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WVU Medicine is pleased to introduce 8 new providers who have joined our medical staffs at Berkeley Medical Center, Jefferson Medical Center and University Healthcare Physicians.

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November

**100 DAYS IN:** An Update with Harpers Ferry Mayor Wayne Bishop

Mike Chalmers

The biggest drawback was that I discovered, with a cell phone, I was connected to everyone 100 percent of the time. My first year at college, phone notifications drove me absolutely crazy. I had to put my phone on “Do Not Disturb” all day, as I couldn’t stand the buzz or the noise that came from every notification.

— Marilyn Creager, page 38

**HOLIDAY GUIDE**

2019 Annual Holiday Guide & Monthly Calendar

Evan Benhamu

**COMMUNITY**

**Program Matches Students with Shepherdstown Seniors for Oral History Project**

Robin Murphy

**BUSINESS BRIEFS**

Viking Trees, LLC / Shade’s Farm

Evan Benhamu

**BOOK REVIEW**

Fissures and Other Stories

Gonzalo Baeza

**IN NEWSSTANDS FREE**

Mayor Wayne Bishop with Harpers Ferry 100 Days In: An Update

**ENVIRONMENT**

Bringing Back Bob (Part 2)

Doug Pifer

**SOCIETY/OP/ED**

The Macho Masculine Manly Man

Carol Williams

**COMMUNITY**

Over the Mountain Studio Tour Boasts ‘Emerging Artist’ Component

Jordan Webb

**HEALTH & WELLNESS**

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Jillian Williams

**STATE**

Neglected WV Downtowns Receive Redevelopment Help

Lisa Trosinsky

**POLITICS**

Are the WV Higher Education Policy Commission’s Days Numbered?

John Doyle

**ENTERTAINMENT**

Where to Find Music, Film, and Theater This Month

Evon Benhamu

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Harpers Ferry, WV

The Vintage Lady

Harpers Ferry, WV

Visitors Center

Shepherdstown, WV

Daily Grind

Martinsburg, WV

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QUOTES OF THE MONTH

Winter is all but pushing its curious head through the door, and we, despite some of our efforts to keep it out, will eventually have to relent and make room for it. Life being what it is, the change in seasons mirrors the endless cycles and transitions that make up our lives. It’s appropriate that we embrace them whether it appeals to us or not—for they are always at the door, and they will always make their way in.

To appreciate the beauty of a snowflake, it is necessary to stand out in the cold. — Aristotle

In the depth of winter, I finally learned that there was in me an invincible summer. — Albert Camus

I prefer winter and fall, when you feel the bone structure of the landscape — the loneliness of it; the dead feeling of winter. Something waits beneath it, the whole story doesn’t show. — Andrew Wyeth

Advice is like the snow. The softer it falls, the longer it dwells upon and the deeper it sinks into the mind. — Samuel Taylor Coleridge

The hard soil and four months of snow make the inhabitants of the northern temperate zone wiser and abler than this fellow who enjoys the fixed smile of the tropics. — Ralph Waldo Emerson

It is the life of the crystal, the architect of the flake, the fire of the frost, the soul of the sunbeam. This crisp winter air is full of it. — John Burroughs

We cannot stop the winter or the summer from coming. We cannot stop the spring or the fall or make them other than they are. But we can choose what we will contribute to life when each arrives. — Gary Zukhav

I wonder if the snow loves the trees and fields that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, “Go to sleep, darlings, till the summer comes again.” — Lewis Carroll

Spring passes and one remembers one’s innocence. Summer passes and one remembers one’s exuberance. Autumn passes and one remembers one’s reverence. Winter passes and one remembers one’s perseverance. — Yoko Ono

O, wind, if winter comes, can spring be far behind? — Percy Bysshe Shelley
Funny Thing, an Asteroid Impact

Perhaps it’s the change in seasons that allows room for pause, or reflection, or even just a certain level of daydreaming. Or perhaps, all of us privately understand that this political season, upside-down and inside-out as it already is, must certainly represent the calm before the storm, surely to swell like the ground stop a super volcano by next summer, and explode like an asteroid impact this time next year.

Funny thing, an asteroid impact—even a super volcano, for that matter. The last species-killer asteroid slammed into the Earth approximately 65 million years ago and pretty much turned this planet into the inside of a wood-burning stove. As for super volcanoes—well, we’re all essentially sitting on top of three of the U.S., the most famous of which convenes crankily beneath Yellowstone. And though stories of its impending detonation—and resulting global demise—rise to the surface every few years, experts say not to expect much for a thousand years or so (allegedly).

In other words: stop worrying. Worry instead about the things you can control, which, aren’t exactly numerous. And come to think of it, on a planetary level, why are we so important anyway? And important to whom? To what? Do our incessant squabbles, both homegrown and intercontinental, affect anyone but us as a species within a microscopic moment on this goliath rock hovering dutifully in place somewhere and nowhere at once?

The Earth as we know it has around 600 million years of habitability left (cosmic, natural, and/or man-made disasters included) before the level of carbon dioxide falls below the amount needed to sustain photosynthesis. And once the plants go, “we” go. But it’s probably for the best: between 1.5–4.5 billion years from now, the axial tilt of the Earth is expected to undergo chaotic variations of up to 90 degrees—basically resulting in global bloating.

And at around the five-billion-year mark, even the sun itself will run out of fuel and begin to expand towards its loyal satellites, each of which will inevitably morph into crisp lumps of cosmic coal before our majestic star collapses in on itself—never to be seen or felt again.

The First Sequel

As for us, several versions of “hominins” used fire and gave rise to modern Homo sapiens in Africa around 300,000 years ago, though humans only began to exhibit evidence of behavioral modernity around 50,000 years ago—eventually heeding out of Africa and populating most of the world. But to put it into piercing context, industrial humans—capable of making the machines that ultimately changed the way we lived and skyrocketed us into our current winners-take-all-lovers-be-damned era—are just over 300 years old.

Literally, from walking around in the dirt, eating bugs, roots, critters, and anything else within reach, to this very minute—able to explore space, speak to someone on the other side of the world in seconds, order a pizza that gets delivered by a flying robot, sit in a car as it parallel parks itself, and myriad modern accomplishments in between—has taken just 50,000 years.

But again, everything we actually lay claim to as modern life really just happened in the last 900 years. Three centuries—with a span of 500. And here we are. Yet, who among us could say, with a straight face, knowing what we know today, and realizing the impact we’ve had on ourselves and our planetary host since 1700, that we’ve got another century or two in us?

Seriously, how much longer will our species last living the way we live—greedily gobbling up every resource in sight, endlessly reproducing within a finite space, and fighting like animals the more the walls close in around us. Centuries? That seems a little ambitious given the state we find ourselves in just three centuries into an industrialized existence.

You know what sounds less crazy to me? The fact that we might just be an iteration, and perhaps not even a special one, on this planet. Special to ourselves, sure. But that’s it.

Simple math says that 600 million divided by 300,000 is 2,000. Let’s say we smush ourselves out in the next couple/few centuries—or disaster strikes and we’re reduced back to our cave-dwelling teenth years. Maybe all the permafrost thaws and toxins our atmosphere, maybe a couple super volcanoes erupt—or a few ice ages emerge—and we vanish for 300,000 years. But then, we come back. Though it won’t be us.

By the time that iteration of life evolves on this planet—into whatever form it takes—there’d be no evidence of us. Sure, maybe buried down into a rock layer somewhere, or deep within a charm of ice that some future species finds. But us. The thing we think is so utterly important and irreplaceable. Gone. Without a trace. All of our hopes, beliefs, convictions, collisions, triumphs, tragedies, achievements. The only thing left? Space junk. Maybe.

And that’s just the first sequel. Remember, there could be 1,999 more. Each version, if they reach a certain point, believing they’re the chosen ones. Until they find out they’ve just been chosen, for a moment.

Michael Chalmers
EDITOR IN CHIEF
Harpers Ferry Mayor Wayne Bishop began his second term on July 1, and we featured him in that month’s issue. He stated then that “… as a town, we have a tremendous amount of work to do, requiring clear heads and true public service on the part of elected officials—for the good of the community, the region, the state, our national historical park, and all of the visitors to our national treasure, historic Harpers Ferry.”

He established a vision and agenda for the next two years, and showcased much of it in the piece we ran in July. With his first 100 days now productively behind him, we circled back with Bishop to see where his initial vision has landed, and what the future holds for Harpers Ferry.

“So when I was reelected, I took the information—the substance of that last article—and I lined it out for the new town council as my plan for the next couple of years here,” he pointed out. “A lot of the things were and are already underway, but this is what I want to push forward—it’s important to have a vision for the community as a public servant.”

Public safety was an area Bishop wanted to give a lot of attention, and he has. “We’ve figured out a way within our budget to refinance, rebuild, and reinvigorate our police department—which is something I started a couple years ago, but we continue to improve, with a new officer and new equipment, new computers, body cameras, new vehicles, and as a result, we now have night-and-day coverage.”

Bishop also indicated that Harpers Ferry also interfaces and coordinates efficiently with the National Park Service (NPS). “Because it’s not just not a little town—we’ve got hundreds of thousands of people coming through here. But it’s a very safe community for people, so it’s working out. We also continue to try to negotiate with the town of Bolivar; I’ve written letters trying to get back into a negotiation with them because I think there’s a lot of residents in Bolivar that would like us to do the policing up there, because we’re right here, rather than the county. So, we’re currently trying to get that conversation started again.”

In addition to the support the police department has received, Bishop explained that he “… continues to improve the budget and level of support for the fire department as well.”

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A Firm Position
On the residential property side of things, the mayor is moving forward on “buildable lots” in town. “We’ve got an engineering firm whose written and prepared a request for proposal, and that’s for the elected officials to decide—are we going to invest money into opening up some more buildable lots in Harpers Ferry?” he said. “So we’re looking into how we’re going to come up with that money and do those improvements—because there are people in town that own property that’s not accessible. If we engineer and improve some of these streets, there can be more residential
housing ... maybe a half-dozen lots or so. But there are other places in town that you could potentially improve similarly. I say that because I want people moving into town—there are some empty lots and I just think it’s an ideal place to live.”

One property in particular simply goes by its name at this point—a name which elicits passionate opinions, feelings, and perspectives, all of which Bishop has endeavored to navigate throughout his time as mayor. So, where does the Hill Top House situation currently stand?

“This is obviously a big topic—it’s unfortunate that so much negative information has surrounded it,” Bishop pointed out. “I’ve been dealing with these folks [SWaN Hill Top LLC, a Leesburg, VA-based hotel and resort developer] for a couple of years now as the mayor and they’ve communicated with me that our water rates are unacceptable—even though we’re in the process of building a new plant—and the systems to deliver the water ... but in their view, it’s just too expensive. So, they think our water and sewer rates are too high. Additionally, our building permit fees are apparently too high, our review team is too expensive, our facilitator, our planner—they don’t like him—our public rights of way and streets that run through their development—they feel they need to privatize and own them. Our health and sanitation codes—and in some cases—our mayor and town council, are unacceptable.”

Bishop added that SwaN has either stated or put into writing all of these grievances. The path to success for Hill Top House quite literally depends on both sides figuring out how to resolve these issues. “There is such a path, I believe—there’s been a consensus of the previous council and the new council that we could come to some kind of agreement through either legal easements or leases of this property, but the stance has always been: we’re not selling you [SWaN] our national treasure to privatize. It’s an issue on that pathway to success, so I don’t know how we’re going to get through it, but I don’t believe the sale of that property is the right thing to do. They want to own it—and privatize it—which includes streets.”

Harpers Ferry’s position is firm, said Bishop—it’s not selling the land, for a reason. “The people that both live here as well as come here—from all over the country—they walk these streets, and one of these streets leads to these amazing views on this hill top. They’ve done so for 150 years. Limiting that access strikes a nerve with this community, so maybe it’s a deal breaker, maybe it’s not. But that’s where we are overall, right now. They’re not hotel builders; they’re a private equity firm. So we’re trying to get to some kind of a road deal done here. And truthfully, the thing the town council and mayor look at are these public rights of way. Once we do that, it goes to the board of zoning appeals—then it’s their baby. Looking back, it was supposed to go to the planning commission, then to the BZA, and the place would have potentially been under construction already, but they [SWaN] pivoted onto this road thing, which was never brought up before. And that brought Harpers Ferry back into it.”

Getting Over the Hump

The aforementioned new water treatment plant is a source of great pride and excitement for Bishop. “We’ve developed a state-of-the-art water system to service our town—a brand-new facility, the finest in the state,” he emphasized. “We’re going to build the new plant on Bakerton Road and run about three and a half miles of new service lines into town—including a brand-new connection for the hotel. Our design is done, our permitting is done, and our financing is done. The only thing holding us up—we’ve got a couple of easements with the NPS. One particular easement. But they’re completely behind it overall.”

That easement is actually being held up because the for-profit Jefferson Utilities (JUI)
The governor, for over three hundred thousand dollars, “One grant we’ve received from the projects that have also gotten underway. For that too—along with some beautification hillside or another. But Bishop has a plan in motion always an issue with a town that largely sits on one. On a related note, stormwater runoff is a private business; they want the revenue. “A judge came in and listened to the testimony, “The Park Service wants to know that this whole lawsuit issue with JUI is done before they give their blessing on the easement, and we need that easement,” said Bishop. “So it’s been a long road to getting here, but we’re ready to move towards closing on the loan and putting this thing out to bid. Now, the Public Service Commission has already ruled in our favor, so JUI has a couple weeks before the PSC tells them again—stay out of Harpers Ferry. JUI’s last step would be to go to the state Supreme Court, which ultimately keeps delaying progress, causing rates to rise. Hopefully we’re just about over the hump with that.” To that end, Harpers Ferry and JUI have actually gone to trial in Harpers Ferry Town Hall. “A judge came in and listened to the testimony,” said Bishop. “The judge said Harpers Ferry had done their due diligence—they need to improve their water system—we award in their favor, they’re good to go. But JUI keeps jumping in and filing motions. They actually just filed another motion. They’re a private business; they want the revenue.” On a related note, stormwater runoff is always an issue with a town that largely sits on one hillside or another. But Bishop has a plan in motion for that too—along with some beautification projects that have also gotten underway. “One grant we’ve received from the governor, for over three hundred thousand dollars, is being used to fix High Street because it’s a bit of a mess with the way the storm water comes off the hill,” he maintained. “We’re going to fix all that up, and that’s real—in engineering and design right now. And then we have another project down on Washington Street, which is where the hotel’s outfall would be. We’ve been working on fixing up some residential damage caused by runoff where it pours over the hill, but we have to consider that area as well for the hotel’s potential outfall—everything that drains off the parking lots, the buildings, etc. And there’s easements there we have to get as well.” Continued Support Ultimately, Bishop is proud of what he’s been able to both accomplish and set in motion as mayor, and continues to cultivate good working relationships and productively enhance his town. “Our relationship with the Park Service is great—they’re currently putting in fiber optic lines throughout the town for their buildings and offices. They’ve got some projects underway as well, and I’ll continue to support and work with them on those issues. I like that relationship, and we help each other out.” “What people outside of town might not realize is that we’re working hard every day to preserve the parts of this town that make it so special—the historical byways, mini-parks, paper streets, and viewsheds. With the help of some great people in town, we’re finishing up a beautification project on Potomac Street—dimming the lights and putting in benches and trees. And the armory canal trail at the end of Potomac Street—we received a grant to put in a hiking and biking trail moving forward in that area.” Bishop urges the Panhandle community and beyond to visit Harpers Ferry and experience what it has to offer for themselves. “Some people may not think what we’re doing is a big deal, but I think it’s a huge deal, and I’m glad I have the support to do it,” he noted. “We’re hanging on to our small-town traditions here—for kids, parents, and community. Coming up is our annual Christmas celebration and tree lighting, and then it’s on to Easter. We’ve got beer and wine festivals, music. We’ve got a dark sky at night—you can see the stars. There’s really a lot of positive things happening in town here. Our streets are filled with walking, running, touring, outdoor lovers—it’s a happening little place.”

For more information, visit www.harpersferrywv.us.
SHEPHERDSTOWN COMMUNITY CLUB TAKES OVER MORGAN’S GROVE

Popular community group seeks funding to maintain beloved park.

WHAT HAS WALKING TRAILS, athletic fields, and history? The answer is the 25-acre Morgan’s Grove Park in Shepherdstown—owned by the Shepherdstown Community Club (SCC). The Jefferson County Department of Parks and Recreation has held the lease for the last 12 years, but officially turned it back to the SCC on November 1, 2019, when it will close for the season. The SCC hopes to reopen on April 1, 2020.

The land gained fame in 1775 when General George Washington issued a call for the Virginia Volunteer Riflemen to join him in Cambridge, Massachusetts. Under the command of Captain Hugh Stephenson, the troops departed on July 16, 1775, from Morgan’s Spring, now known as Morgan’s Grove Park, on the famous Beeline March to Cambridge, covering 600 miles in 24 days.

On September 17, 1988, to honor the event, Army Secretary John O. Marsh, Jr., along with the 249th Army Band and elements of the 3rd U.S. Infantry, dedicated a plaque commemorating the Revolutionary War Beeline March. In 1999, this site in Morgan’s Grove Park was entered into the National Register of Historic Places. Thirty-eight Revolutionary War veterans are buried in the surrounding area.

Nancy Stewart, SCC president, said, “The Shepherdstown Community Club was founded in 1945, which at that time was known as the Men’s Club. Along with owning Morgan’s Grove Park, we also own the War Memorial building, located at the corner next to the library on German Street.”

Duties that will now have to be assumed by the SCC include mowing, mulching, cleanup, repairs, maintenance of the buildings, walking trails, facilities, and trees, as well as insurance, and replacement of playground equipment that is unsafe or worn out. This will incur a cost of roughly $60,000 a year to maintain the park.

“We are announcing our capital campaign, trying to make people aware that we will need their help to support the park,” Stewart indicated. “We are exploring all options for fundraising, including selling the park if needed. We have to secure reliable funding to run the park for multiple years. It has to be stable and efficient funding. We can’t create fundraising every year.”

Right now, the SCC has two major fundraisers, which include the annual Legendary Book Sale, as well as the annual Back-Alley Garden Tour and Tea. They will need further sources of funding to maintain both the park and also a building that needs structural support.

“We would like to have the sports come back to the park, such as the soccer teams,” added Stewart. “It’s great revenue for the park, but unfortunately, last year, the weather caused an issue with the fields being too wet. In order to make the fields playable, drainage would have to be installed, and the fields would have to be reseeded and reconditioned. That comes at a great cost.”

There are many ways the community can help with donations, such as their time.

“On November second, we are having a workday in the park,” explained Stewart. “We will be pulling weeds and clearing out to make the park look nice over the winter. We are really optimistic that folks in Shepherdstown and the surrounding area that love the park the way we do will step up to save the park.”

ARTICLE BY: Robin Murphy
PROGRAM MATCHES STUDENTS WITH SHEPERDSTOWN SENIORS FOR ORAL HISTORY PROJECT

THE SHEPHERDSTOWN AREA INDEPENDENT LIVING organization, or SAIL as it is more commonly known, has partnered with Shepherd University for a year-long intergenerational project entitled “Hear This! Sharing Stories Across Generations.”

SAIL is an organization helping seniors in the Shepherdstown area remain in their own homes—actively engaged in the community for as long as possible.

Marianne Alexander, who is acting as the project director, explained that the effort has matched a member of SAIL with a student at Shepherd, both of whom will be responsible for conducting oral history interviews of each other concerning the “transformative experiences in their lives.” There are ten of these pairs in the program.

A central question posed during the interviews was, “What events or persons have influenced the course of your life?”

Once all 20 stories are collected and transcribed, Alexander says they will be available for public viewing at the Martinsburg Library and transcribed, Alexander says they will be available for public viewing at the Martinsburg Library and the Scarborough Library at Shepherd.

The culminating event will be in the spring of 2020, when selected SAIL members and students will present their stories to an audience, after receiving instruction in storytelling from Adam Booth, a Shepherdstown resident and internationally acclaimed storyteller.

Getting Started
There is “great social value” in this effort, said Alexander, pointing to the bridging of generational divides between both groups of participants.

Betty Snyder, a West Virginia native, retired Chicago social service agency director, and local author, agreed.

“I believe the amount of distance between races, generations, religions, and other groups is damaging to everything around us,” she pointed out. “Anything we can do to cross a barrier, whether political or otherwise, might bridge that gap, and it will be good for us, our communities, and the country.”

Another involved SAIL member, Marie Tyler-McGraw, took it a step further and localized it. After completing the training offered to SAIL members, she went home and interviewed her husband, and encourages others to do likewise.

“A goal of this project is to encourage participants to talk with their families and friends more about their daily lives and strengthen our speaking and listening skills,” she said. Tyler-McGraw organized and participated in a number of oral history projects throughout her doctoral program, including former WV Vista volunteers and National Park Service employees.

For those who might be interested in trying their hand at oral history, she urges them to
“… just go out and start—interview a family member at Thanksgiving, especially someone of a different generation.”

Tyler-McGraw did add that there are certain guidelines one should follow—the most important being getting consent from the person being interviewed to record the conversation and make a transcript of it.

**Uniquely Positioned**

“Hear This! Sharing Stories Across Generations” is uniquely positioned for a community like Shepherdstown, with both a vibrant cross-section of townspeople, but also a university which openly discusses partnership organizations with those in town, according to Snyder.

Alexander explained that idea for the project came about when SAIL member Catherine Irwin suggested an intergenerational project that “involved collecting others’ stories.” Over the course of the discussion, it was decided the process used by historians would be implemented, whereby an interview is recorded digitally and then a typed transcript would be produced and available for public review.

Those SAIL members who wished to participate took two weekend workshops to receive appropriate training. Last spring, interested students were asked to volunteer and were then matched with a SAIL member who helped them learn the ins and outs of oral history projects.

Several Shepherd professors, including Sylvia Bailey Shurbutt, director of the Center for Appalachian Studies and Communities, and Rachel Meads, offered their students credit for participating.

Tyler-McGraw indicates many of the participants expressed a desire to extend the interviews or participate again.

“The students have loved it,” she remarked.

Alexander added that she hopes the program will continue next year. Snyder agreed, and wishes “… to see other generations take part.”

“I definitely got more out of it than I’ve given,” she added.

**Undeniable Value**

In addition to the interviews, a panel discussion was held last month called “Collecting and Preserving Each Others’ Stories.” Held at the Senator Robert C. Byrd Center for Congressional History and Education on Shepherd’s campus, the discussion was supported by the West Virginia Humanities Council and co-sponsored by the Byrd Center, the Historic Shepherdstown Commission, and the Department of History at Shepherd.

Participants included Jerry Thomas, professor emeritus of history, Betty Snyder, Keith Alexander, associate professor of history, and Caitlyn Sheets, a 2019 graduate.

The panelists shared a sampling of the stories they collected through their interviews and discussed the advantages and information gained from two generations discussing their lives and some of the most impactful events they have encountered. Additionally, the panel promoted the value of oral history and oral history projects.

A second panel discussion was moderated by Tyler-McGraw at the Martinsburg Library.

A date and location for the March presentations is forthcoming.

Those interested in learning more about SAIL, and future events, should visit sail.clubexpress.com.

**“... A goal of this project is to encourage participants to talk with their families and friends more about their daily lives and strengthen our speaking and listening skills ...”**

**ARTICLE BY: H.S. Leigh Koonce**
A New Standard in Tree Removal Services Arrives in the Panhandle

By: Evan Benhamu

Erik Berndt (right) and part of the Viking Tree Service team.

TREE SERVICE REALLY NEVER GOES OUT OF SEASON. And with snow, ice, and wind season nearly upon us, it might be wise to know a top-notch professional for when the moment inevitably calls for it. Enter Viking Tree Service, LLC, a veteran-owned, Shepherdstown-based precision tree-removal and trimming service.

Focused first on safety and customer service, Viking prides itself on delivering “peace of mind” with an approach tailored to the customer’s specific needs and consistent results through every stage of the project.

In business since late 2017, Viking specializes in removing hazardous trees that threaten homes, but they also trim back unruly vegetation and foliage while following the latest ANSI Arboriculture Industry standards.

Additional services include storm damage work, pruning, and stump grinding—covering Shepherdstown, Charles Town, Kearneysville, Martinsburg, and Harpers Ferry.

Owner Erik Berndt was raised in Northern California, spent four years as a ski patroller, and then 22 years in the Coast Guard. He credits a lifetime attraction to tree work as his motivation for beginning what has amounted to a second act.

“As I progressed in my career, I had an option to continue to climb the corporate ladder or move out here and do more project management, software development stuff—home every night in a place that reminds me a lot of where I grew up,” he explained. “I got transferred out here in 2016, and began moving towards retirement and entering a new field.”

Berndt has been building Viking Tree ever since. “I retire officially in December; my son has been doing it full time with the rest of the crew—a couple of veteran climbers on staff,” he added. “They stay busy five days a week with plenty of work.”

As for motivation, Berndt is quick to explain: “I wanted to develop some type of multigenerational endeavor that I could hand off to my kids. I’ve always been drawn to tree work. I saw a good opportunity to take my project-management experience, and the professional approach of communication and customer service, and apply it to a business like this.

“I felt like there was a real market for it here. We’ve spent the last couple of years buying equipment, joining the TCIA (Tree Care Industry Association), and educating ourselves. We hold ourselves to an extremely high standard—especially in regards to the environment. We conduct ourselves in an honest, ethical manner, and customer feedback so far as reflected as much.”

Berndt intends on delivering exactly what customers need every time out. “It’s extremely rewarding and gives us an enormous sense of accomplishment,” he said. “I can’t wait to keep moving forward on the momentum we’ve already established.”

For more information, visit vikingtreesw.com.
Shade’s Farm is all About the Bees, and Beyond

AFTER COMPLETING HIS MASTER’S from Vrije Universiteit in Amsterdam in 2011, Curt Shade returned home and started “farming for the market” as a new income for the family farm.

“I planted my first tulip bulbs eight years ago—that spring, I planted a variety of crops to see what did best,” he explained. “I began to notice a lack of pollination, which reduced my crop yields, so I started doing research into pollinators and bees, and got in touch with a beekeeper to see if it was for me.”

Shade eventually began classes, and started out with six colonies. “That count has increased more each year, growing sustainably,” he added. “It took several seasons to master both the arts and sciences in beekeeping, from managing hives through the seasons to harvesting comb honey. I asked questions from old-time beekeepers and winged much of my first few seasons through learning by experience. So, to an extent, I’m self-taught, even self-motivated, in tending to my bees the best that I can.”

Nearly nine years later, Shade now manages several “bee yards,” or apiaries, the majority of which are kept on his family farm—where his father and uncle, both veterans, keep around 100 head of dairy cattle. “I generally keep between thirty-five and fifty hives, or colonies, at a given time. At peak season, there are millions of bees out pollinating the areas nearby. During the winter, the colony size is smaller and very efficient at clustering to conserve energy.”

Array of Products
Located in Inwood (WV), “Shade’s Farm” not only yields raw honey without GMOs or synthetics, but also produces flowers and herbs. Shade’s products are available year-round at Bushel & Peck in Charles Town, Gower’s Feed in Ranson, and Tonic Therapeutic Herb Shop and Elixir Bar in Shepherdstown. Shade himself can be found manning his interactive booth (he brings bees if the weather is warm enough), complete with an array of products, at the Shepherdstown Farmers Market every Sunday. Additionally, he’s gearing up for the Handmade Holiday Market in Shepherdstown, set for November 30 and December 14 at the Town Run Tap House and Community Pub.

“I’m also working on an online shop—hopefully in time for the holiday season,” he maintained. “Moving forward, I expect to add more variety of produce, continuing with log-grown shiitake mushrooms, as well as cultivating earthworms for compost and possibly sale in coming seasons. I’m also hoping to offer mason bees in the future. I strive to offer products that are raised responsibly and with exceptional quality.”

For more information, find Shade’s Farm on Facebook or email shadesfarmcsa@gmail.com.
BOOK REVIEW

THE SHADOW OF THE LAND

Fissures and Other Stories, by Timothy Dodd
(Bottom Dog Press, 2019)

TIMOTHY DODD’S Fissures and Other Stories is a slim tome of 19 short stories that mostly take place in West Virginia, but whose range of themes and characters build a larger world, recognizable and yet intriguing.

Some of Dodd’s stories have recurring themes, but it is in their subtle variations where one can appreciate the author’s ability to not only transport us to a place but also to delve into the psyche of his characters. The haunting stories “Tunnel” and “Mannequins” both describe the arrival of a lonely man into a seemingly desolate city. In “Tunnel,” the narrator Rob gets off a Greyhound early in the morning and wonders around a Wheeling that comes to life in Dodd’s somber descriptions. Rob is waiting for his hotel room to be ready but he is also delaying an uncomfortable visit to his old family home, where his father is dying and his sister will not miss a chance to make him feel guilty for his seemingly protracted absence. In “Mannequins,” a snow storm forces Andrew

to spend Christmas Eve in Cumberland, alone in a hotel room while his family opens presents back home in Tomahawk, WV. Both protagonists are estranged from their families and the empty streets they wander through accentuate that separation.

In “Tunnels,” Rob meets a prostitute in a bar and takes her to his hotel. On the way, he wonders “… what ghosts sleep in the deserted buildings we pass.” In a clumsy attempt to engage in small talk, he wonders what will happen to the town.” The woman answers bluntly: “Nothing’s going to happen (…) I’m saving up and getting out before I’m too old to hope anymore.”

In “Mannequins,” a hotel clerk who just moved to Cumberland from Chicago flirts with Andrew, and their mutual emptiness seems to be projected on the deserted city outside, where “the moon and the glare from streetlamps and the snow all mixed their luster together in the dark, cold beams and crystals of light shining over dreary life.”

Both stories bring to mind West Virginian writer Breece Pancake’s own masterful tale “A Room Forever,” in which a tugboat worker with no family or home spends the night in a town by the Ohio River and also seeks to kill time and loneliness with a partner. Although they may exhibit Pancake’s influence, Dodd’s stories are tonally different and display his own assured voice.

An Auspicious Debut

Another recurring theme in this collection is that of the young man seeking to leave the confines of his hometown and break with family tradition. In both the melancholic “Fissures” and the more comedic “The Handyman’s Heat,” their respective protagonists seek to get a liberal arts degree, a goal that pits them against their families and social environment, as parents and acquaintances cannot quantify the abstract value of such an endeavor.

While some stories in the collection feel more like vignettes or sketches of a place, they add to the cumulative effect of authenticity and a warts-and-all depiction of West Virginia. It is in these moments that Dodd’s writing is at its most captivating, when the shadow of the land is cast upon the characters, and the characters’ mood seems to shape their surroundings. Fissures and Other Stories is Dodd’s first short story collection and the auspicious debut of a talented new writer.

ARTICLE BY: Gonzalo Baeza

Gonzalo is a writer born in Texas, raised in Chile, and currently living in Shepherdstown. His books have been published in Spain and Chile, and his fiction has appeared in Boulevard, Goliad, and The Texas Review, among others.

Gonzalo Baeza

ARTICLE BY: Timothy Dodd

Timothy Dodd
The Holiday guide
Local shopping and events
SPONSORED BY: THE BAVARIAN INN

WeAreTheObserver.com
Hello, and Welcome to our Holiday Guide

As part of an ongoing effort to showcase the many valued businesses and events that make up Jefferson and Berkeley County, we want to take time here to not only shine a light on some genuine area treasures, but to give them an opportunity to promote themselves, and/or any specials they might be offering during the holidays.

Inside this Holiday Guide, you’ll find local businesses and events distinguished by a photograph and a summary of who they are and why you should take some time to get to know them this holiday season.

Epitomized by a yearlong mix of history, heritage, and outdoor adventure, Jefferson and Berkeley Counties are also known for an eclectic listing of buzz-worthy shopping and culinary options.

Though it’s been said before, there truly is something for everyone around here—and there’s no better time to find out than now.

Grab the family, a friend, or make a day of it on your own. However you choose, spend some time with some of the Panhandle’s many wonderful businesses. It’s certainly that time of year.

We hope you enjoy our Holiday Guide, and we wish you a wonderful season!

Michael Chalmers
EDITOR IN CHIEF

OUR HOLIDAY GUIDE SPONSOR:

Bavarian Inn

The Bavarian Inn Shepherdstown is the perfect place to celebrate the holidays with family, friends, and co-workers. Private rooms are available. Open Christmas Eve, Christmas Day, New Year’s Eve, and New Year’s Day. Consider giving the gift of good taste this year. Purchase Bavarian Inn Gift Cards online at bavarianinnwv.com. Valid for dining or lodging.

Address: 164 Shepherd Grade Road, Shepherdstown, WV
bavarianinnwv.com
Bushel & Peck

Located in the historic Charles Washington Hall in downtown Charles Town, Bushel & Peck features local, regional, organic, and artisan breads, meats, produce, eggs, dairy, and general grocery needs.

Kid-friendly and family-oriented, we offer weekly meal deals, specials, and unusual items for your enjoyment. The recent addition of Ortega’s Taco Shop makes for a wonderful way to start your Charles Town Experience. Come and see us, we’d love to welcome you to our town.

**Hours:**
Tuesday-Sunday: 10am-6pm

**Address:** 100 W. Washington St., Charles Town, WV

**Phone:** 304-885-8133

**Email:** bushelandpeckwv@gmail.com

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Cooper Captures Gallery

"A thing of beauty is a joy forever."
- Keats

A wildlife and scenic gallery, Cooper Captures is the perfect place to find those beautiful gifts for those you love. You may find canvases, prints, cards, ornaments, and many smaller items, all with the peaceful beauty of nature to brighten any home. All images are captured locally and produced with the highest-quality products, so you can count on your object of beauty being a joy in your life forever.

Make your holidays bright and beautiful with gifts from Cooper Captures Gallery.

**Store hours:**
Wednesday-Saturday: 10am-5pm
Sunday: 10am-2pm

**Address:** 107 East German St., Shepherdstown, WV

coopercaptures.net

**Phone:** 304-260-8810

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The Design Center, Sue Marks

**Room Refresh Holiday Special**

Give yourself, and your space, the gift of renewal! Everyone’s space needs refreshing from time to time. I will work with existing furniture and decor in offices, single rooms, or whole living areas to help with feel, function, and style. If you choose to bring in new items, I have access to anything you may need and can advise on the perfect pieces and their placement. No project too big or too small. Pricing starts at $75. Call me for a consult today.

**Store hours:**
By appointment, Monday–Sunday

**Address:** Your home or office–I’ll come to you.

**Phone:** 304-260-8810

thedesigncenterllc.com

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49th-Annual Olde Tyme Christmas in Harpers Ferry and Bolivar

The Olde Tyme Christmas festival offers performances meant to capture the spirit of a historic Christmas celebration, where quaintly decorated streets come alive for the holiday season! The shops and restaurants in town will offer extended hours for shopping for those one-of-a-kind gifts. Live performances by musicians and historians, free horse-drawn wagon rides, and family-friendly activities will take place throughout Harpers Ferry and Bolivar, West Virginia. Consider extending the fun and spending the night in lovely nearby accommodations! Visit our website for a full schedule of events.

**Event Dates:**
December 6: 6-9pm
December 7: 10am-9pm
December 8: 10am-6pm
December 14: 10am-9pm
December 15: 10am-6pm

harpersferryotc.com
Jala Yoga
We are excited to celebrate the expansion of Jala Yoga in Shepherdstown! Visit our newly refreshed Mellow Room on German Street and be part of the Jala Unity.

Apparel, Jade yoga mats, gift certificates* available—class cards and memberships that will delight the yogi in your life. Use promo code YOGAOBSERVER and receive 10% off all retail and class cards.

*Can be redeemed for classes, workshops, and retail. Discount code is valid until Dec 31, 2019, and does not apply to memberships.

Want a full uninterrupted week of mellow vibes, while relaxing on the luxurious island of Amorgos, Greece? Join Christa in October 2020 for the Sea + Soulscape Yoga Retreat. More info at tinyurl.com/jala-greece.

Studio hours:
Open daily for classes. In-store hours vary.

Address:
117 West German Street & 112 East New Street, Shepherdstown

Phone: 401-440-0279
jalayogaflow.com

KimoPics Photo Gallery
“Just simply amazing images on the walls.”

KimoPics Gallery exhibits the photographs of Photographer and Composer, J. Kimo Williams. He is an International Photography Award Winner, National Geographic 2019 Summer Edition Editors Pick, and a Smithsonian Magazine published photographer.

Available for purchase are wall art and prints from Kimo’s award-winning catalog of photographs that include local images from Shepherdstown as well, images from as far away as Afghanistan, Vietnam, Korea, Russia, and more.

Additionally, custom editing, printing, framing, and mounting of your special images (iPhone etc.) are available by appointment.

Gallery Hours: Friday, Saturday, and Sunday: 11am-5pm or by appointment.

Address:
133 West German Street, Shepherdstown
kimopics.com

Main Street Martinsburg
Christmas on Main
Main Street Martinsburg has a lot going on this holiday season! For frequent updates on event information, be sure to check out our facebook page!

Event Dates:
Nov. 25-Dec. 4: Doors to Christmas
Nov. 29: Christmas Tree Lighting 7pm on Town Square
Nov. 30: Small Business Saturday
Nov. 30: 2019 Snowflake Market 11am-4pm on Town Square
Dec. 3: Christmas Parade 7 pm
Dec. 31: MSM Apple Drop 4:30pm-6:00pm on Town square (Rain or Shine)

mainstreetmartinsburg.com
facebook.com/MainStreetMartinsburgWV

Mountaineer Popcorn Company
Popcorn makes the perfect present for friends, family, clients, and teachers!

Our kernels are non-GMO and locally grown by Bob and Nancy Tabb of Town and Country Nursery in Kearneysville, WV, just minutes from the shop. With more than 40 gourmet flavors on a weekly rotation, and seasonal specialties popping up, you’re sure to find the perfect gift.

We offer bulk orders for your upcoming parties, as well as popcorn fundraisers and spirit nights! The deadline for bulk orders and Christmas shipping is Monday, December 9.

Store hours:
Monday, Wednesday, Thursday: 11am–6pm; Friday: 11am–7pm; Saturday: 10am–7pm; Sunday: 10am–5pm

Address: 102 E. German Street, Shepherdstown, WV

Phone: 410-937-4612
mountaineerpopcorn.com

SHOP LOCAL: CHARLES TOWN • HARPERS FERRY • INWOOD • MARTINSBURG • SHENANDOAH JUNCTION • SHEPHERDSTOWN
Old Opera House presents **Kris Kringle**

Musical • Rated G

This captivating holiday musical reveals the untold story of young Kris Kringle. Discover what happens when an evil toy company CEO crosses paths with a starry-eyed, jobless toymaker whose family name carries a curse with the power to destroy Christmas. From the top of the world in the North Pole, Kris Kringle teams up with Santa and Mrs. Claus, the beautiful Evelyn Noel, a band of hilarious Apprentices and Elves, and magical Toys to remind us what Christmas is really all about: hope, family, and forgiveness.

**Showtimes:** December 5, 6, 7, 8, & 13, 14, 15

**Address:** 204 N. George Street, Charles Town, WV

**Tickets:** 304-725-4420
oldoperahouse.org

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**Over The Mountain Studio tour**

Enjoy a beautiful autumn weekend visiting the studios of local artists. It’s an excellent opportunity to shop for meaningful holiday gifts with connections to artists who derive inspiration from our area. This year marks the 30th Anniversary of The Studio Tour, which hosts 24 artists. There will be something for everyone, including live demonstrations, food, community projects, and a chance to meet our new emerging artists.

The tour artists offer pottery and sculpture, paintings and illustrations, metal and wood work, jewelry, weaving, stained glass, fiber arts, and much more.

Come shop the experience this holiday season!

**Event hours:** November 9 & 10, 10am-5pm
overthemountainstudiotour.com

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**Ranson CVB**

The Ranson Convention and Visitor’s Bureau (CVB) is charged with promoting tourism in Ranson and surrounding areas to visitors, near and far. To accomplish this mission, the CVB hosts events throughout the year, such as: The Ranson Festival, The Ranson Car Truck & Motorcycle Show, a Tree Lighting event at Christmas, and other miscellaneous events.

Additionally, the CVB can assist visitors with tour plans, itinerary development, dining and lodging recommendations, meeting or special event planning, or simply provide brochures from the Visitor’s Center.

Join us for the **Ranson Tree Lighting** on November 30, 6-8pm, Lancaster Circle. Featuring...Santa, Mrs. Claus, Santa’s Elves, Frosty, the Grinch, and Cindy Lou Who. The event also includes horse-drawn wagon rides and live entertainment.

**Event Date:** November 30: Ranson Tree Lighting, 6-8pm.
ransonwv.us

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**Sacred Roots Herbal Sanctuary**

**Herbal Holiday Fair**

Support your local growers and artisans! Featuring Certified Naturally Grown dried medicinal herbs, tea blends, herbal products, including hemp-infused goodies, herbal wreaths, jewelry, pottery, henna painting, live music, and seated massage.

**Event hours:** December 7: 10am-4 pm

**Email:** info@sacredrootswv.com for address
sacredrootswv.com
The Nutcracker presented by Shepherdstown School of Dance

Shepherdstown School of Dance

Celebrate the season with Shepherdstown School of Dance as they present their annual performances of “The Nutcracker” at Shepherd University’s Frank Center for the Performing Arts. Nearly seventy performers from the school, community, and beyond will take the stage to tell the classic tale of a young girl’s Christmas dreams come to life. A Christmas tree that grows, snow that falls, giant mice battling with life-size toy soldiers, and dancing Sugar Plums transport the audience into a beloved magical world that is a treat for all ages.

Tickets are $18 in advance and $22 at the door. Available for purchase by credit card on our website shepherdstownschoolofdance.com, and by cash or check at Encore Apparel in Motion (108 East Washington Street, Shepherdstown).

Event Dates: December 14: 2 & 7pm; December 15: 2pm

Tickets: $18 in advance, $22 at the door. Purchase at Encore Apparel in Motion, or online at: shepherdstownschoolofdance.com 304-886-8398

Shepherdstown Farmers Market

The Shepherdstown Farmers Market is open Sundays, 9am–1pm, through December 22.

Shop local vendors for Local Produce, Plants, Breads & Baked Goods, Cheeses, Grass-Fed Beef, Eggs, Chicken, Pork, Artisan Butcher Specialties, Chocolate, Local Honey, Soaps & Body Care, Bulbs, Mushrooms, Kombucha, Salsas & Dips, and so much more!

As the holidays approach, you’ll be wowed and delighted with the variety of gift-offering items all made locally with love. Be sure to browse the hand-crafted wreathes, swags, greenery, and goods for holiday decorating.

We invite you to visit! Be in search for local quality, daily healthy living, entertaining, gifting, or just taking in the sights—our market is for everyone! Live music from local musicians every Sunday at the market!

Hours: Sundays, 9am–1pm, through December 22

Address: S. King Street, behind the Library, Shepherdstown, WV

ThePedalPaddle.com

Shepherdstown Sweet Shop Bakery

Our signature specialty, Holiday Stollen, dates back to 14th-century Germany. Today, stollen continues to be a holiday favorite. Our stollen is made by hand in small batches under the direction of our most experienced bakers. Our unique recipe uses rum-soaked raisins, dates, and pecans added to a dough of sweet butter and specially spiced flour. The mix is cut into rough loaves, hand-shaped, and wrapped around a marzipan center, then baked to a golden brown. When cooled, each loaf is brushed with melted butter and rolled in sugar, then placed onto trays to rest. To finish, we roll the stollen in Neu Schnee, or New Snow sugar.

We’ll have stollen available for sale in our shop for you to carry out during Christmas in Shepherdstown. Hand us your Christmas gift list, we’ll send out your stollen, with your personal greeting, to arrive on your specified date. Call us for shipping information and ask about our gift baskets!

Hours: Monday–Thursday: 8am–5pm; Friday-Saturday: 8am-6pm; Sunday: 8am–2pm, (in Dec til 4pm)

Address: 100 W. German Street, Shepherdstown, WV

wvbakery.com

Shepherdstown Pedal & Paddle

Shepherdstown Pedal & Paddle is a full-service bike, kayak, and canoe shop providing sales, service, and rentals to locals and visitors since 2007.

We offer Free life-time tune-ups on all new bike purchases.

Store hours: Monday-Friday 11am-7pm, Saturday 10am-7pm, Sunday 10am-5pm

Address: 115 West German Street, Shepherdstown WV

ThePedalPaddle.com

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Address: S. King Street, behind the Library, Shepherdstown, WV

Phone: 304-876-3000

Facebook.com/ShepherdstownFarmersMarket

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Address: 100 W. German Street, Shepherdstown, WV

wvbakery.com
Two Rivers Treads
At Two Rivers Treads, we're more than just shoes. As the nation's first restorative footwear store, and flagship store for the Natural Running Center, we're committed to providing the community with education and awareness on healthy living and an active lifestyle. We're your one-stop shop for all run, walk, and health needs. Stop by and check out our stocking stuffers, or if you don't know what to give this holiday season, grab a gift card and let them choose! What better gift to give, than the gift of happy, healthy feet!

Store hours:
Monday–Friday: 11am–6pm
Saturday: 10am–6pm
Sunday: 12–5pm

Address:
400 South Mildred Street,
Ranson, WV

Phone: 304-885-8843
ttworiverstreads.com

Tenfold Fair Trade Collection
Visit us at Tenfold and experience an Olde Tyme Christmas in Harpers Ferry while finding an amazing selection of handmade holiday décor, garland, nativities, stockings, and ornaments. Give a gift that gives back tenfold to marginalized artisans from around the world and find that perfect gift for your loved ones.

Come in and see our selection of unique, sustainable, upcycled, handcrafted jewelry, home décor, accessories, puzzles, toys, organic clothing, and more.

Shop small, shop local, shop fair! 10% off all ornaments during Advent. In Store Only.

Store hours: Daily: 10am–6pm
Address: 180 High Street, Suite 1A,
Harpers Ferry, WV
tenfoldfairtrade.com

The Vintage Lady—featuring the Best of ‘Made in West Virginia’
Our beautiful state is full of amazing artists, so why not give a gift made right here in West Virginia! From handmade jewelry to hand-blown glass—from delicious jams and jellies to delectable sauces for every foodie on your list—we’ve got something for everyone. Romantic gift chocolates, candles, and wine or craft beer—even carved coal figures for the naughty ones on your list—it's all here. Mention The Observer and get $5 off purchases over $20. Give gifts Made in West Virginia this year!

Store hours: Open daily: 10am-5pm or later. Extended hours during Olde Tyme Christmas: December 6-8 and 14 & 15
Address: 196 High Street,
Harpers Ferry, WV
Phone: 304-535-1313
Email: vinjewelry@aol.com
thevintagelady.net

Westvirjeni, Jeni Walker
Let Jeni help you create that festive feeling of the holiday season. Creative custom holiday wreaths, mantle decor, tablescapes, and floral art pieces available. Need an overall look? Call about holiday decorating at your home, business, or holiday party. Feeling creative? Visit the website to view workshop dates and more details.

Custom Workshops: Gather a group of friends and customize a private workshop on a date & time of your choosing.

NOW booking 2020 Weddings!!
Phone: 304-886-7543
Email: westvirjeni@gmail.com
facebook.com/wvjeni
westvirjeni.com
WONDERMENT PUPPET THEATRE
“The Nutty Nutcracker”
November 9th through December 23rd
1pm

BERKELEY ART WORKS
St. Nick’s Market
November 20th-December 28th
Thurs 11am-5pm • Fri 11am-8pm
Sat 11-4pm • Sun 12-3pm

DOORS TO CHRISTMAS
November 25th -December 4th
Martinsburg-Berkeley County Public Library
Auction on Wreaths:
December 4th @ 5:30pm

FLOWERS UNLIMITED
Come See Santa
Every Friday (3-5pm) & Saturday (11am-2pm)
Starting November 29th until Christmas

ANNUAL COMMUNITY CHRISTMAS TREE LIGHTING
Friday, November 29th @ 7pm
Tree Lit @ 7pm • Town Square

SUPPORT SMALL BUSINESS
Saturday, November 30th

SNOWFLAKE CHRISTMAS MARKET
Saturday, November 30th • 11am-4pm
on Town Square

JINGLE DOWNTOWN
Benefit Christmas Cash for Kids
Monday, December 2nd • 5-8pm

MAIN STREET MARTINSBURG CHRISTMAS PARADE
Tuesday, December 3rd @ 7pm • Downtown

APOLLO CIVIC THEATRE
“Miracle on 34th Street”
December 6, 7, 13, 14 @ 8pm
December 8, 15 @ 2:30pm
apollocivictheatre.org

THE BERKELEY COUNTY HISTORICAL SOCIETY
Christmas Open House
December 7 • 5pm to 8pm

CHRISTMAS AT THE BELLE BOYD HOUSE
December 7, 8, 14 & 15 • 10am to 4pm

CHRISTMAS IN 1779 AT THE ADAM STEPHEN HOUSE
December 7 & 8, 14 & 15 • 4 to 8pm

MAIN STREET MARTINSBURG APPLE DROP
Tuesday, December 31st 4:30-6pm • Downtown
(Rain or Shine)

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ANNOUNCEMENTS

Potomac Valley Audubon Society Upcoming Events
The Potomac Valley Audubon Society (PVAS) will sponsor a bird walk at North Schoolhouse Ridge in Harpers Ferry National Historical Park on Wednesday, November 6, from 9-11:30am. PVAS is also seeking volunteers to join a workday at Eldon Nature Preserve on Thursday, November 7, from 10am-1pm (2145 Orleans Road, Great Cacapon, WV). Tasks will focus on maintaining the preserve’s trail system and removing invasive plant species. On Wednesday, November 13, from 7-8:30pm, PVAS will host a monthly program at Hospice of the Panhandle (330 Hospice Lane, Kearneysville, WV) with Jennifer Burghoffer, Education Program Manager and Wildlife Rehabillator for the Blue Ridge Wildlife Center in Boyce, Virginia. Burghoffer will be bringing two of the Wildlife Center’s animal ambassadors, an Eastern Screech Owl and a Red-Tailed Hawk, to accompany her presentation “Wild Virginia!”

info: potomacaudubon.org

Calender

WVU Presentation on Alzheimer’s and Support Group
For those interested in learning more about Alzheimer’s, Apoorv Prasad, M.D., a board-certified neurologist with WVU Medicine, will be speaking about the topic at Berkeley Senior Services (217 N. High St., Martinsburg) on Wednesday, November 6, from 1:30-2:30pm. Prasad will cover causes, symptoms, treatment, and how to live with Alzheimer’s. The program is free and open to the public. Additionally, Berkeley Senior Services also offers an Alzheimer’s and Dementia Group—the second Friday of the month from 11:30am-1pm. Register and find out more below.

info: 304-263-8873

Meet & Greet with Panhandle Chapter of National Federation of the Blind
On Saturday, November 2, from 9:45-11am, the National Federation of the Blind WV – Eastern Panhandle Chapter will host a Meet and Greet at the Charles Town Library (Perry Room, 200 E. Washington St.). Attendees and supporters will get acquainted with politicians, blind advocates, library directors, and more.

info: krfbmbwv@gmail.com

Jefferson County Museum to Host Free Children’s Day
The Jefferson County Museum (200 E. Washington St, Charles Town) is hosting a free Children’s Day on Saturday, November 9, from 11am-2pm. Admission is free for children and participating caregivers. The event will include a variety of hands-on crafts and activities for children of all ages to learn about 19th- and 20th-century communication, entertainment, industry, and household work. Participants can learn how to buy dry goods at an old-fashioned “general store,” play with assorted vintage toys, use typewriters, participate in a mock archaeological dig, and more. Admission is $4; children under 18, students, and members of the Charles Town Library are free.

info: jeffcomuseumwv.org

1-2 Zion Episcopal Church Farmers Market
Zion Episcopal Church is holding their Farmers Market on Friday, November 1, from 8am-6pm, and Saturday, November 2, from 8am-9pm, at the Parish House on 215 East Washington Street, Charles Town. This annual event not only includes items for sale, such as clothes, house-hold items, linens, kitchenware, and jewelry, but also boasts delicious food, baked goods, and fresh sausage for sale.

info: 304-725-5312

1-7 StoryCorps Comes to Shepherd
Shepherd University’s Center for Appalachian Studies and Communities will hold its second-annual Shepherd Speaks StoryCorps Project during the first week of November, with the StoryCorps Launch event scheduled for Friday, November 1, at 5pm, in the Byrd Center auditorium on campus. The week following this event will find the Shepherd University StoryCorps van operational from 12-3pm at various locations across campus. Visit link for additional information.

info: storycorps.org

2-3 Community Club 1st Weekend Handmade Market
A unique pop-up boutique-like arts and crafts market featuring local artists and makers. Join them in celebrating local talent, meet the artists, and shop for fine crafted art, jewelry, home decor, accessories, gifts, and a whole lot more. Open Saturday, November 2, from 10am-7pm, and Sunday, November 3, from 9am-4pm, in Shepherdstown’s War Memorial Building (102 E. German Street).

info: scchandmadeMarket@facebook.com

1 First Friday Coffeehouse to Feature Premier West Virginia Songwriter
Todd Burge, West Virginia’s premiere songwriter, will be the First Friday Coffeehouse (4599 Shepherdstown Rd, [Rt. 45], Martinsburg) feature performer on Friday, November 1. Open-mic starts at 7:15pm and is on a first-come, first-serve basis. Performers have the opportunity to showcase their talent in an eight-minute segment to an attentive audience in one of the area’s premier listening rooms. Snacks and refreshments will be served. A $10 donation per person is requested.

info: First Friday Coffeehouse on Facebook

Sandwich & Bake Sale at Leetown Methodist
Planned for Saturday, November 9, from 11am-2pm (or until sold out), Leetown United Methodist Church (11133 Leetown Road, Kearneysville) is hosting a Soup, Sandwich, and Bake Sale. All are welcome; attendees will select from a variety of delicious soups, sandwiches (including country ham), and bake sale goods. Contact below for more information or to place an order. Leetown UMC facilities are handicapped accessible.

info: 304-725-8304
9 All-You-Can-Eat Pancake Breakfast at New Street in Shepherdstown

Set for Saturday, November 9, from 7-11am, at New Street United Methodist Church (202 W. New St., Shepherdstown), this popular meal will include homemade pancakes, bacon, sausage, sausage gravy, scrambled eggs, applesauce, and beverages. Adults: $8 and children (4-12) $5. Handicap accessible and carry-out available.

Info: nhowell@sjswv.org

9-10 Over the Mountain Studio Tour Returns

Set for Saturday and Sunday, November 9-10, from 10am-5pm, 24 local artists will display their work through nine studios open to the public. In this rare chance to see behind the curtain, local studios are swept, newest work is polished and tagged, snacks are stacked and plated, and the artists are ready to host you for an amazing weekend of laughter and falling in love with the fruits of their labors. Each stop includes multiple artisans, wares for sale, snacks, and conversations. No cost for maps or brochures, or to visit any or all of the nine stops.

Info: overthemountainstudiotour.com

10 Old-Time, Celtic, & South American Music Event

Tina Bergmann and Bryan Thomas are a northeast Ohio husband and wife duo playing American Old-Time, Celtic, and South American music on hammered dulcimer and bass. They will display their talents on Sunday, November 10, at 2pm, at Happy Retreat (600 Mordington Ave., Charles Town).

Info: happyretreat.org

10 Veterans Day Service Hosted by Saint Joseph School

On Sunday, November 10, at 6pm, in the Saint Joseph gymnasium (106 E. Stephen St., Martinsburg), patriotic music will be performed by the school band, choir, and handbell choir. Prayers and speakers are also part of the program. The event is free, but donation will be accepted for the Military Order of the Purple Heart. Active-duty military personnel, veterans, first responders, and other members of the community are invited to attend.

Info: knowell@sjswv.org

12 Speak Story Series Presents Bill Harley

Speak Story Series, part of Shepherd University’s Center for Appalachian Studies and Communities, presents storyteller and musician Bill Harley on Tuesday, November 12, at 7:30pm, at Reynolds Hall (109 N. King St., Shepherdstown). Harley will present “Growing Up Is A Full-Time Job,” stories about childhood from an adult who survived it. Admission is $12 at the door, express entry for Speak season ticket holders, free to full-time Shepherd students with ID. Speak is for adult audiences. Mature youth allowed at guardian’s discretion.

Info: info@speakstoryseries.com

16 First-Annual Ranson Parks & Recreation Cash Bash “Game On!”

Planned for Saturday, November 16, at 6pm, within the Ranson Civic Center (432 W. and Ave.), the community is invited to experience the 1st-Annual Ranson Parks & Recreation “Game On” Cash Bash—with proceeds going to scholarships and supplies for the Ranson Hoops Basketball League as well as used to stock the new year-round school supply closet at the Center. Attendees will try their luck at games, tips, silent auction items, and a top cash prize of $1,500. Bring a school supply donation to be entered in a special drawing as well. Dinner is included with your ticket. Doors open at 4pm. Must be 21 or older to attend. Admission is $30.

17 PVAS to Host Wine Tasting

The Potomac Valley Audubon Society will host a wine tasting on Sunday, November 17, at Cool Spring Preserve (1469 Lloyd Road, Charles Town)—open to the public, participants must be 21 or older. Attendees will stroll along the trails of Cool Spring Preserve, stopping at three wine-tasting stations. There will be nine different wines to sample and learn more about. Fees for this event are $35 for PVAS members, $45 for non-members.

Info: potomacaudubon.org

19 Mary Anne Hitt Featured Speaker at Community Club Dinner

Mary Anne Hitt, director of the Sierra Club Beyond Coal Campaign, will be the featured speaker at the Shepherdstown Community Club Dinner on Tuesday, November 19 to be held at the War Memorial Building (102 E. German St.), beginning at 6:30pm. The dinner will be catered by Carol Ann Sanders of Real Good Food. Tickets are $15 for members of the Community Club, $20 for non-members. RSVP by Saturday, November 16.

Info: 304-283-9039 or email carolann.sanders1@gmail.com

23 Holiday Open-Heart: Wild Rose Soap Company

On Saturday, November 23, from 10am-3pm, join the annual Holiday Open-Heart at the Wild Rose Soap Co. in Shepherdstown (173 Aislely Drive). Attendees will enjoy snacks, cider, door prizes, and demos. Come see where the products are made, and browse for holiday gifts from the selection of handcrafted cold process soaps, lotions, bath bombs, and more.

Info: mywildrosesoap.com

23 Tickets on Sale Now for Orchestra Concert in Shepherdstown

The Friends of Music will present a Two Rivers Chamber Orchestra concert in Shepherdstown on Saturday, November 23, at 7:30pm at Trinity Episcopal Church (200 W. German St.). Entitled “Magic and Majesty,” the concert will feature three works: Mendelssohn’s overture to “The Fairytale,” Manuel de Falla’s score for “El Amor Brujo” (a ballet about an Andalusian gypsy woman haunted by the ghost of her deceased husband), and Beethoven’s 8th Symphony. Ticket price is $30 ($27.50 before November 10).

Info: friendswv.org

25 Main Street Martinsburg Doors to Christmas

Set to run November 25-December 4, Main Street Martinsburg’s 2019 Doors to Christmas will showcase 24 beautifully designed Christmas wreaths, decorated by local businesses, on display at the Martinsburg-Berkeley County Public Library. The wreaths can be used for your front door, over your fireplace, or as a perfect gift for someone special on your list. A live auction will take place on Wednesday, December 4, beginning at 6:30pm.

Info: mainstreetmartinsburg.com

28 All-You-Can-Eat Buffet for Thanksgiving at Shepherdstown Clarion

Set to run from 11am-3pm at the Clarion Hotel & Conference Center (233 Lowe Drive, Shepherdstown) on Thanksgiving Day, Thursday, November 28, attendees will enjoy a bountiful feast. Seatings will take place at 11am, 12pm, 1pm, and 2pm. Reserve at 304-870-7010. Adults $26, children 6-12 $15.50, children under 5 eat FREE.

Info: bit.ly/2VauEck

29 Christmas Season Kicks Off in Martinsburg

The Christmas Seasons kicks off in Martinsburg on Friday, November 29, at 6pm, with the lighting of the tree downtown and an evening full of festivities. The town is lit up top to bottom, with lights from the streetlight snowflakes decorations, outlined buildings, and of course, the magnificent tree. Carols will walk the streets and the church bells will chime holiday tunes. A special appearance by Santa will also take place, as he hands out goody bags.

Info: mainstreetmartinsburg.com

29 Shepherdstown Kicks Off Holiday Season with Bonfire and More

Landing on Friday, November 29, from 4:30-9pm, on King Street in downtown Shepherdstown, the annual bonfire (with roasted chestnuts) will keep attendees warm as the rest of the night takes shape—including the lighting of the tree by the mayor as well as Santa’s arrival and Mrs. Claus’s reading of “How the Grinch Stole Christmas”—accompanied by holiday music downtown, the Grinch (and Cindy Lou), and an unforgettable atmosphere. Carriage rides, Victorian carolers, a Civil War Christmas (as well as magic shows, face painters, hot cocoa/cookies) continue into Saturday, November 30, as well as December—including the Big Christmas Parade on Saturday, December 7.

Info: shepherdstown.info

29-1 Ho Ho Ho-liday Handmade Market

This holiday season, find locally made gifts you can feel great about giving! The Shepherdstown Community Club (102 E. German St.) hosts local/regional artists, artisans, and designers to bring you a unique and charming shopping experience—set for Friday & Saturday, November 29-30, from 10am-7pm, and Sunday, December 1, from 9am-4pm. You’ll find different sellers each weekend of this four-week-long market of handmade goodness.

Info: kat1249@hotmail.com
Tree Lighting Ceremony

Saturday, November 30
From 6 PM to 8 PM

At Lancaster Circle In Ranson
Featuring Santa and Mrs Claus arriving on a horse drawn sled along with a special visit from Santa’s Elves, the Grinch, Cindy Lou Who and Frosty the Snowman.

Live Entertainment
Horse Drawn Wagon Rides
Marshmallows roasted over the open fire

For more information or weather related updates, scan the QR code.
THIS YEAR, the popular Over the Mountain Studio Tour (OTMST)—the oldest studio tour in West Virginia—will host its 30th Anniversary Tour, landing on Saturday and Sunday, November 9 + 10, from 10am-5pm. The rare occasion allows the public to meet artists throughout Jefferson County, observe their studio spaces, and learn about their processes.

In honor of OTMST’s dedication to education, this year’s event will showcase an emerging artist program, comprised of two locations that will host developing artists who have shown talent and dedication in their work. These individuals have attended many previous tours and are excited to gain experience with the overall business side of being a working artist.

Founding member Anne Bowers (tour stop number six) will host three promising young artists who have been working together for nine years in a group facilitated by local artist, Beth Brent. Their work includes calligraphy, poetry, animal sculpture, and polymer clay sculptures.

Additionally, blacksmith Eric Johnson, (tour stop number nine) will host a young Harpers Ferry native who creates works in chalk pastels and various painting mediums. Recently, her work was chosen for the 2020 West Virginia Division of Natural Resources Wildlife Calendar. She has stated that the success of her new business as an artist could not have been accomplished without the interest and support from her friends and this exceptional community.

These young artists have infused a fresh new vision for the tour as it celebrates three decades—looking from past, present, and into the future. Come see for yourself what years of community support for local artists has created.

A Love of Nature and Art
The Tour is also happy to announce the return of the Coolspring Nature Preserve (1469 Lloyd Rd., Charles Town). Attendees may have visited this site in 2015 as Craftworks at Coolspring. While the Coolspring preserve is the inspiration of many Jefferson County artists and naturalists, it also shares property with tour member, Linda Case, who founded the 80-acre preserve in hopes that people would be able to join their love of nature and art.

The Coolspring locations will be showing her mixed-media works along with colored-pencil artist Tara Bell, and fiber artist Susan Shildmyer, who creates free-form knitted wearables.

For additional information, visit overthemountainstudiotour.com, email artrulesme@aol.com, or call 703-727-2532.

ARTICLE BY: Jordan Webb

THE SPECS
The tour travels through Harpers Ferry, Charles Town, and Shepherdstown.

Artists offer works for sale in various mediums including, ceramics, glass, wood, jewelry, drawings, prints, paintings, and more.

Guests can plan their visit by following the brochure map available at tour stops and local businesses, or downloading the online map available at: studiotourwv.org.
THE WELLNESS CENTER at WVU Medicine Berkeley Medical Center (2000 Foundation Way, Martinsburg) is celebrating its 20-year anniversary. Since opening its doors in the fall of 1999, it has doubled in size and expanded services to meet the needs of the community.

The Center, located in the Dorothy A. McCormack Center on the Berkeley Medical Center campus, has undergone several updates and added equipment over the years. In fact, it’s currently undergoing renovations for a new, fresh look.

At the heart of The Wellness Center is the staff and members. Members often comment that they feel comfortable, safe, and at home in the facility. The Center’s highly qualified, degree, and certified staff have over 100 years of combined experience in the fitness and wellness field.

“We strive to offer comprehensive fitness and wellness services in an atmosphere that is inviting and makes our members feel at home,” said Brent Garrett, Center director. “Our programs are designed to meet the individual needs of our members to assist them in meeting their health and wellness goals.”

Can’t Say Enough

The Wellness Center was proudly the first and only fitness facility in the area to offer the Technogym System, an advanced type of fitness equipment made in Italy. The system allows staff to design a customized fitness program that is then loaded onto a special key. This allows members to easily track their individual fitness goals, and Center staff follows up with regular assessments—along with daily interaction and assistance.

In addition to the Technogym equipment, the Center also offers a variety of fitness classes and health and wellness programs. Personal training sessions are also offered for an additional fee.

“Within about a year of opening, we were up to around a thousand members,” added Garrett, who’s been with the Center for twenty years this month, and director for the past ten. “It’s a testament to the services and the environment we provide here and the incredible staff we have here working with our members every day.”

Garrett pointed out that membership currently stands at approximately 2,700 members, which has a lot to do with why the Center is looking to expand. “We expanded the facility in 2005 because of increasing numbers—we got to the point where we simply couldn’t add any more members. And now we’re looking to expand again.”

Garrett emphasized that what distinguishes The Wellness Center more than anything else is the relationships he and his staff develop with members. “This place is essentially like one big family—I’m sure that happens at other gyms on certain levels, but there’s really something special going on here, particularly for the older population that we have. It’s a really great environment to work within and I can’t say enough about our members. It’s what makes us who we are.”

On October 7, the Center held an open-house where tours were offered and staff discussed membership options. “One man walked up to me,” Garrett added, “and said, I just learned all I need to know about this place by talking to the people working out. They had nothing but great things to say about it.”

For more information, call 304-264-1232, email bgarrett@wvumedicine.org, and find The Wellness Center on Facebook.

ARTICLE BY: Jillian Williams
BRINGING BACK BOB (PART 2)
Everyone Can Help Restore Wildlife Habitat

Worth Saving
Habitat improvement programs are also funded by private sportsmen's organizations such as Ducks Unlimited, National Wild Turkey Federation, Izaak Walt League, Quail Unlimited, and Pheasants Forever.

Their efforts have succeeded. With better habitat, most game species now are thriving, along with other wildlife. Lakes, rivers, and ponds sustain not just waterfowl but furbearing mammals, fishes, amphibians, dragonflies, and water plants. Forest edge habitat that deer, rabbits, and quail prefer are prime nesting places for songbirds.

Hunters have a vested interest in maintaining healthy, sustainable numbers of wildlife if they want to continue to hunt. Last month, I talked to a local couple who are restoring quail habitat on their land. They're hunters who train their field champion dogs to compete in field trials. They just want to have them around and enjoy seeing the native plants and other wildlife.

Non-hunters and hunters have just as much to lose, as climate change and development combine to create a new environmental crisis. To offset this loss, non-hunters can also buy a hunting license and a duck stamp just to help restore wildlife habitat. And everybody can plant pollinator gardens. Backyard habitat programs are sponsored by the National Audubon Society and the National Wildlife Federation. To preserve wildlands throughout the world, donate to the Nature Conservancy.

If we find common ground protecting such joys of nature, we can ensure their future. If not, we all lose.

Bobwhites are more than gamebirds. They’re indicators for early successional forest habitat. Their song is a joy to hear. A line of quail chicks with a parent at both ends crossing a country road is worth saving.

ARTICLE BY: Doug Pifer
Doug is an artist, writer, and naturalist living near Shepherdstown.
THE MACHO MASCULINE MANLY MAN
A useless remnant from our evolutionary past.

OUR APPENDIX IS CONSIDERED a “vestigial organ” that has no function anymore yet creates a disproportionate amount of turbulence. The same could be said about the “Alpha Male.” While all humans manufacture identical hormones that establish the nebulous parameter of male to female, testosterone and estrogen are the two that get the most blame when we are rationalizing our divide, assigning our strengths and weaknesses, and doling out the domestic chores. They are chemical messengers sent from our pituitary glands; their signals influence our behavior and also can radiate their presence to others.

But it’s the “testy” part of that equation, assumed to be the “toxic” potion of masculinity, that can create the Masculine Manly Man that our species has learned to fear, admire, and use for mutual benefit. In a study by the New England Research Institute, summarized by Daniel Goleman’s article of 1990, *Aggression in Men:*
Hormone Levels are the Key, he writes, "The picture we get is of a man who attempts to influence and control other people, who expresses his opinions forcefully and his anger freely, and who dominates social interactions."

In addition, he notes that social class can make the difference in how that higher testosterone level is manifested. “For men of lower social and economic status, it is likely to show up as a readiness for fights, a history of minor crimes, and chronic trouble with parents, teachers, and peers in childhood. But that is not true at higher social and economic rungs, where the display of dominance is more subdued.”

Goleman gives an example of how wealthy or privileged men have different outlets for their impulse to dominate: "You can drive a fast car instead of stealing it, for instance. And social dominance could be channeled into organizational leadership if you have the opportunities."

Not all researchers agree on the effects of increased levels of testosterone—but, no matter, the Macho Masculine Manly Man meme has become the hormonal billboard of our identity, enshrined by the cowboy, the Ugly American, and now, the non-disarmable bully. Inspiring minions of mirroring followers, it’s far from extinction—even while it remains useless, prone to mood swings, irritability, impaired judgment, and delusions.

An Un-Easy Transition
Although there are plenty of domineering females, better known as “battleaxes,” it’s the Man’s Man bully who thrives into overdrive. Intermittent positive reinforcement teaches him that it works, even as the rest of us pretend to disapprove. Our primitive selves gravitate toward him; it’s been shown in research that we—both men and women—respond to his hyper-manly behavior with temporary minute testosterone surges of our own.

But in the corporate world, for example, the Leadership Institute of Harvard College lists qualities that don’t sound at all like the typical alpha male—in fact, they sound more like stereotypical “feminine” attributes. Traits like empathy, loyalty, emotional intelligence, humility, the ability to delegate and be supportive by giving credit to others, are high on the list of characteristics to be developed in leaders. Those are the exact opposites of the male-dominated culture we’re regressing towards. How did that happen?

The very basis of the word “human,” “history,” and “woman” is sprung from the rib of Adam. Now, after millennia of creating life but not controlling it, women are on the threshold of being a voice—not muscle, perhaps, but at least a higher-pitched audible voice. It has not been an easy transition for many men, whose identity is manifested by being the “Head” of the house, as Christ is the “Head” of the church.

According to Scripture, women are to be submissive congregants of their husbands: “I permit no woman to teach or to have authority over men; she is to keep silent,” Timothy says. We are to be “helpmates.” It’s a virtual micro-Manifest Man’s Destiny, carte blanche to dominate, lead, overrule, and subjugate. There is no ambiguity in those verses in Genesis, Corinthians, and Ephesians.

... as if life is a zero-sum sport where her gain means a loss for him ...

The backlash to women’s efforts to recognize and prevent domestic violence and end sexual harassment, discrimination, and assault has been building. Thank technology, which has replaced conversational social inhibitions with an armory of verbal threats. We now have the weaponized internet, enabling the bullets and ammunition of masculine insistence and resistance to seep into the workrooms, kitchens, boardrooms, and bedrooms of women all over the world.

Enter the “Manosphere,” defined by Oxford Dictionary as “websites and blogs where men express opinions about issues, especially those associated with views that are hostile to feminism and women’s rights.” Another website, Dictionary.com, further describes it as “full of misogyny, and overlaps with parts of the alt-right.” One men’s rights group posts on its home page: “… women have been no more discriminated against because of their sex than men have.”

Group Identity
Scott Adams, creator of the “Dilbert” cartoon strip, exemplifies the “Manosphere” perfectly by writing that “... the psychological state of American men in 2016 is one of persistent humiliation for simply being male. Perhaps the biggest unreported story of this presidential election is the humiliation of the American male. You’re seeing a celebration that your role in society is permanently diminished.”

These backlash-laced forums are where aggrieved men complain that women want to be equal to them, yet still demand “perks” like prenatal health care, tax-free sanitary napkins, affordable contraceptives, child support, and to have timely processing of rape kits. The most virulent voices rage that they have the “right” to have sex with women even against their will, because women are in complete charge of all sex and therefore are never victims. Five mass shootings in recent years have been by men who identify with “Incelis” (involuntary celibates), retaliating against random women for spurning their biological needs.

You wonder, where was this Men’s Movement before the Women’s Movement?

They didn’t need one. But now, it’s as if every time women win a “right” previously denied to them by the government, a bell goes off in some man’s head that he has lost one of his rights—as if life is a zero-sum sport where her gain means a loss for him.

Perhaps “Femi-Nazis” over-did the “male-bashing.” But in reality, according to Ruth Bader Ginsburg, “… all we ask of our brethren is that they take their feet off our necks.” Yet, in spite of rampant sex discrimination, I know of few women who dislike individual men just for being men, and there are many, many women who prefer men for friendship, over women.

How people, both men and women, behave within their group identity is, most importantly, what needs to be improved. And the virulent, monetized feminization of girls, by media, advertisers, and often by her own parents, further risks our chance for gender equality—not nearly as much as “toxic masculinity” does.

Humans are still evolving, coping, and experimenting with getting rid of what doesn’t work. Disarming the Macho Masculine Manly Man isn’t as easy as excising the relic of unnecessary anatomy. The appendectomy is generally a simple surgery, with positive outcomes after a definitive diagnosis.

Adapting our physiology to create a healthier state of mind and mood is far more complex.
HOLIDAY BLESSING: SHEPHERDSTOWN BOASTS TOUR OF HISTORIC CHURCHES

Bells will be ringing in Shepherdstown on the day after Christmas. Jerry Bock and Bruce Massey of the Historic Shepherdstown Commission announce the Second-Annual “Shepherdstown Tour of Historic Churches”—to be held on Thursday, December 26, from 2-6pm.

Bells of the participating churches, as well as those of Shepherd University’s McMurran Hall, will all ring out to celebrate the opening of the tour. The self-guided walking tour will take about two hours, and all churches will have greeters and docents on hand.

“This is a non-religious tour focusing on history and architecture,” Bock explained. “All of the docents have knowledge of the history of the buildings and congregations. The tour gives the churches a chance to show off their buildings, and it’s timed so that visitors can see the churches decorated for Christmas. The tour starts at two so that people have two or three full hours of daylight to view the stained-glass windows.”

The War Memorial Building (102 E. German St.) will be tour headquarters, where visitors can pick up maps and refreshments are served, courtesy of the churches. All of the churches on the tour are in downtown Shepherdstown—including: Christ Reformed Church, Trinity Episcopal, New Street United Methodist, St. Peter’s Lutheran, Shepherdstown Presbyterian, and St. Agnes Catholic.

The historic cemetery of the Old English Church (Episcopal) is included on the tour as well, but only the exterior of the church itself may be viewed because it is now privately owned.

Massey reported that he is always asked which church is the oldest. “But what makes it complicated,” he said, “is the fact that different parts of churches were built at different times, and in some cases, the congregations were older than the churches. Christ Reformed’s bell tower might be the oldest structure. It had the largest bell, engraved with the date 1732. The square stone tower was part of an old church built in 1798. The church was originally log. Then they
built the tower and tore the log church down and built the new church between the tower and the street in 1839.

New Street United Methodist was originally built of wood but was rebuilt with brick after a fire in 1854. Like most of the town’s churches, it served as a hospital after the Civil War Battle of Antietam in 1862. After the war, the church split into northern and southern factions, and the Northern Methodists controlled the church. What is now the War Memorial Building was built in 1868 to house the Methodist Church South.

Bock noted that the Methodist Church doesn’t have stained-glass windows, “...but it has beautiful clear glass windows. They’re very tall, and the ceiling is very tall.”

St. Peter’s Lutheran Church, Shepherdstown

Still in Use
Shepherdstown Presbyterian does not have the oldest building, but had the oldest congregation in town, chartered in 1743. A log church was built in the 1780s, replaced by a frame church destroyed by fire in 1834, and replaced again in 1836. It is a plain brick building with a belfry and cupola. It was the largest building in town during the Battle of Antietam and served as a hospital.

St. Peter’s Lutheran is the oldest Lutheran church in West Virginia. The congregation met in homes from 1765 until a brick church was built in 1795, and enlarged and remodeled in 1868. The present Gothic limestone church was dedicated in 1908, and a bell from the old church was installed. An escutcheon (lock plate) made in 1795 by a local locksmith was also installed.

St. Agnes Catholic Church is a modern church, dedicated in 2008. It is in the shape of a mandorla, the overlapping central space of two concentric circles, described by early Christians as the space between the divine and human. Notable is a sliding wall of etched glass depicting figures from scripture, the church history, parish, and town. Catholics have lived in the area since the mid 1700s, and this is their third church, but the site of the first is unknown. The small but beautiful St. Agnes Chapel, which was replaced by the new church, is on the tour. It is still used for weddings and other occasions.

Trinity Episcopal was first built of logs in 1745 as First English Church, and rebuilt of stone in 1769 near the present location. The present Gothic style, a gray native-limestone church, was built in 1858. When local churches were used as hospitals after the Battle of Antietam, Trinity was chosen to stay open as a place of worship for troops of both sides. Notable is an 1869 organ purchased in 1972, restored in 1993 and described by the restorer as “possibly the finest organ restoration we have ever done.”

The tour is sponsored by the Shepherdstown Historic Commission, the Shepherdstown Visitors Center, and the Shepherdstown Community Club.

ARTICLE BY: Claire Stuart
NEGLIGENCE WEST VIRGINIA DOWNTOWNS RECEIVE REDEVELOPMENT HELP

WEST VIRGINIA DOWNTOWNS in dire need of redevelopment and revitalization are getting much needed aid through the Downtown Appalachia Redevelopment Initiative.

The Initiative works to transform vacant, decaying, and/or underutilized properties into thriving business centers, mixed-use retail and housing complexes, community facilities, and other cultural assets.

In order to receive technical assistance, applicants must be an individual, organization, or business that is currently engaged in—or intends to engage in—the redevelopment of an eligible project. Eligible projects must transform a property into a desirable place to live, work, play, or visit.

The Initiative, which was kicked off about a year ago and runs through 2021, was created by the Natural Capital Investment Fund (NCIFund) in partnership with the Brownfields Assistance Center at West Virginia University. It has been involved with six development projects to date. Program Lead Ray Moeller pointed out that ten more project engagements are imminent, and about 50 projects are in the pipeline for potential consideration.

The three-year project is federally funded through the Appalachian Regional Commission POWER (Partnerships for Opportunity and Workforce and Economic Revitalization) and Claude Worthington Benedum Foundation grants. This $1.715 million in funding provides coordinated investments in communities negatively impacted by changes in the coal industry and other industry decline. Additionally, NCIFund has committed to raising $3 million in matching funds and expects total leveraged funding to reach $12 million.

In the Works
Ultimately, the Initiative hopes to address the daunting challenges of redevelopment. According to a recent Initiative press release: “Grand historic buildings often suffer from structural issues—older apartment building may have outdated floor plans and insufficient safety systems. Some sites are plagued with environmental contaminants. The required clean-up upgrades, and retrofitting can be costly and difficult to finance, due to low appraisals or rents. The planning process can be difficult and cost-prohibitive." One such Initiative project coming to fruition is on Main Street in Thomas, West Virginia.

“The Initiative provided much-needed and timely redevelopment technical assistance for a specific mixed-use development project in downtown Thomas,” said Emily Wilson-Hauger of Woodlands Development Group. “In that specific instance, it provided the assistance to complete a required piece of a funding proposal application for development costs. The DA Initiative will provide significant support to our work as Woodlands continues to try to address rural downtown redevelopment challenges within our north-central West Virginia service area.”

Moeller added, “This particular building in Thomas had to be torn down. Thomas is a historic town, and the new building will be designed and constructed in a fashion so that it blends in with the historic buildings around it. It will be a commercial and community space on the street level, and much-needed affordable apartments for the workforce in the Thomas area on the upper levels.”

Another project in the works is in Marlinton, West Virginia.

“As a small business striving to make a go of it in a very rural setting, the potential of expanding our business footprint was daunting," said Angela Hoffman, of the Almost Local Business Hub and MindEase Solutions, which provides personal and business solutions services including a shared office space building in downtown Marlinton. “The early technical assistance provided by the Downtown Appalachia Initiative has definitely provided clarity as to the feasibility and viability of our project.”

Projects will be funded on a first-come, first-served basis, and will be assessed on their potential for impact, said Moeller.

ARTICLE BY: Lisa Troshinsky

Applicants interested in receiving assistance and/or project financing should contact Moeller at raymond.moeller@mail.wvu.edu, or call 304-293-0390.
WHERE TO FIND MUSIC, FILM, AND THEATRE THIS MONTH

by: Evan Benhamu

SCHEDULE

November 1-3:
Fri/Sat, 8-10pm, Sunday, 2:30-4:30pm
Sherwood: The Adventures of Robin Hood

O’HURLEY’S GENERAL STORE
ohurley.com

Thursdays: 7pm
Jam Sessions

TOWN RUN TAPHOUSE AND COMMUNITY PUB
Town Run Taphouse and Community Pub on Facebook

November 3:
9:30pm
Divas Drag Show

November 9: 4pm
Picking on Rockwood 2
Gypsy Ramblers, Chelsea McBee, Don Oesher, The Derailleurs

November 16:
9:30pm
Jeff Cosgrove Group
Jazz

November 20:
7 & 9pm
Kevin Farley
Stand-Up Comedy

November 22: 8pm
Billy Thompson Live
Blues

November 27: 12pm
Funksgiving
Beer + Funk

November 29:
8pm
Black Friday Live Music

November 30:
Small Business Saturday

MUSIC

Bring in the Holiday Season with Swan Lake

THOSE FAITHFUL TO the tradition of Swan Lake must see Russian Ballet Theatre’s (RBT) new production of Pyotr Ilyich Tchaikovsky’s timeless classic—set for Frederick’s (MD) Weinberg Center for the Arts, Friday, November 8.

Choreographer Nadezhda Kalinina (Mariinsky Theatre, Teatro Lirico, Omsk State Music Theatre) lovingly retouches the oldest St. Petersburg version of the ballet and adds her vision and something more that undoubtedly will leave audiences flushed with emotion. RBT’s dancers bring her choreography to life along with the new exquisite hand-painted sets and 150 new hand-sewn costumes.

Designed by the young, accomplished Sergei Novikov (Mariinsky Theatre, Omsk State Music Theatre, St. Petersburg State Music Hall), these are in the century-old tradition of the great theatrical masters. SFX makeup by Award-winning Irina Strukova (Crazy Rich Asians, Netflix, HBO) completes the already perfect glittering fantasy that is Swan Lake! Don’t miss it—find out more below as well as at weinbergcenter.org.

BRIGHT BOX THEATER

Old Opera Haus Theatre

OLD OPERA HOUSE THEATRE
OldOperaHouse.org
Old Opera House Theatre Company on Facebook

November 2:
7:30pm
Sword of the Spirit
One-act play based on John Brown and his wife

November 23:
8pm
Nate Clendenin

November 27:
Friendsgiving Celebration!

November 30:
8pm
Sally Mae Foster

VIRGINIA

BRIGHT BOX THEATER
brightboxwinchester.com
Bright Box on Facebook

November 8:
8pm
The Marshall Tucker Band
Rock

November 16:
9:30pm
Jeff Cosgrove Group
Jazz

November 20:
7 & 9pm
Kevin Farley
Stand-Up Comedy

November 22: 8pm
Billy Thompson Live
Blues

November 27: 12pm
Funksgiving
Beer + Funk

November 29:
8pm
Black Friday Live Music

November 30:
Small Business Saturday

HOLLYWOOD CASINO AT CHARLES TOWN RACES

Old Opera Haus Theatre

Hollywood Casino at Charles Town Races on Facebook

November 9:
8pm
The Marshall Tucker Band
Rock

November 16:
9:30pm
Jeff Cosgrove Group
Jazz

November 20:
7 & 9pm
Kevin Farley
Stand-Up Comedy

November 22: 8pm
Billy Thompson Live
Blues

November 27: 12pm
Funksgiving
Beer + Funk

November 29:
8pm
Black Friday Live Music

November 30:
Small Business Saturday

HOLLYWOOD CASINO AT CHARLES TOWN RACES

Old Opera Haus Theatre

Hollywood Casino at Charles Town Races on Facebook

November 9:
7pm
Fall Harvest Paint Night w/Chasing the Sun

November 15:
8pm
Spruce Brothers Trio

November 16:
8pm
Menage a’ Twang

November 17:
12pm
Kelley Farms presents Veg Bash Vegan Festival

November 23:
8pm
Nate Clendenin

November 27:
Friendsgiving Celebration!

November 30:
8pm
Sally Mae Foster

MARYLAND

THE WEINBERG CENTER FOR THE ARTS
WeinBergCenter.org
Weinberg Center for the Arts on Facebook

November 8:
8pm
Swan Lake
Russian Ballet Theatre

November 16:
8pm
Ronnie Milsap
Country

See websites for full schedules.
I tend to speak about my origins as if I was from a foreign country, and not from rural West Virginia.

I grew up in Green Bank, West Virginia, at the center of the federally mandated National Radio Quiet Zone (NRQZ), where interference like cell phones, wireless internet, and other devices are legally regulated. My hometown feels like another planet, full of opposites and tucked away from the world in a quiet spot. I grew up feeling no different than the average child, but it wasn’t until middle school that I realized I lived in a unique area.

Green Bank is a special town—the epicenter of the NRQZ, and also a site of fascinating technology used for astronomical research. Green Bank is home to what was, during my childhood, the National Radio Astronomy Observatory (NRAO), and is now the Green Bank Observatory (GBO). At GBO, there are eight telescopes, but the most impressive telescope is the Robert C. Byrd Green Bank Telescope, or the GBT.

The GBT is currently the largest, fully-steerable radio telescope in the world. With a dish that is larger than a football field, this telescope can capture miniscule signals from space and help map out the objects in the universe.

According to GBO, NRAO was created in 1956, and that same year, the Associated Universities Incorporated purchased 6,000 acres in Green Bank. Soon after, the NRQZ was discussed as a way to help curb interference for both NRAO and the U.S. Naval facilities in Sugar Grove, West Virginia. The NRQZ was established in 1958 by the Federal Communications Commission, and to this day, spans 13,000 square miles, encompassing land in both West Virginia and Virginia.

In time, NRAO began to grow its facilities, adding telescope after telescope, and in 1989, Senator Robert Byrd sponsored an appropriation for the GBT. Construction began on the telescope in 1991, and it was dedicated in 2000, when I was two years old. The telescope began operating in 2003.

Familiar Pace
Green Bank was the best place to be a child. I grew up without the fear my parents might have had if we lived in the city. When I was old enough, my mother sent me out into the yard to find a neighbor kid to play with until dark. When the sun started to set, she would yell out the front door for me to come back home for dinner.

I was lucky to have young neighbors around, as the number of children in Green Bank have dwindled as I’ve gotten older. I had neighbors around my age, and we filled many days with made-up games of pretend, games with imaginary friends on my neighbor’s trampoline, and swimming in my neighbor’s pool set up on their back porch. I have many memories of pools filled from the hose and friction burn on my knees from the trampoline. And my neighbors all loved the patch of trees in my backyard—we’d spend all day building forts from fallen logs and branches.

Growing up like this made me fairly independent. I did well in school, I was driven, and I was also able to scrap it out with my friends. When things went wrong, we took care of it, unless it was something we needed our parents for (like road rash, or some gravel in our knees).

All through childhood, I didn’t feel any different than the average kid because of where I
lived. Up until I was in middle school, technology in Green Bank seemed to be progressing at the same pace as the outside world. My brother and I were on Myspace just like everyone else, and when Facebook came out, we all joined in. I used my first computer mouse when I was two years old, the same year the telescope was dedicated, and I felt no different than anyone else. At the time, the only missing things were flip phones and radio stations. However, when I moved on to middle school, I began to feel that the world was progressing past what we were able to have in Green Bank.

Do Not Disturb
I began middle school in 2010, when touch-screen devices were coming into fashion. I got my first iPod Touch in the 7th grade, and everyone else around me got their devices, too. However, the only thing we could do with them were play games, explore apps, and listen to music—as we were not allowed to have Wi-Fi because of the NRQZ. Because I didn’t live on the site of NRAO, however, I didn’t have quite as many restrictions.

In Green Bank, if someone lives on the GBO site itself, things like cell phones, cordless phones, Wi-Fi, microwaves, and wireless speakers are prohibited. According to the GBO, the West Virginia Radio Astronomy Zoning Act allows them to “prohibit the use of any electrical equipment within a ten-mile radius that causes interference to radio astronomical observations.” Many of the items that many people rely on outside of Green Bank are prohibited.

My location meant that these restrictions weren’t as stringent, so my family was able to use items like wireless phones and microwaves.
However, I do have memories of my mother using a phone in our kitchen with a long, stretched-out cord all throughout my childhood.

I bought my first cell phone when I went to Shepherd University at 18. It wasn’t difficult for me to discover Shepherd, as Green Bank has wired internet. Because my father is a software engineer at GBO, there was no way I was going to make it through my life without being technologically literate. However, the switch from tiny Green Bank to Shepherdstown made a huge difference in my life. Suddenly, life was flying at a much faster pace, and it was overwhelming.

I loved my freshman year of college. The biggest drawback was that I discovered, with a cell phone, I was connected to everyone 100 percent of the time. My first year at college, phone notifications drove me absolutely crazy. I had to put my phone on “Do Not Disturb” all day, as I couldn’t stand the buzz or the noise that came from every notification.

I noticed quickly that my friends were annoyed that they couldn’t reach me immediately, and that I didn’t follow the rules of texting that many of them had grown up with. I didn’t particularly know how to text well, and I definitely didn’t answer my texts or calls quickly. I was used to living in an area where I simply wasn’t available 24/7, and that if I left the house, no one could get in contact with me unless I wanted them too. I was suddenly tethered by my phone to a virtual world, and I didn’t enjoy it.

Pulled Back

When I visited home, it was like a breath of fresh air. I would talk to people when I ran into them, but I didn’t necessarily have to seek them out or maintain contact with them regularly if I didn’t want to. Instead, we spoke when we saw each other, or we called each other at home, and there was no real pressure to stay in constant contact. That was enough for me.

Green Bank is one of my favorite places in the world. I don’t resent having more of an isolated childhood; instead, I think it strengthened me for the challenges I have faced so far in my life.

As I near graduation from college, I feel myself being pulled back towards Green Bank for a bit of rest. Shepherdstown is a beautiful place to learn, grow, and feel connected to the rest of the world. I love to people-watch on the street in Shepherdstown (which is impossible in Green Bank), and I love the community that the university creates in the town. However, for now, I want nothing more than to put my phone on airplane mode, disconnect from the outside world, and focus in on the bird song and the buzz of scientific advancement in the air at Green Bank. My home.

Find out more at: greenbankobservatory.org.
PERHAPS. I HOPE NOT. But first, let’s look at a bit of history. There have been four different systems of higher education in West Virginia since the 1960s. We seem to want to completely overhaul the structure every 20 years or so.

All of the state’s institutions of higher learning but one were once governed by the state Board of Education (the same entity that regulates K-12 education). West Virginia University (WVU) had its own governing board.

In the mid-1960s, the Legislature created the Board of Regents (BOR), to govern all of the state’s public colleges and universities. Other than WVU, Marshall was the only “university.” This change acknowledged the differing nature of K-12 and college, and there was a desire to create a system of “community colleges.”

The community college, an idea championed by president Harry Truman after World War II, was being adopted by most states. They were two-year schools with no on-campus residences.

The first chancellor hired by the BOR was a community college expert. But after much debate, the Legislature opted to not create such a system, deciding instead to have only two community colleges. The BOR directed six of the four-year schools (Marshall, Shepherd, Fairmont, Glenville, Bluefield, and West Virginia State) to develop community college programs “within their walls.” This turned out to be a big mistake, as few programs were developed and few students entered those.

ROAD TO RUIN
In the mid-1980s, the BOR was replaced. WVU, Marshall, and the state School of Osteopathic Medicine (OSM) were placed under one board, and all the other schools put under another. The only remaining vestige of the BOR is the “Regents Bachelors Degree,” given to some students. The schools with community college programs were told to do a better job with them. They didn’t.

In the early 2000s, the present system was created, resulting from the most extensive study of higher education ever done by the Legislature. I co-chaired the study committee, along with Senator Lloyd Jackson of Lincoln County. We took a full year and went to every public college and university in the state, listening to faculty, staff, and students.

We concluded that we needed a real community college system. The schools “within the walls” of the six institutions listed above were broken away and made free-standing. The one at Shepherd University was moved to Martinsburg, becoming Blue Ridge Community College.

Also, five of the smaller colleges (including Shepherd) were given permission to offer master’s degree programs. Only WVU and Marshall had been permitted to do that, and our state had few people with master’s degrees.

Finally, governance was devolved from the state level to the institutions, to encourage more innovation (which had been stifled by the previous structures). The HEPC was created as a “referee” to keep the institutions from trying to cannibalize each other, and as a resource for the smaller institutions.

Unfortunately, most of the members chosen for the HEPC were veterans of the two deceased boards and they seemed to think they were still supposed to “govern” the whole system. Innovation continued to be stifled. So some folks now want to eliminate the HEPC entirely.

I think this would be the road to ruin. I fear that WVU would immediately begin an effort to gobble up all of the other schools, further stifling innovation. And the resources the HEPC gives to smaller schools would be more expensive if done by those schools. To me, the solution is to make the statutory changes necessary to require the HEPC to recognize the value of innovation by the institutions.

ARTICLE BY: John Doyle
Mr. Doyle represents Jefferson County in the WV House of Delegates—District 67.
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