the moment. Photo by Megan Greco.

[he] owned an insurance agency, and my brothers they were all in insurance."

By helping to clean up his hometown, Coffman began his own 30-year tradition. He says it wasn't long ago that discarded bed frames and tossed beer cans were fixtures of the Birch River landscape.

"I used to walk quite a bit, and it was all over the hills," he said. "You go for a nature walk and any where along a gravel road or a wide spot they were throwing garbage over the hill, old refrigerators and washers and dryers."

In 2007, the state exported approximately 440,359 tons of solid waste according to the West Virginia Solid Waste Management Plan.

"In more rural areas, if people are paid to recycle it really gives them the incentive to clean up their properties," said Laura Stiller, Recycling Coordinator for

the Monongalia County Solid Waste Authority.

According to Stiller, because West Virginia is so rural, recycling can be kind of tricky. The location of recycling centers pose an obstacle for many residents, but the reward of monetary gain is great motivator.

"Recycling really helps the community develop. No one wants to put a business next to a rundown piece of property. If it takes a couple of cents to get people to clean up West Virginia then it is worth it," said Stiller.

With the invention of the shredder, what was once useless became valuable, creating a market for resourceful customer.

"West Virginians aren't lazy," Coffman said. "You take your can and pitch it out along the road - someone is going to pick it up and bring it [here] because it has a value on it."

(Continued on page 17)

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# Thanksgiving Memories & Recipes



## Just Thinking By Joyce Moler

November really is one of my favorite months of the year. There are other good months (like April when spring is nipping at your heels and December of course, for Christmas), but November is all about family.

My grandma always fixed Thanksgiving dinner and relatives from Ohio and Virginia would find their way back home to hunt during deer season -- which falls right into Thanksgiving Day. No particular recipe or favorite dish comes to mind, the best memory is the feast. As kids, we crowded around the table first to fix our plates and run to the front room with our food. The adults then sat down for their fair share.

Grandma's house wasn't huge, although as a kid I thought it had plenty of room. To little eyes, measurement takes on a different scope. Grandma's kitchen and dining area was one room. The sink and stove occupied the upper end, the table sitting in the middle of the room. She also had a nice dish cabinet with pretty plates and cups on the left on display and sometimes, in the winter, a small wood stove at another end.

Grandma also had a long legged chair, sitting higher than her dining

room chair, that usually sat in the corner farthest from the cooking area. As a kid I thought this chair was special. It was there all alone and only adults were allowed to sit there. (I don't really remember anyone ever telling me to not bother the chair, but it just seemed like it was for older people.)

Grandma loved feeding her family and cooking for them. She was pleased to have company and cater to their needs. Lively conversation and good appetites followed Grandma like spring following winter. The warmth in her house was as natural as daisies growing on a hillside. That's the way it was.

I have no idea what recipe my grandmother used to cook her turkey or any other dish she prepared for the Thanksgiving feast. Cooking, for me, has never been a natural process. But I do want to share a couple of recipes with you that our family has enjoyed.

### Thanksgiving Turkey with Lemon Thyme Butter

Lemony Thyme Butter:

- Zest of large lemon
- 4 garlic cloves
- 1 cup butter, room temp.
- 2 tbsp. Dijon mustard
- Juice of 1 large lemon
- 1 bunch scallions, finely chopped
- 2 tbsp. chopped fresh thyme leaves
- 2 tbsp. paprika
- 2 tsp. salt
- 1 tsp. freshly ground black pepper

Place ingredients in the blender

and mix to a paste. (Or, use a mason jar, and place these ingredients in it, and shake.) Then rub the paste on your turkey and bake. Probably a 325 degree oven would work. I also place a cinnamon stick and apple in the turkey cavity. It really keeps the bird moist. You can also slice a lemon and place under the wings of the turkey when cooking. I found this recipe in a Sam's Club holiday magazine and really like it. I also use it on baked chicken.

### Sweet Potato Casserole

- 1 29 oz. sweet potatoes, drained
- 2 eggs, well beaten
- 1/2 c. margarine, melted
- Cinnamon to taste
- 1 1/2 c. sugar
- 1 c. milk
- 2 tbsp. cornstarch

Mash sweet potatoes. Dissolve cornstarch in a little of the milk. Mix all ingredients and place in casserole dish. Bake 20 minutes at 400 degrees. Sprinkle on topping and bake 20 more minutes.

Topping:

- 1 c. crushed cornflakes
- 1/2 c. brown sugar
- 1/2 c. margarine, melted
- 1 c. coconut
- 1/2 c. chopped nuts

Mix and sprinkle on potatoes. (This recipe came from a cookbook provided by Vaught Chapel, Leachtown. (I have used this recipe for a number of years and we really like it.)

## Feather Your Nest By Charlotte Spears

### Center of Attention

To me, there is just something so welcoming and warm about an attractive dining room table all trimmed out in a pretty tablecloth and colorful centerpiece. Whether it is city formal or country casual, adding an interesting arrangement to your table will create a sense of celebration every day of the year. The fall season is the perfect time to experiment with different looks for your table because there are so many wonderful, appealing and natural materials available.

Open up and scoop out a large pumpkin to make a beautiful, natural vase. These are especially pretty with a pot of blooming mums placed inside. You can also add smaller pumpkins in varying colors for added beauty. Sprinkle in a few small glass votive candles and the arrangement is ready for any dinner party, even if it is just a sandwich or a cup of tea for one or two. You can place the whole arrangement on a large tray or mirror so for easy mobility if you decide to move it during a larger meal.

Another good look for anytime of the year is a grouping of canning jars in different sizes filled with an assortment of flowers in some and candles in others. To add the candles, fill the jars about one-third full of sand, river rocks or marbles and place a taper candle down into the material to hold it. The candle

should be tall enough to come just under the threaded area of the jar, but not over it and you can use a piece of modeling clay to hold it in place before adding the sand, rock or marbles if safety is a concern. Use an odd number, three or five is always a good number. You might want to fill one with flowers and two with candles or three with flowers and two with candles, you can play around with them until you get the look you want.

Straw or grapevine wreaths can be another good start to creating a beautiful centerpiece for your table. You can purchase these from craft stores or you can create them with your own materials using instructions found on the internet or in craft books. It is fun to decide what items you will add to the center of your wreath. You might want to add a glass hurricane

candleholder, a nice flower arrangement or a grouping of pumpkins and squash or a mixture of one or more of these items to the mix. Get creative and try several combinations.

The important thing is to remember to just have fun and create something unique for your home and style of decorating. If your favorite centerpiece is a wonderful and well-prepared meal, then your arrangement should be something that you can move when you are serving at the table. Your home and your decorating is a work in progress. I hope that you will have great time with every season as it comes along and always take time for beauty wherever you might find it.

Visit Charlotte at [cozyhomecottage.blogspot.com](http://cozyhomecottage.blogspot.com) or email [charlottespears5@aol.com](mailto:charlottespears5@aol.com).

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## Recipes from Mom

By Lisa Cooper Laughlin (Owner of Mom's Place, Elizabeth, WV - taught by Helen Cooper Burns)



Let's get a pencil and a piece of paper.

Draw a straight line and let it taper.

You can make a barn or a tree.

You can draw anything that you can see.

Make some lines dark and some more light,

Depending on if it's day or night.

Tell a story in the picture you draw.

You get to choose, it's your call.

Adding color will bring your picture alive.

Bringing your talents a chance to revive.

Use a colored pencil or crayons or chalk.

Pastel colors brings life to a flower or rock.

If you want to go farther and use a paint brush,

get some acrylic paint, but don't be in a rush.

Look at what you have to paint on before you start.

This is the hardest part of art.

Is it a canvas, or metal or wood?

Sand it, prime it and base coat it, you should.

Now add sky and grass, a house and a tree.

Put in a barn, a pond, anything you want it to be.

I have faith in you, you can paint anything.

You are an artistic human being.

### Mom's recipe for hand painted sugar cookies

- 1/2 cup shortening
- 1 cup butter
- 2 cups brown sugar
- 1 cup sugar
- 3 eggs
- 3 tsp. milk
- 2 tsp vanilla
- 6 1/2 cups self rising flour

Cream together shortening, butter, brown sugar, and sugar. Blend in eggs. Add vanilla. Sift in flour a little at a time until you make a soft dough. Roll out dough and cut any shapes you have with cookie cutters (according to season). Bake at 325 for 5-7 minutes. Cool before frosting.

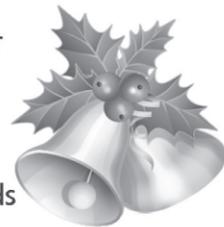
### Mom's colorful icing

Start with 2 cups of confectioners sugar. Add 2 tsp milk. Stir and add 1 tsp vanilla. Divide into small cups and add a few drops of food coloring of different colors, adding more to get darker colors. Paint each cookie with new brushes. You can get creative and add colored sugars, nuts, raisins or candies.

## Holiday Open House

Friday, December 3 ❖ 9 A.M. – 8 P.M.

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- ❖ Door prize drawings
- ❖ Music ❖ Refreshments
- ❖ Free gift wrapping
- ❖ Wine tasting with Roane Vineyards



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2				1				
7	1			4	5			
	9	4	2					
4	7			8	6			9
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8			7	2			4	5
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			5	3			7	8
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 C C C I N F L A T I O N S U G U D E

**THEME: The Current Economy**

accounts economy budget business  
 consumer corporate credit economic  
 federal gasoline government spending  
 debt foreclosure inflation losses rich  
 poor taxes cost market poverty  
 corruption wages product recovery  
 retail quarter sales unemployment  
 stocks stimulus options crime  
 assistance energy prices  
 recalls mortgage

This Month's Theme:

**HIGH IN THE SKY**

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
	19				20			21	22					
			23				24							
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46					47			
48					49		50			51		52		
				53		54			55		56			
	57	58	59					60				61	62	
63						64	65			66				67
68						69				70				
71						72				73				

**ACROSS**

1. Legal excuse
6. Popular British beverage
9. "\_\_\_ Mial"
13. One who totes
14. As opposed to rent
15. Never say this word?
16. Much in Italian
17. \*Plane engines \_\_\_ before take-off
18. Not active
19. \*"\_\_\_\_\_, Trains & Automobiles"
21. To confine
23. Dog command
24. Block of granite, e.g.
25. 100 pounds
28. Swank
30. Like country life
35. "Highs and \_\_\_"
37. Cheese in red casing
39. To bake eggs in their shells
40. Black and white treat
41. Rebroadcasted
43. A lightbulb often symbolizes this
44. Internet patrons
46. \*Sang lyrics "How High is the Sky"
47. "Buddenbrooks" author
48. Type of check-up
50. \_\_\_-a-sketch
52. Pulitzer Prize winner Harper
53. Three of these in a yard
55. Her counterpart
57. \*Type of shower
60. \*Used to fill a balloon
63. Implied
64. Lyric poem
66. Greek sculptor of "Discobolus"
68. \_\_\_ burly
69. One of a set of dice
70. Shakespearean device used to inform audience
71. Twelfth month of Jewish calendar
72. Tight \_\_\_ in football
73. Short-\_\_\_ bandicoot

**DOWN**

1. Cash giver
2. \*Pilot's stunt
3. Short for "it will"
4. Software or Internet test, pl.
5. Humorously incongruous
6. \*High rocky hills
7. Female sheep
8. Blacksmith's work surface
9. \*Given before meals in first class
10. Affirm with confidence
11. Being nothing more than specified
12. Product of creativity
15. \*Harry Potter's \_\_\_\_\_ 2000
20. Olden days anesthetic
22. Sea in Spain
24. \*Sky at sunset
25. \*Cumulonimbus, e.g.
26. "For better or for \_\_\_"
27. 10 to 12-year-old
29. Parisian idea
31. Door-stopping wedge, e.g.
32. Type of wave
33. Singer Cara
34. \*Used for lifting
36. Arrange by categories
38. Grain in "The House That Jack Built"
42. Cheese-covered chip
45. \*Type of card located in the seat pocket in front of you
49. "War and Peace" author
51. Contracted shooter
54. Deteriorate
56. One's assertion
57. Mangle
58. Beige
59. A chest or small drawer for money
60. Pay close attention
61. Purple flower painted by Van Gogh
62. "The horse you \_\_\_ in on"
63. Definite article
65. Cacophony
67. Flanders of "The Simpsons"

**Answers to these puzzles can be found on page 18.**

**WORD SCRAMBLE CHALLENGE**  
 Definition: a person or thing having the same characteristics as another  
**T T C N R P U O R A**

**LOWKU**  
 By Dr. Bob Henry Baber  
**Something about all this has to be redeemable**

# Creating Effective Advertisements



## Marketing Sense

By Kara Starcher

Effective print advertising, whether a flier or newspaper/magazine ad, consists of two major parts.

The first part is the design of the ad. If an ad doesn't have an eye-appealing design, chances are no one will look at it. The most important information in the world could be in that ad, but what good does it do if no eyes are drawn to the ad? So, what are some things that make an ad stand out on the page?

As a designer, I judge everything I create by four simple design rules. I learned these rules many years ago from a book called *The Non-Designers Design Book* by Robin Williams (no, not the actor Robin Williams, but another one). I highly recommend Robin's book to anyone looking to re-invent or update a business image.

Robin teaches four rules that are easy to remember and apply. She includes plenty of illustrations and drawings to help the reader visualize the concepts. And the best part is that even someone without any artistic background can understand her rules.

Her first rule is "contrast." Think big / little, dark / light, thick / thin. Another word for this rule could be "opposites." The typeface used in an ad shouldn't all be the same size. There should be a headline (big) and information (little). Having a larger headline draws the reader's eye to the ad. Another example with a typeface is the use of bold type (dark) compared to regular type (light).

The second rule is "repetition." Certain elements should be repeated to make the ad look cohe-

sive. The larger the ad, the easier it is to incorporate repetition. One example of repetition is the use of bullet points. The ad could use plain bullet points or maybe a fancier design; however, each new point uses identical bullets. Another example is being consistent with the fonts or typefaces used in the ad.

Robin's third rule is "alignment." One of the easiest traps to fall into when it comes to design, especially in business card design or with smaller ads, is using center alignment for everything. No matter what software program is used to create a design, two other options always exist for alignment - left and right. Experimenting with alignment can create some very different, and nice, looking designs.

The fourth rule works hand-in-hand with alignment - "proximity." If certain parts of the ad go together, keep those parts together. The spacing between the different parts in the ad should vary. Don't separate the street address from its city with the same amount of space as between the address and main ad information. The idea behind proximity is to make it look like the parts belong together and separate the pieces of information that don't go together.

The second part of creating effective advertisements is the information that is included. While this may seem like common sense, every ad should include the business's basic information - name, address, phone number, hours, and, if applicable, website. If the business is a retail business, a common practice

includes the types of payment that are accepted. (This can be done visually with the various credit / debit card logos.) The basic information doesn't have to be prominent in the ad, but it should definitely be included.

Once the basics are in the ad, the remainder of the ad can be built using the design rules. The most important information, the purpose of the ad, should take up the largest portion of space.

If the ad is meant to build name recognition, describe the business. For a retail store, describe what products are sold. For a service-related business, list what type of work is performed.

If the ad is for a sale or special event, include the details - effective dates, product / event photos, and sale prices / costs. Research has proven that ads that include details get more attention than generalized ads. Don't assume that the consumer will pick up the phone to find out more information. Give as much detail as possible in the ad to gain the consumer's interest.

Kara Starcher is a freelance editor and designer and can be reached at 304-377-3941.

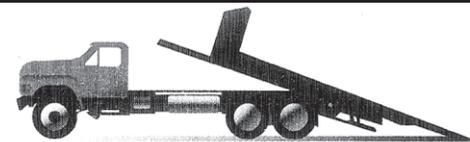
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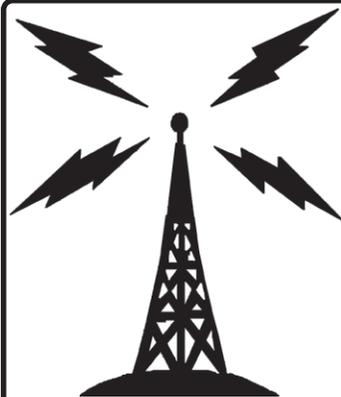
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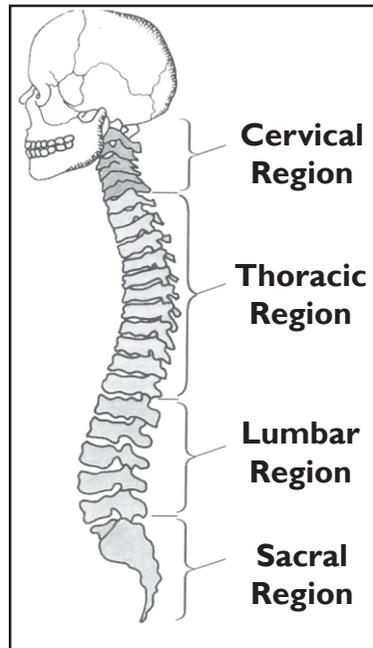
Discover the Difference: Put our network, products and customer service to the test for 30 days  
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## The Third Cervical Vertebra

This month we'll cover the third vertebra in the neck (starting from the top) which we refer to as C3.

In a normal neck, there should be a curve from the top of the neck curving forward to the midneck and back again to the base of the neck at the shoulders. The curve should be most pronounced from C3 through the C5 vertebra. This curve serves as a natural shock absorber to protect the head and neck from the stresses of daily activity. Some people don't develop an adequate curve as they grow from infancy. Others may lose their curve due to whiplash, poor posture or other stressful forces. The C3 vertebra is often misaligned in a whiplash situation. This can help cause a reduction of the natural curve or even a reverse curve as the resulting muscle spasms pull against the normal curve. A chiropractor can usually tell from viewing x-rays of the neck if



**Total Health Matters**  
By Dr. Rick Magly



there have been injuries, old or new. In a recent injury without a history of trauma, the disk space between the vertebra will be normal or wider than normal if the disk is swollen.

In an older injury that has not been treated properly, the disk space will be thinner than normal with possible distortion of the involved vertebrae as the situation worsens with time. Eventually, if untreated, the vertebrae will fuse together, greatly reducing the range of motion in the neck.

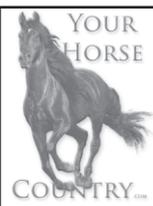
The nerve roots from C3 control several neck, throat and shoulder muscles. These muscles naturally contribute to proper posture, spine alignment and the act of swallowing. Branches of the C3 nerve root (as well as C4 and C5) supply the Phrenic nerve. The Phrenic nerve controls the diaphragm and the lower intercostal (between the ribs) muscles which are so important in breathing. It also supplies the pericardial sac, the protective coating for the heart.

To recap, the C3 vertebra is an important structural part of the curve in a healthy neck. The nerve roots from this area control muscles that are essential to posture and alignment of the cervical spine and muscles that assist in breathing and swallowing.

Stay tuned for more on the spine in later issues.

Dr. Magly operates Total Health Chiropractic (304-286-2905).

## VISITING THE WORLD EQUESTRIAN GAMES



By closing day of the Alltech FEI World Equestrian Games, total attendance topped half a million, averaging 35,000 people per day spread out

over the Kentucky Horse Park's 1,224 acres, which includes competition facilities, 260-site resort campground, and offices of more than 30 national and regional equine organizations and associations.

No wonder it didn't seem crowded, especially with the wide open spaces allowing plenty of room for carriages to drive by, proud stallions to high step past the pretty mares, and clinicians to warm up horses under blue skies. We spent most of our time in the Equine Village trying to soak up as much information as possible. Multiple demonstrations were constantly being held, so there was never a dull moment, and we thoroughly enjoyed the experience.

During the historic experience, we were able to film interviews with several great clinicians including John Lyons, Tommie Turvey, Guy McLean, Lynn Palm, J. P. Giacomini, Linda and Pat Parelli, and more.

We also interviewed Kaye Harris, who rescued Molly the Pony after hurricane Katrina. Several months afterwards, Molly was attacked by a Katrina rescue dog which had been going through emotional trauma. Molly's front right leg had to be amputated and Kaye fought hard to get Molly her prosthesis. We have some great film of Molly with and without her prosthesis. What an inspiration!

We witnessed the performance of Lizzy Traband, the "one-handed" eleven year old equine performer, trainer, and clinician. Born with just one hand, she has worked with Tommie Turvey since she was seven, and apparently she listens well, because she was a sight to behold. Apparently one is never too old or too young to learn how to train horses or give horse clinics.

Several exhibitors complained that attendance was not to their liking. They apparently did not see the 500,000+ people who attended. Many had spent well over \$30,000 for booth space, not including travel and lodging expenses, and felt that WEG did not provide adequate signage, stating that bad planning had now caused them financial hardship.

We understood their frustration. It took us a while to find things because volunteers we asked could



Lizzy Traband, "one-handed" eleven year old equine performer, trainer, and clinician.

not direct us. Maps were basic, not specific. Volunteers could only tell us who was exhibiting, but not exactly where they were located. What should have been a fantastic opportunity for trade show exhibitors and clinicians ultimately left several frustrated by the lack of information and signage that would have directed crowds.

With general admission tickets at \$25, parking \$20, no re-entry allowed, no food allowed except a bottled water, event tickets costing extra, any "poor" spectator that was hungry or thirsty was forced to purchase food at exorbitant prices. If many did not dally or pur-

chase items in the trade show area, it was likely due to lack of energy from not eating or lack of funds.

After seeing first hand what the Kentucky Horse Park had to offer, we know that with proper organization, infrastructure, marketing, and clear signage, we could direct horse enthusiasts from all over the world to OUR beautiful state, West Virginia can become a top world equine destination and reap the many economic benefits such status would bring.

Video interviews and performances mentioned can be viewed at [www.yourhorsecountry.com](http://www.yourhorsecountry.com), The Hoofbeat of America™.

## Time for a Doggy Diet?

It seems like dogs are following in the footsteps in their owners as far as weight goes. There is so much focus on dieting and exercise for people, but what about your dog's waist line.

A recent study showed that 30-40 percent of all dogs in the U.S. are morbidly obese. This is a serious medical condition with some pretty scary risks like canine diabetes and a higher risk in surgeries. Being overweight also puts additional strain on heart, lungs, liver, kidneys, and joints. It makes arthritis worse as the dog gets older. It cuts precious years off of the time we get with our furry friends.

So, how do you know that your dog is overweight? A good rule of thumb is if you can't feel the dogs ribs, chances are Fido needs to be pushed away from the table. Now, I'm not saying that the ribs should be showing, but, you need be able to see a waist on your dog.

**What you need to do in case your dog is chunkier than he or she should be:**

\* Understand obesity is a problem. Your dog will look at you sadly and

**Happy Tails**  
By Melissa Campos



with pathetic eyes. Try and resist the cuteness and charm. I know it's hard, but you can do it.

\* Make sure your overweight pooch gets exercise. A good walk down the road or throwing a ball a few times will do a world of good.

\* Check the fat content on the food you are feeding your pet. It might surprise you how much fat you are giving your best friend.

\* Treats are meant to be just that, treats, if you look at the labeling, it says no more than one or two a day, your dog will fight you on this, but, it's in their best interest.

\* As a different treat, try carrot sticks or green beans, you will be amazed at just how many dogs will eat them

\* Some dogs, like labs, beagles, sheepdogs and Jack Russells just have a natural tendency to have a thick waistline, and get overweight easier. Start watching their weight early so it doesn't become a problem.

\* Free feeding is the enemy. Instead of setting a bowl of food down for your dog all day every day, try two or three set meal times. They will get used to it.

Your overweight pooch should start losing weight within a month or two. If you don't notice any change, you may want to step up the exercise. Remember... It's good for you too!

Any questions or comments on pets? Email [Mrca@rocketmail.com](mailto:Mrca@rocketmail.com).

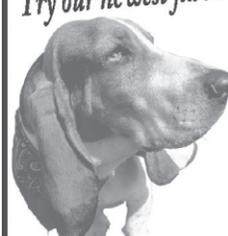
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# Recycling, the Family Business

(Continued from page 12)

Coffman's pays 70 to 80 cents a pound for aluminum cans, a common sale. Approximately 50,000 pounds of cans come through the recycling center every month.

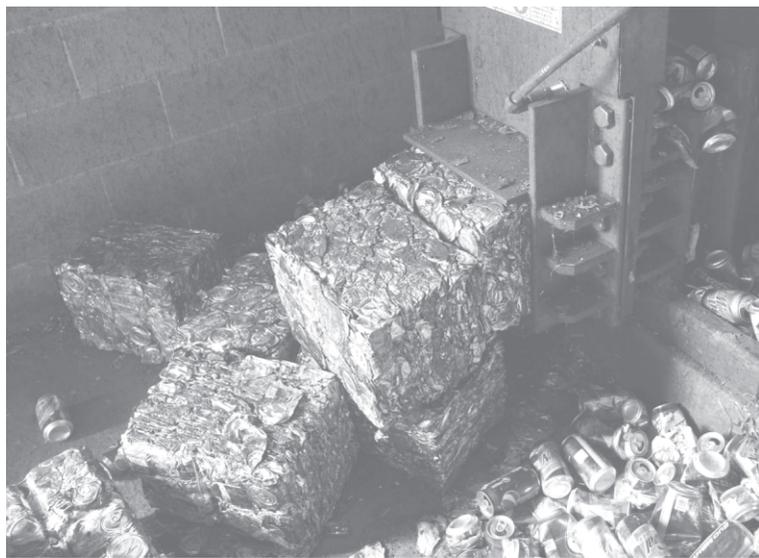
While recycling is the bulk of the business now, Coffman has not forgotten his roots in trading. Though ginseng digging and fur trading are on the decline because of government regulation, the old practices still bring in business throughout the season.

Coffman's relationship with ginseng began where his career did, with his grandfather and the surrounding community.

As a child, Coffman was always around ginseng but it wasn't until he and his friends saw a way to make some extra cash that he became interested in the root.

"I remember the year that [ginseng] went from \$20 to \$50 a pound and in the '70s that was a lot of money," he said. "It was always just for fun."

In the recent economic climate, what was once "money for boys" in Coffman's childhood is now an additional source of in-



Approximately 50,000 aluminum cans come through the doors of the Birch River recycling center each month. Customers from all over central West Virginia come to Coffman's to cash in on their finds at 50 cents a pound for mixed aluminum. Photo by Morgan Young.

come for some. Last year, the recycling center paid out \$13 million into the hands of West Virginia residents.

"We give a lot of people jobs and we hand a lot of money out to the economy," Coffman said. "And we cleaned the place up and I'm kind of proud of that, I wish my grandfather was there to see it."

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### Mountain Mists: Appalachian Folkways of West Virginia

by Dr. Carol Ann Gillespie



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**COVER CONTEST DETAILS**

**Win A Two-Lane Livin' T-Shirt or Sticker!**

**To Enter:** Mail a high-quality print of the entry to: Two-Lane Livin' Cover Contest, 2287 Rosedale Road, Stumptown, WV 25267. **Digital entries** can be sent as JPG or TIF files to: info@twolanelivin.com.

**Name, mailing address and submission title must be included.** Entries should be horizontally oriented and can be photographs or prints of original artwork.

**Guidelines:** Judges are looking for entries that reflect the lifestyle of two-lane living. Entries are NOT required to include a road. Entries are considered for the cover following their arrival **for thirteen months** to coincide with the seasons. Multiple entries are permitted. Prizes mailed upon publication IF a mailing address is provided.

Winning images will be presented on the cover of Two-Lane Livin' Magazine, and online at www.twolanelivin.com. All other published entries receive a Two-Lane Livin' bumper sticker.

\*By entering contest, you grant Stumptown Publishing, LLC permission to use your image on the magazine cover, annual magazine calendar, Reader's Page and as part of cover shots presented on t-shirts, and other promotional materials. Prizes offered to first-time winners only.

**FOR SALE**

**SKIN PROBLEMS?** - "Natures Magic" all-natural skin care products. Helps acne, eczema, psoriasis and more. Free samples available at lostcreekcandleco.com. Read the testimonials! Questions? Call 304-745-3007, M-F 10 am - 5 pm. Wholesale inquiries welcome. Lost Creek Candles PO Box 413, Lost Creek, WV 26385 (-2/11)

**JD PRE-OWNED APPLIANCES** - Refrigerators, Dryers, Gas Cook Stoves and Freezers. If you don't see it work, don't buy it! We buy your old appliances for cash; must work. Glenville, 304-462-8293. (-9/11)

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**RECYCLE** - Cabot Recycling is open for drop-off 24 hours a day, seven days a week. Site monitored by camera, disposal of unauthorized materials is considered littering. Cabot buys nonferrous metals and car batteries. Buy-back hours: Tues. and Thurs. 8 a.m. to 4 p.m. and Saturday 8 to noon. For more information, call 304-354-7786. Batteries also accepted at Chloe Auto and Hardware, Route 16.

**Classified ads are \$5 for 30 words, 10 cents for every additional word. (One and two-letter words aren't counted.) Include a photograph or logo for \$15, Reverse color (white on black) for \$5, or bold, centered print for \$2. Classified ads MUST be prepaid. Mail your ad copy and payment to:**  
**Two-Lane Classified Ads,**  
**2287 Rosedale Road,**  
**Stumptown, WV 25267.**  
**Ads must be received by the 15th of the month to appear in the next issue.**

**WORD SCRAMBLE ANSWER:**  
*Counterpart*

2	8	3	0	1	1	0	5	4
0	0	5	2	3	4	1	1	8
1	4	1	8	0	5	3	2	0
8	3	1	1	5	0	0	4	2
0	5	0	4	2	3	1	8	1
4	1	2	1	8	0	5	3	0
3	0	4	5	0	8	2	1	1
1	1	0	3	4	2	8	0	5
5	2	8	0	1	1	4	0	3

**NOTICE**

**DRIVE A LITTLE, SAVE A LOT** - Alligator Jack's Flea Market, St. Rt. 7, 41300 Laurel Cliff Road, Pomeroy, OH 45769. Open all year round! Live music the 1st Sunday of every month. Friday: 10-5, Saturday: 9-5, Sunday: 9-5. Something for everyone! Vendors welcome. 1-740-992-3008. (12x-1/10-12/10)

**HAUNTED HEARTLAND TOURS** - Offering ghost hunts at the WV Penitentiary and more! Business owners: we're looking for haunted historical locations to bring tour guests to. Haunted History Walks of Summersville coming this fall! Contact Sherri at 304-883-2392 www.HauntedHistory.net

**WATCH** - Petey's-OK-Corral, Live on TV-3, www.msvi.com (1x/11/10)

**WHOLE FOODS WORKSHOPS** - Offering whole foods preparation and nutritional wisdom. To be held Sundays in Parish Hall of Risen Lord Catholic Church, 67 Wallback Rd., Maysel, Clay County, 1-4 PM. Class size limited. Cost is \$15 per person, registration required. Walk-ins accepted as space allows, \$20 per person. For more info or to register, contact chewsorganic@yahoo.com or P. O. Box 34, Millstone, WV 25261

Sunday, Oct. 24 - "Ricotta Cheese and Yogurt from Moo Juice." Sunday, Nov. 14 - "Wheat & Grains: Homemade Pasta and More." Sunday, Dec. 12 - "The Stinking Rose: Healing and Cooking with Garlic" Sunday, Jan. 9 - "Alternative Breadmaking: Just Say Dough!" Sunday, Feb. 13 - "Traditional Foods for Health and Healing" Sunday, March 13 - "Celebration of Knowledge - Putting it all Together."

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**FULLY EQUIPPED RESTAURANT** - Ready-to-Go Restaurant with fully equipped kitchen, grill, coolers, pizza ovens, etc. Has large screened in porch w/ outdoor grill and bar. Recently remodeled. Includes available space in the basement. 308 Elk St., Gassaway. \$500 a month w/o utilities, neg. 304-689-6187.

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Submit poetry, letters, drawings, photographs, stories, recipes, etc. to:

**From the Passenger Seat**  
2287 Rosedale Road  
Stumptown, WV 25267  
info@twolanelivin.com

- \* Stories, articles, essays, letters, should be no more than 650 words long.
- \* Poetry should be no more than 60 lines.
- \* Photographs should be **in focus, in color**, at least four inches wide, at a resolution of 300 dpi.
- \* Recipes, photographs, written works **MUST** be the property of the submitter.
- \* Submissions can also be sent in through our facebook fan page.
- \* Names and addresses must be included with submissions for the cover contest.

**You MUST send your mailing address with your photographs to receive your Sticker or T-Shirt prize.**



**Do Bears Pose?**  
by Mary Mullens,  
Webster Springs

**First Hunt**

by Deryn Godfrey

**On a cold November day  
At a place named Stumptown  
A young boy got ready  
To go hunting on family ground**

**Up before the dawn  
And to him this was fun;  
He was in a West Virginia holler  
We know as Mike's Run**

**We dressed and ate breakfast,  
His mom wished us luck  
This was his first hunt  
In pursuit of a buck.**

**We walked back on our hill  
Eased around into a cove  
Settled down in our stand  
And waited for daylight to show.**

**It didn't take long  
A doe suddenly appeared  
With an eight point buck behind  
Neither knew we were there**

**Travis raised his rifle  
A careful aim he drew  
He fired his gun  
And the shot was true**

**As we walked up to where  
The Big eight point lay  
I was feeling real proud  
Of my son that day**

**I congratulated him  
And shook his little hand  
That's when I realized  
He would soon be a man**

**I felt lots of joy  
And a little bit sad  
But I guess that's part  
Of being a dad.**

**It had been a memorable hunt  
In a very special way  
In that West Virginia holler  
On that cold November day.**

**We enjoy the magazine.  
We really enjoyed the story  
of the cat bird. A pair made  
a nest in our apple tree.  
The Grandchildren got to  
see them up close.  
Virginia, Leroy, WV**

**Love your magazine.  
Thanks for making it  
available on-line.  
Gran Jenn**

**(Visit twolanelivin.com to  
download issues.)**

**The Other Spooky Night**

by Chris Friend, Parkersburg WV

We all know of Halloween being the spookiest night of the year, but there are a few less well known nights of uncanny events. The more obscure Eve of the Feast of Saint Andrews (November 30th) was also a spooky night on the Old World Calendar of Events.

Saint Andrews was the Patron Saint of Scotland as well as wolves and garlic. In England, it was a night to drive away evil spirits. In Germany it was night of Halloween style divination games such as dripping wax into cold water. It was believed that as young unmarried maidens would dip the hot wax in a tub of cold water. The wax was supposed to harden in the shape of the first letter of the first name of the young woman's future husband.

It is Rumania were the Eve of St. Andrew's Feast is most creepy. On this night vampires were believed to be most active. From this night until Epiphany (January 6th) the wandering undead were out and about making ornery nuisances of themselves. It was customary for villagers to smear garlic around their windows and door frames. So haunted was this night that great processions of the undead carrying their coffins over those uncanny intersections known as the Crossroads. Known as Strigoi, the vampires of Rumania were so feared that crosses made from pig bones were nailed to the front door of Churches protecting those huddling inside.

Not to be out-spooked, the Greek have their own vampire troubles during a sacred holiday. With in Greek Orthodox Church it was Christmas that the Vampire/werewolves were known to be making trouble and ruining the Holy Celebrations. Known as Callicantzaros, these devilish ghouls would pound in doors, urinate down the chimneys extinguishing the Christmas hearth fire, and stealing the holiday pork. After Epiphany the Callicantzaro would return to the Underworld. These Christmas Vampires were the original Grinches and would have done Tim Burton proud as well.

It should be noted that in folklore the vampire is the same thing as a werewolf. Hollywood made them distinct monsters. The Vampire had the ability to shape-shift into wolves as well as cats. Oddly it was Bram Stoker who connected vampires with bats in Dracula. This came about from the tales out of South America of blood sucking bats.

Fangs alot.

**Survey Results**

A big thank-you to all the readers who responded in our Readership Survey in print and online! Here's what we've discovered about our readers:

**78%** never miss an issue

**52%** share their copy with at least one other person in their home

**45%** pass their printed copy on to another household

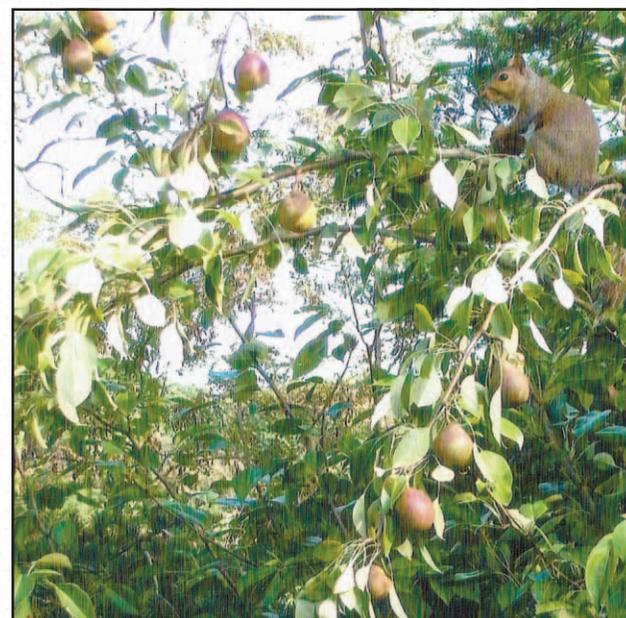
**91.5%** look at our advertising and **86.5%** are the primary shopper in their household

**48%** have made a purchasing decision based on our advertisements, and **85%** have discovered a new business through our advertisements

**50%** mail their copy on to family or friends out of state

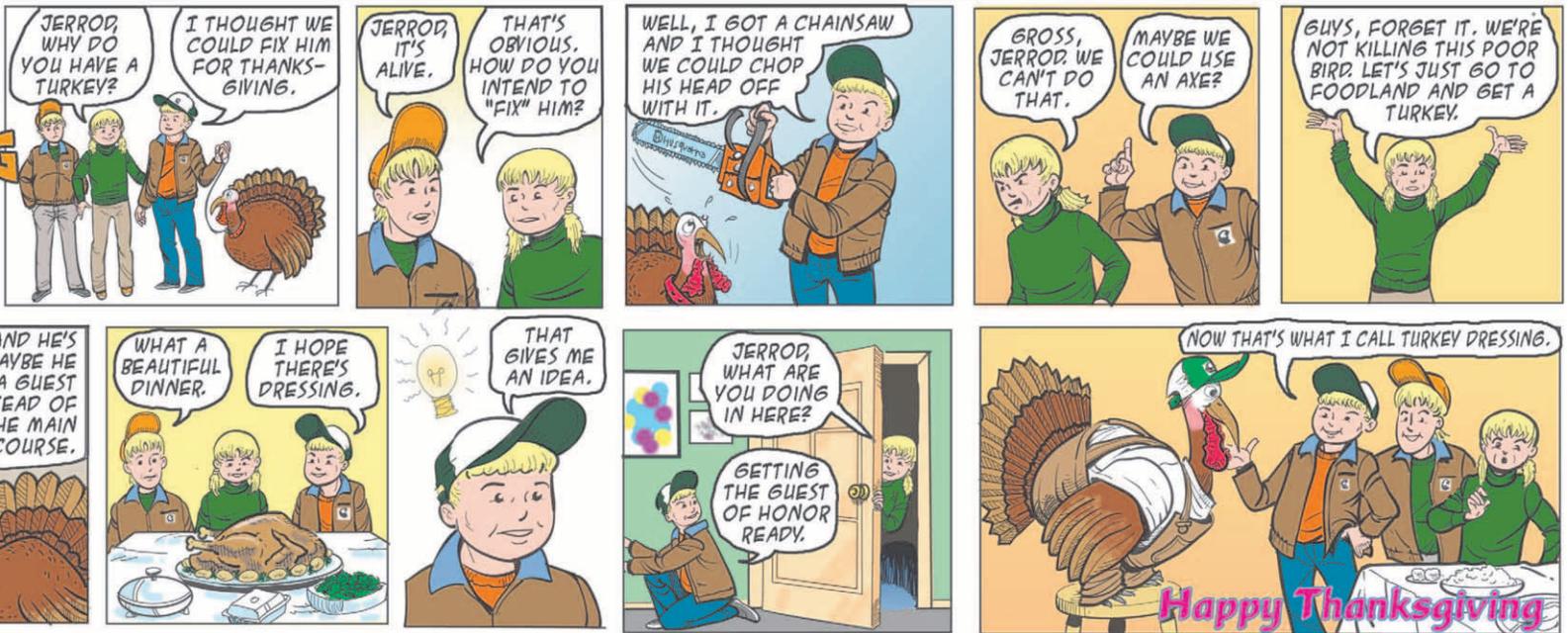
**34%** read the online edition only and **22%** read the print issue and visit online

**29.75%** are over 66 years of age  
**30.75%** are 56-65 years old  
**22%** are 46-55 years old  
**13.75%** are 36-45 years old



This is our yard squirrel, and he is getting his harvest in first!  
**Cindy McPeck  
Elizabeth, WV**

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