

# The WV INDEPENDENT **Observer**

JEFFERSON COUNTY, WEST VIRGINIA

SEPTEMBER 2021

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THIS PAPER WANTS TO BE RECYCLED. 



*Looking east from the outskirts of the newly-constructed Aspen Green subdivision off Flowing Springs Road north of Ranson, with the Blue Ridge Mountains (in Maryland) in the distance.*

**TO OUR READERS —** McMurran Hall (on the cover) was built in 1859 as a town hall for Shepherdstown. During the Civil War, it served as the courthouse for Jefferson County until it was abandoned in 1871 when Charles Town reclaimed its role as the seat of the county government. Quickly repurposed into the home of the new Shepherd College, it still stands as a reminder of community spirit shared between a town and institution.

Jefferson County also seems poised for more changes in the years ahead. If you stand at the edge of the unbuilt road (above) and turn around, you can see dozens of new homes built within the past year. Hidden over the hill to the left in the distance is Sam Michael's Park – a community resource developed for the enjoyment of all. In the distance to the right is Potomac Edison's Sleepy Hollow substation – the proposed location of a 125 megawatt solar generation facility. Immediately in front, the sign is a hint of the several adjoining neighborhoods that have been planned since 2008 but are just now being built.

The US Census provides very specific numbers for the growth of the past decade. The County's task going forward, armed with less certainty but no less energy, is to plan for the coming decades. The seeds of growth have been planted, but we'll have to wait to see exactly what bears fruit.



**Steve Pearson**  
**EDITOR IN CHIEF**



51<sup>st</sup> Annual  
**Bluemont Fair**  
September 18-19, 2021

#### EXPERIENCE HISTORY

Blacksmith Demonstrations  
Archaeology Exhibition • Indian Village  
Old-Fashioned Games at Snickersville Academy Schoolhouse

#### BROWSE AND SHOP

Juried Crafts • Art Show & Sale  
Antiques & Flea Market • Farm Market  
Gardener's Shed • Fiber Arts Field  
Beekeepers with Hive & Honey  
Homemade Baked Goods

#### ARTISAN CRAFTERS AT WORK

Pottery Throwing • Basket Weaving  
Paper Making • Knitting & Crocheting  
Spinning & Weaving • Wood Turning  
Wood Carving • Drawing & Painting

#### EXPLORE THE TOWN AND RAILROAD

Plaster Museum of Bluemont's Heritage  
Exhibit on Historic Schools of Bluemont  
**IT'S BACK!** Model Train Exhibit  
Authentic Caboose • Bluemont Documentaries  
Fair Takes Over the Whole Village!

#### FUN ACTIVITIES

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## A TOWN AND UNIVERSITY GROW TOGETHER

### Shepherd University Celebrates 150 Years



The lawn and wall in front of McMullan Hall overlooking downtown Shepherdstown have been a favorite hangout for generations of students and townsfolk.

**SHEPHERD UNIVERSITY WELCOMED** its first students in September 1871. Incorporated as Shepherd College by a group of Shepherdstown residents, the college held classes for 42 students, both men and women, in McMullan Hall (image on cover); the building had been vacated earlier that year when the government offices of Jefferson County were moved back to Charles Town. The initial mission of the school was to train teachers and, by February 1872, the West Virginia legislature formally recognized the college as a branch of the state normal school.

The teaching school expanded slowly in the nineteenth and early twentieth centuries, growing to fill the downtown Shepherdstown block bounded by German, King, High and Princess Streets with buildings for classrooms, dormitories and a gymnasium. By July 1930, enrollment had grown to 641 students and Shepherd became a four-year teachers' college. The following year, 18 students received the first Bachelor of Arts degrees bearing the institution's new name of Shepherdstown State Teachers College.

In 1943, the college expanded to teach

a broader liberal arts curriculum and returned to the Shepherd College name. The college also continued to increase its physical footprint as the east campus filled in between downtown and the Potomac River. Land for what would eventually become the west campus, totaling approximately 164 acres, was donated in 1964. The grounds of the school were united in 2013 when a new walkway below Route 480 created a dedicated pedestrian link between both sides of the campus.

In 2004, Shepherd College began a new chapter in its history and became Shepherd University. Drawing students from West Virginia, the US, and around the world, the university now offers various undergraduate degrees in arts and sciences, (including a B.A. in Music in Performance and B.S. in Nursing), Masters degrees (including Appalachian Studies, Teaching, and Business Administration), and a Doctor of Nursing Practice degree.

During the pandemic year of 2020-2021, the university continued classroom operations with a mix of online and in-person instruction for its 3,159 enrolled students. For the fall semester



The University's Emerging Leaders in Service program organizes a "Day of Service" the week before classes begin for students to volunteer with various nonprofits in the Shepherdstown area.

of 2021, the university is resuming traditional on-campus instruction for all classes.

This year also marks the 150th anniversary for Shepherd. As the University resumes classes for the 2021-22 academic year, Dr Hendrix, the current university president, noted the anniversary milestone and remarked on the recent challenges: "At Shepherd University, we remain optimistically committed to training the next generation of leaders and model citizens by listening to the needs of our community, looking at ways to adapt to our changing landscape, and learning from the faculty, students, and staff employees who came before us. This is the essence of our theme for the 150th anniversary: *Honoring the Past. Transforming the Future*. Shepherd's resilience during adverse times in its history has only served to make the institution and its people stronger. Employing creative, problem-solving approaches to issues that Shepherd has faced has created a University that is nimble enough to confront and implement change in order to address challenges, whether related to health pandemics, enrollment downturns, or changing demographics. Flexibility helps assure sustainability. The University has overcome these challenges, one by one — and become stronger in their wake."

BY: Steve Pearson

**Upstream Downstream**  
A Lively, Civil Discussion About Today's Politics

Presented by the Stubblefield Institute for Civil Political Communications in cooperation with WSHC 89.7 FM

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for Civil Political Communications  
at Shepherd University

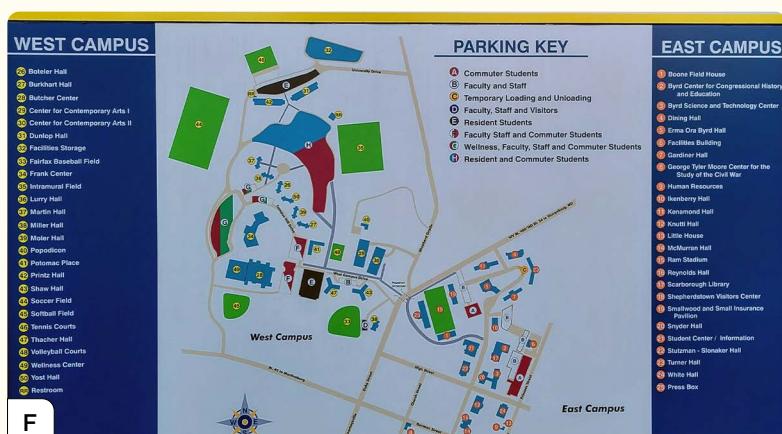
To learn more about the Stubblefield Institute or to keep up with upcoming events, go to [StubblefieldInstitute.org](http://StubblefieldInstitute.org)

## THE CAMPUS IS OPEN TO THE COMMUNITY

Over the past 150 years, Shepherd University has expanded from a single downtown block to several hundred acres.

The University is a welcoming campus, with many programs and activities open to community members and visitors — music concerts, theater performance, lectures on history, politics & current events, sports contest, creative writing, guest lecturers — are just a partial list of the opportunities available to the public.

For information on events and activities, visit the online version of this article at [WeAreTheObserver.com/Shepherd-celebrates-150](http://WeAreTheObserver.com/Shepherd-celebrates-150).



(A) The Contemporary American Theater Festival housed on the university campus has become a significant influence in American theater; (B) University President Dr. Mary J.C. Hendrix and JC the Ram welcome students back to campus; (C) A statue of Shepherd's mascot; (D) The University's athletic teams compete in the Pennsylvania State Athletic Conference (NCAA Division II) in 12 varsity sports (men's baseball, basketball, football, golf, soccer & tennis; women's basketball, lacrosse, soccer, softball, tennis & volleyball); (E) The Game Zone in the Student Center, with 8 bowling lanes, is open to the community and can be rented for private events; (F) The east and west campus cover over 200 acres; (G) The well-equipped Wellness Center offers monthly and annual membership options for community members.

## CENSUS NUMBERS DRIVE REDISTRICTING

### WV Legislature To Meet This Fall To Redraw District Lines

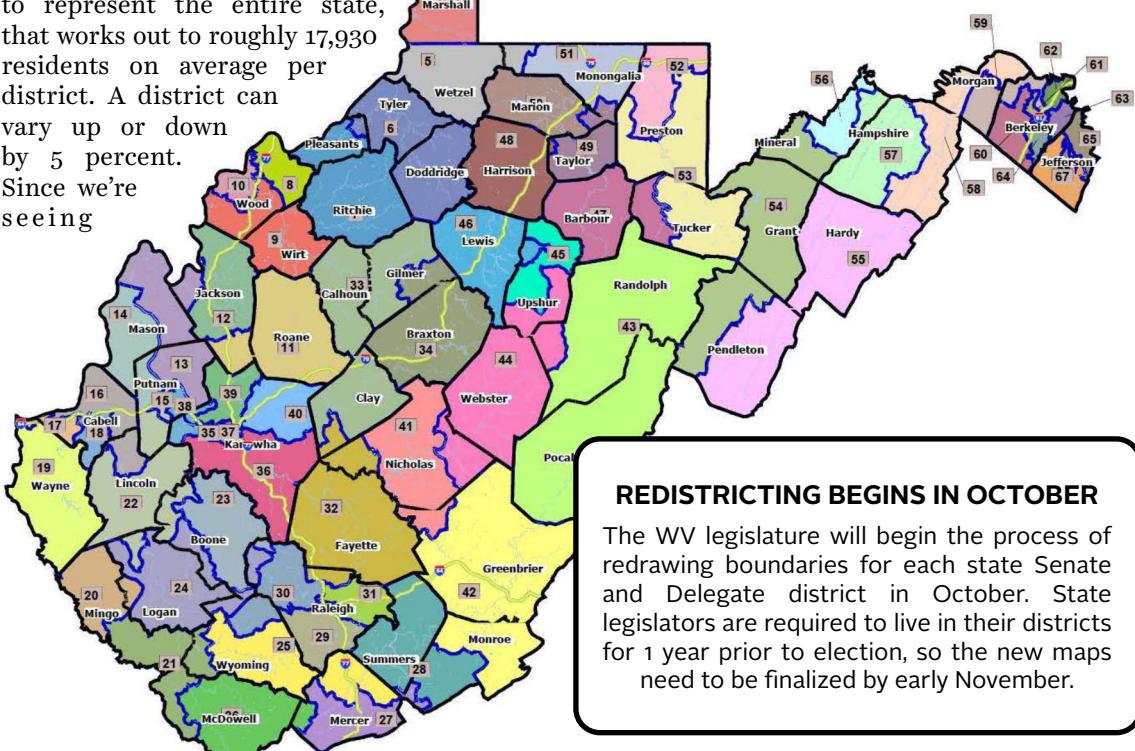
ACCORDING TO THE 2020 CENSUS results, West Virginia is a lot less crowded than it was a decade ago. With an overall drop of over 59,000 residents since 2010 (a 3.3% decrease), the state's population decline stands out even from the other two states to lose population over the past decade, Mississippi (down 0.2%) and Illinois (down 0.1%). However, the story is a bit different in the Eastern Panhandle. Morgan County counted 478 fewer residents in 2020 than it did in 2010, essentially unchanged. Jefferson County added 4,203 residents to grow to a population of 57,701 (a 7.9% increase) and Berkeley County added 17,907 to grow to 122,076 residents (a 17.2% increase). Frederick County, Virginia, Berkeley County's neighbor to the south along the Interstate 81 corridor, saw similar growth (16.7%) with the addition of over 13,000 residents. Jefferson County's neighbor to the east, Loudoun County, dramatically outpaced the rest of Virginia with a 34.8% growth rate over the decade, expanding to over 420,000 residents.

The *Observer* asked John Doyle, who currently serves as one of Jefferson County's representatives in the WV House of Delegates, to give some context for how these numbers might play out in the redrawing of the state's legislative districts for next year's elections, particularly in the House of Delegates. Doyle noted that since the 2010 Census, Berkeley, Jefferson & Morgan Counties have been represented by 10 delegates (with one district being split between

Morgan and Hampshire Counties). "I think we'll add another 2 delegate districts [with a similar overlap of one of the districts into Hampshire County]." Looking at the 2020 numbers, Doyle pointed out that "with 100 single member districts to represent the entire state, that works out to roughly 17,930 residents on average per district. A district can vary up or down by 5 percent. Since we're seeing

#### NEW LINES & NEW DISTRICTS

This map shows the 2010 House of Delegate districts. For the next election, the WV legislature will redraw the lines to create 100 single-member districts (there are currently 33 multi-member districts in the western part of the state that will be split to single-member districts).

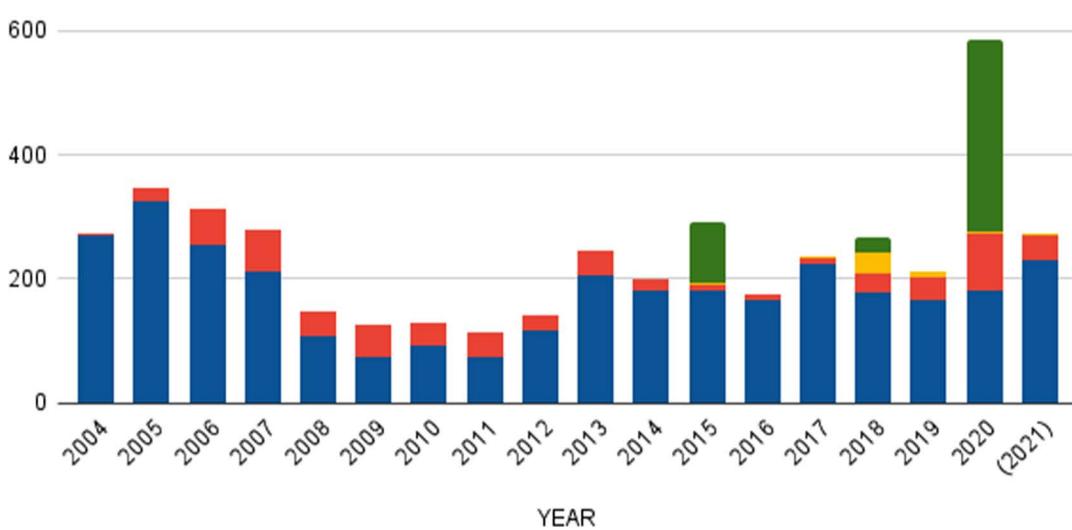


#### REDISTRICTING BEGINS IN OCTOBER

The WV legislature will begin the process of redrawing boundaries for each state Senate and Delegate district in October. State legislators are required to live in their districts for 1 year prior to election, so the new maps need to be finalized by early November.

#### NEW HOUSING PERMITS IN JEFFERSON COUNTY

■ Multi-Family ■ Duplex ■ Townhouse ■ Single Family



The pace of housing permits in 2021 (through July) is well ahead of the last few years. In the past 18 months, Jefferson County has seen the equivalent of 4 years of housing permits issued based on the prior decade's average.

growth here, I would expect the redistricting committee to slightly under-populate the districts in the Eastern Panhandle to start, so that in a couple of years they grow to be average [population] size."

Doyle remarked that the population growth in Jefferson was a bit lower than what had been expected — the slowest in absolute numbers since the 1970s and as a percentage increase since the 1950s. "If you look at Berkeley County, the growth seems to be driven by commerce and jobs along I-81, whereas in Jefferson County the growth seems to come in periodic waves over the Blue Ridge." The number of new housing permits issued since 2020 (see chart) does suggest that Jefferson County is at the start of another wave of growth, closer to the trend that Berkeley County has experienced in recent years.

Links to Census and redistricting information can be found in the online version of this article at [WeAreTheObserver.com/wv-redistricting-2020-census](http://WeAreTheObserver.com/wv-redistricting-2020-census)

// COMMUNITY

## A SETBACK FOR SOLAR PROJECTS?

Court Ruling Undoes Zoning Amendment For Industrial Solar



ON AUGUST 16, JUDGE DEBRA McLAUGHLIN, in the Circuit Court of Jefferson County, issued a ruling that invalidated the text amendment ZTA1903 to the Jefferson County zoning ordinance. The now-invalidated amendment was written to allow development of utility-scale solar power facilities as a principal permitted use (i.e. by right, without the necessity of submitting a site plan for public review) in rural, residential growth and other open lands in the county. Prior to this amendment, utility-scale solar projects were not a permitted use in any zoning district in Jefferson County, so with this court ruling, utility-scale solar facilities cannot be built until the County Commission takes new action to amend its zoning ordinance.

The amendment was invalidated based on the Court's finding insufficient evidence that the amendment was in agreement with Jefferson County's Comprehensive Plan. In her ruling, Judge McLaughlin stated, "because the [Jefferson] County Commission failed to make any factual findings on which this Court can find that the STA [solar text amendment] is consistent

with the comprehensive plan or that there has been a change in the area, the STA was not legally adopted. This Court does find the "Findings of Fact" to be woefully lacking in any reference to the comprehensive plan, noting that they contain only 2 citations to the comprehensive plan and only one of the two actually speaks in favor of solar energy. Accordingly, this Court does find that the STA is invalid and unenforceable."

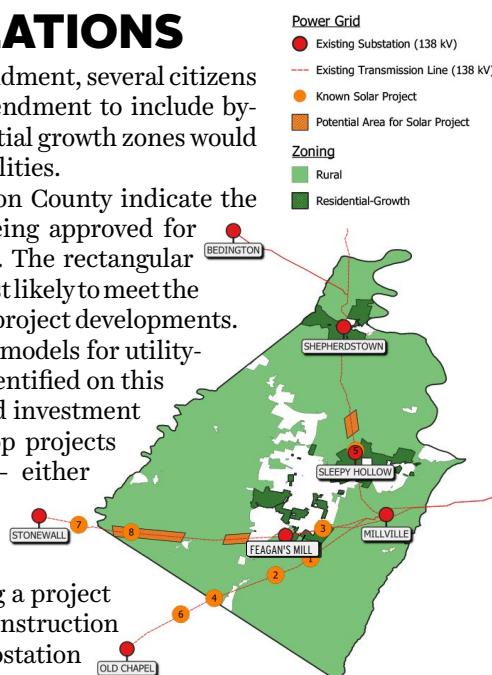
Kathy Santa Barbara, attorney for the local residents who filed the civil action, offered a statement on behalf of her clients: "The zoning ordinance provides opportunities for public hearings and we hope that the County will follow that directive." The County Commission met on August 19 and discussed the court case in executive session, but no details on the Commission's next actions were disclosed in open session. The Planning Commission will meet on August 24 to discuss this case (also likely in executive session). The Observer will continue to provide updates on this issue on our website at [WeAreTheObserver.com/Solar-In-Jefferson](http://WeAreTheObserver.com/Solar-In-Jefferson).

## TRACKING SOLAR INSTALLATIONS

DURING THE DISCUSSIONS of the now-invalidated zoning amendment, several citizens expressed concern that the broad expansion of the amendment to include by-right development of industrial solar in rural and residential growth zones would open up most of the county as potential sites for these facilities.

The eight orange circles on this map of Jefferson County indicate the utility-scale solar projects that are in the process of being approved for connection to the regional power grid operated by PJM. The rectangular orange blocks indicate other areas in Jefferson County most likely to meet the current siting criteria and investment objectives of solar project developments.

While current development costs and economic models for utility-scale solar would likely limit development to the areas identified on this map, it is possible that changes in government policy and investment subsidies could make it economically feasible to develop projects further afield from the existing transmission lines — either by private developers negotiating access rights across adjacent properties or by a public utility undertaking the process of constructing a new transmission line. For example, in Berkeley County, Torch Energy is developing a project on the former DuPont industrial site that will require construction of a new underground connection to the Bedington substation several miles away.



## NOTICE OF FILINGS DUE

ASSESSMENT INFORMATION  
as of JULY 1, 2021

### DATES TO FILE:

**JEFFERSON CO. DOG TAGS**  
July 1st

**FARM USE FORMS &  
FARM STATISTICS**  
File by September 1st

**COMMERCIAL BUSINESS  
REPORT**

Due by September 1st  
(Corporation & Business Forms)

**PERSONAL PROPERTY  
REPORT\***

Due by October 1st  
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**FUN AND FITNESS OUTDOORS**

>>> PAGES 10 & 11 <<<

## HAMMER OUT THE DETAILS UP FRONT

### Avoiding & Resolving Issues With Contractors

**By Brenda Waugh**

Brenda Waugh, MA JD, is a lawyer/mediator specializing in alternative dispute resolution with Waugh Law & Mediation, serving clients in the Blue Ridge region of Virginia and the Eastern Panhandle of West Virginia. Waugh is a graduate of the University of Virginia, West Virginia University, and Eastern Mennonite University. Email: [waugh@brendawaugh.com](mailto:waugh@brendawaugh.com).

**OFTEN, CONSUMERS CONTACT our office after they are dissatisfied with work performed by contractors. They want to understand their rights, particularly if they have invested a lot of money in a home improvement project.**

#### **What can the consumer do before work begins?**

**BE PREPARED** — Anytime you hire a contractor to do any improvements around the house, start by verifying that the contractor is licensed, bonded, and adequately insured. Be sure to get detailed written estimates. Once you decide on the contractor, be sure both parties sign a final contract that includes the scope of the work, the start and finish dates, guarantees, warranties, and specifics about the work. The contract may also include a provision that requires parties to attend and share the mediation costs if there is any disagreement.

**MAKE PAYMENTS STRATEGICALLY** — Limit the deposit to less than 40% and only pay 100% of the payments when you are 100% satisfied with the work. Don't let payments get ahead of the work and never pay in cash.

*Even after being careful, problems can arise. If you took the steps upfront to verify that the contractor is licensed, bonded, and insured, many options are open to you.*

#### **How can the consumer address issues after work has started?**

**SUBMIT A CLAIM FROM THE INSURANCE AGENT ISSUING A SURETY BOND** — professional licensed contractors often purchase a surety bond policy. These bonds are purchased from an insurance agent to cover the contractor if clients are dissatisfied with their work. So long as you've obtained this information BEFORE you hire the contractor, you can pursue this claim to cover your losses.

#### **FILE A COMPLAINT WITH THE CONTRACTOR LICENSING BOARD**

— Many contractors must be licensed, and until June 16, 2021, this board was housed in the West Virginia Division of Labor. However, after changes in the law in HB2006, some contractors no longer need to be licensed, including landscaping and painting. Other residential contractors need only be licensed for jobs over \$2500. If your contractor is licensed, you can file a complaint with the Division of Labor until June 2023, when new rules take effect, and a new process will be implemented. The Division of Labor currently maintains a directory of licensed contractors and provides a way to file a complaint. The Division's phone number is 304-557-7890.

#### **FILE A CIVIL ACTION IN MAGISTRATE COURT**

— Suppose your dispute is not resolved by the Division of Labor or a Surety Bond. With or without hiring a lawyer, you can still file a complaint with the Magistrate Court in your county. If the amount of the dispute is more than \$10,000, you must file in Circuit Court. Many people pursue cases in Magistrate Court without an attorney. Most forms needed are available online, at no cost, from the West Virginia Supreme Court (see the online version of this article at [WeAreTheObserver.com](http://WeAreTheObserver.com) for links). Individuals may also go to the courthouse to obtain forms and file the paperwork in person. If you have insufficient resources to pay the cost of the filing fee, you may request an affidavit of indigency and file without paying the costs.

**PROPOSE MEDIATION** — You can propose mediation before or after initiating any of the actions described above. In a mediation process, both parties will work with a neutral facilitator who will address any complaints and help the parties craft a resolution. Mediation is often faster than other processes and provides a broader range of options to remedy the problem, including completing work to the consumer's satisfaction.

Benjamin Franklin advised "an ounce of prevention is worth a pound of cure." This observation is just as applicable when negotiating with contractors as it is during the construction process itself. Protecting yourself by confirming upfront that your contractor is licensed by checking with the Division of Labor, obtaining a copy of their surety bond, and having a detailed written contract is part of that prevention. So enjoy improving your home, but don't neglect time and effort securing the best contractor for the job.

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#### **EVENTS & ACTIVITIES**

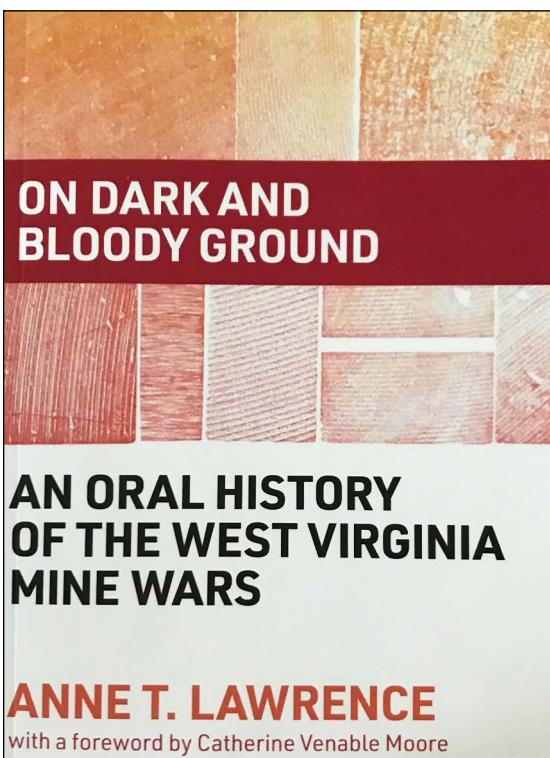
**>>> PAGES 12 TO 15 <<<**

## VOICES FROM THE PAST

**On Dark and Bloody Ground**, by Anne T. Lawrence

**Publisher:** West Virginia University Press (2021)

**Review by:** Gonzalo Baeza — Born in Texas, raised in Chile, and currently living in Shepherdstown, Gonzalo is a fiction writer with books published in Spain, Italy, and Chile. His stories have appeared in Boulevard, Goliad, and The Texas Review.



**IN 1972, ANNE LAWRENCE**, a 21-year-old junior at Swarthmore College studying history and sociology, traveled through the coalfields of central and southern West Virginia, as well as Kentucky and Virginia. Her goal was to interview retired miners and their families about their union experiences, including their participation in the Battle of Blair Mountain that took place in Logan County, WV from August 25 to September 2 of 1921.

The Battle of Blair Mountain marked the culmination of the West Virginia mine wars, a series of battles in the early 20th century pitting coal miners trying to join the United Mine Workers of America (UMWA) against the mine operators who opposed them. Given the mines' dangerous working conditions, low pay, and the abuse miners and their families were subjected to at company towns, workers decided to organize. In order to thwart what they saw as a threat to their industry, mine operators hired armed guards and often partnered with local law enforcement to keep the miners in check.

Fifty years after Lawrence captured the testimonies of many protagonists of the largest labor uprising in United States history, and one century after nearly 10,000 armed coal miners confronted some 3,000 lawmen and strikebreakers in Blair Mountain, Lawrence's work is finally available to a general audience in a newly-published book by WVU Press. *On Dark and Bloody Ground* focuses on testimonies relevant to the mine wars in West Virginia, part of Lawrence's one hundred hours of tape-recorded interviews with more than eighty retired miners and their family members that previously had only been available as a typescript volume shelved in university archives.

"They couldn't pinpoint the men, but they knew they was (sic) from up Cabin Creek, and so they arrested a lot of the men from around here, and took them down to Charles Town, and threw them in prison," recalls Grace Jackson of Eskdale, WV. Jackson's is one of the many testimonies that vivify a story that has most often been relegated to textbooks or the occasional fictional account like John Sayles' film Matewan and Denise Giardina's novel Storming Heaven. Jackson tells the story of her uncle, a coal miner in Cabin Creek who was arrested for his alleged participation in the Battle of Blair Mountain and taken to Charles Town to be tried in court.

### Fighting a Battle for History

In 1933, with the passage of the National Industrial Recovery Act, which limited overproduction of coal and allowed for collective bargaining, the UMWA began to successfully organize the Appalachian coalfields. As a result of the union and its members' fight through the first half of the 20th century, American miners became some of the best-paid and insured in the world.

"The miner, he had always been kind of like a slave in everyone's opinion, even his own," says one of Lawrence's interviewees, Edward Perry, a coal miner from Holden, WV. According to Perry, the miners' working conditions bred "a sentiment in their hearts to come up, not to accept it laying down, but to come up to a place in society where they was (sic) acceptable, by their striving."

Five years ago, the WV state legislature passed a bill to defund and weaken unions. The law was fought in court but ultimately prevailed last year in a Supreme Court that has traditionally been inimical to labor concerns. One of the judges' opinions, however, conceded that the law "will ultimately lead to the slow death of the unions which built this state." Erasing with the stroke of a pen what was won by workers' sacrifice is sadly one of the many ways in which West Virginia elected and appointed officials have typically neglected the state's history. *On Dark and Bloody Ground* is one valuable tool to keep this history alive.

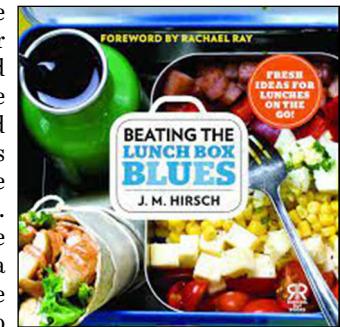
## WHAT'S COOKING?

*Some practical resources for a busy schedule when the kitchen table is no longer the office desk and family classroom.*

**Beating the Lunch Box Blues**, by J.M. Hirsch

Simon & Schuster (2021) \$18.00

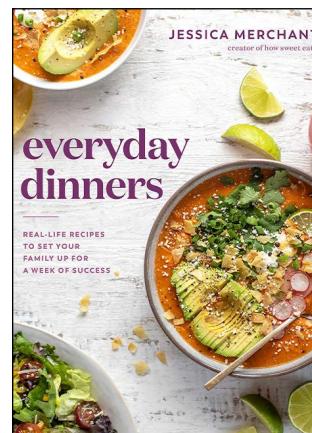
Longing for more than yet another limp salad? Tired of tussling with the kids over junk food lunch kits? Sounds like you've got the lunch box blues. J. M. Hirsch has the fix, but it isn't a cookbook. Because when it comes to lunch, nobody has time to break out a recipe to bang out a brown bag special. Busy people need lunch ideas. Lots of them. And those ideas need to be healthy, fast, easy, affordable, and delicious. That's what Beating the Lunch Box Blues is – an idea book to inspire anyone daunted by the daily ordeal of packing lunch. Jammed with nearly 200 photos and more than 500 tips and meals, this book is designed to save families time, money, and their sanity.



**Everyday Dinners**, by Jessica Merchant

Rodale Books (2021) \$29.99

Get family dinner on the table in 30 minutes or less without sacrificing beauty or flavor, from the beloved blogger and author of *The Pretty Dish*. With her down-to-earth style, can-do attitude, and gorgeous photography, Jessica Merchant presents



Everyday Dinners, your new guide for meal prepping. Along with plant-based, one pot, and slow cooker recipes, Jessica also includes weekly dinner plans, ideas, tips and tricks, and even a 45- to 60-minute meal prep game plan for the weekends to keep cooking easy and quick on busy weeknights.

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## PERSPECTIVE // NATURE

## ON SEEING UNCOMMON BUTTERFLIES

By Doug Pifer

Doug Pifer is an artist, naturalist, and writer. He has a Master's Degree in Journalism from Penn State and has been an editor and art educator. His illustrations have appeared in various books and magazines and he has been a contributor to *The Observer* for several years. He lives with his wife and assorted animals on 5.7 acres in a historic farmhouse near Shepherdstown.

**IN MID-AUGUST AN ENORMOUS BUTTERFLY**, as big as my hand, visited our flower garden. It was immediately recognizable as a giant swallowtail by its chocolate-brown wings dappled with rows of yellow, oval-shaped dots.

Giant swallowtails are tropical butterflies native to Florida. Their caterpillars, called orange dogs, feed on the leaves of citrus trees. But every summer, a stray adult butterfly may appear in gardens as far north as New Jersey, as if on vacation. As I watched the bird-like butterfly through the camera of my cell phone, it seemed in no hurry to leave. It let me snap picture after picture while it sipped nectar from the colorful zinnias. Ten minutes later when I looked out the window at the garden, the big butterfly was still there.

Another uncommon visitor to the garden is the pipevine swallowtail. At first glance this butterfly looks jet black and rather plain, with just a small row of creamy dots along the edges of its wings. Then, when light strikes at the right angle, its hind wings glow metallic blue. This butterfly's caterpillars feed only on the leaves of pipevine (or dutchman's pipe), a vine native to West Virginia that's identifiable by its big heart-shaped leaves and unique green flowers which curve in the shape of an old-fashioned smoking pipe.

On the same day as I saw the giant swallowtail, I was surprised to discover a dozen or so small caterpillars of the pipevine swallowtail on the pipevine that climbs the trellis of our side porch. We planted it hoping to attract this uncommon butterfly to our home. My happiness was bitter-sweet, seeing two uncommon butterflies on the same day. "Uncommon," is a word used in nature books for a species seen less often than other species — not yet endangered, but "at risk." During six-plus decades studying nature, I've witnessed too many once-abundant species of plants and animals become rare or disappear.

As a school kid I looked forward to attending a summer youth camp in the forested mountains of west-central Pennsylvania. There was a bath house where electric lights burned all night in the middle of the woods. Each morning and evening, countless insects covered the side of the building around the beam of the flood lights.

Pulling a dog-eared Golden Nature Guide out of my shower kit, I excitedly learned to recognize the io, luna, polyphemus, leopard, tiger, and rosy-maple moths. When I returned to the same camp as a counselor in 1970, hoping to share my excitement with young campers, there were disappointingly few insects at the bath house. Today, although we live near a stream bordered by woods, we see less than half a dozen insects at our window screens at night.

Bird numbers have similarly decreased. When we lived in Virginia, Eastern meadowlarks regularly nested on the ground in the field next to us. American kestrels sometimes perched on the utility lines along the same field. We bought a kestrel house, having seen one nearby that sometimes hosted a family of the pretty little falcons. When we moved to West Virginia we couldn't wait to set up the kestrel house in our own meadow, a natural grassland bird habitat. Five years later the house has hosted several families of bluebirds and tree swallows but no kestrels. Meadowlarks sometimes fly over in early spring, but they don't stay. We've inherited a natural world where uncommon has become rare, and common is becoming uncommon. For us all, I hope it's not too late.



Pipevine Swallowtail sketches by Doug Pifer.



Giant swallowtail.  
Photo credit: Doug Pifer

## NATIVE PLANT SALE — SEP 18

### PVAS HOLDS ANNUAL FALL PLANT SALE

The annual fall native plant sale of the Potomac Valley Audubon Society and The Monarch Alliance will feature fall nectar plants for pollinators, shrubs and trees for wildlife, and milkweed — a favorite of monarchs. In addition to raising funds for the general activities of both groups, the sale will help support the Monarch Waystation Grant Program. Volunteers will be available to take questions about local pollinators, the monarch's amazing annual migration, and nature activities and programs available in the area. For info, email KC Walters at katelyn@PotomacAudubon.org. Saturday, September 18, 10 am – 2 pm at Sunny Meadows Garden Center, 7437 Sharpsburg Pike, Boonsboro, MD.

## MONARCH TAGGING — SEP 25

### VOLUNTEERS TRACK MONARCH MIGRATION

The monarchs are here. The butterfly's annual migration to Mexico began in early August, near Winnipeg, Manitoba. The migration peaks in the Jefferson County area in the third week in September. The tagging program is a large-scale volunteer effort to track the migration patterns and population health of this species. Sandy Sagalkin, Co-Director of The Monarch Alliance, and NPS Ranger Chris Tawney, National Park Service Ranger will lead a local tagging event at Antietam National Battlefield on September 25 (Sat). The event begins at 9:00 am and runs until noon. Details and pre-registration (required) at PotomacAudubon.org (under calendar).



## MONARCH WAYSTATION OPENS

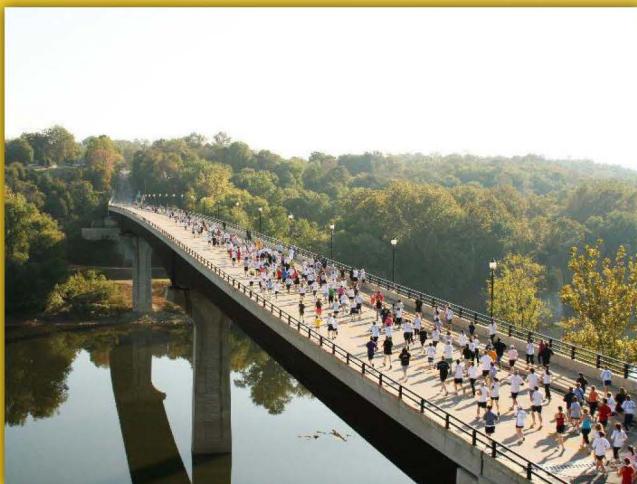
### POLLINATOR GARDEN WELCOMES BOTH BUTTERFLIES & VISITORS



The "Garden of Peace" at St. James Lutheran Church in Uvilla (4320 Shepherdstown Pike) is a Monarch Waystation, containing 358 nectar plants to support local pollinators and migrating butterflies. The garden, planted in May 2021, was funded in part by a \$1,000 grant from The Monarch Alliance. It is open to groups and individual visitors and is well suited to youth field trips. For information and to arrange group visits, email Karen Fitzpatrick at fitzkaren@comcast.net.

# FREEDOM'S RUN

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## HEALTH GOALS — YOU SET THE BAR

A conversation with Dr. Mark Cucuzzella and Katie Nolan Thompson, organizers of Freedom's Run, on the benefits of challenging yourself to stay healthy.

I SEE IT AS HEALTHY FOR EACH OF US to challenge ourselves every now and then to something where we have a risk of failure. This is what helps us grow. I look at the challenge my colleague Katie Nolan Thompson set for herself this year. Earlier this summer she finished the indescribably difficult Tahoe Rim 100 mile run. When you line up to start with 20,000 feet of climbing left on the course, finishing is not assumed and there are many moments along the way where you can doubt yourself. Katie also just returned from a repeat attempt at summiting Mount Rainier in Washington. Last year the weather turned her back, but this year the conditions were favorable and she persevered. As Katie was just returning from the mountain, I posed a few questions to her:

**Mark:** Many have suffered in their mental health the last 2 years. How has running helped you?

**Katie:** Struggling with depression and anxiety, structure is incredibly important for my overall mental health. With so many variables and unknowns, especially now during the pandemic, running is the only thing I can control. No matter how down or depressed I feel, it is the one thing I try to keep consistent. I don't run particularly fast anymore, I just choose an amount of time to go run and try to stick to that. And understanding no amount of time is too short – a 5 minute run is still better than nothing. There is a balance to that, and it's something I've had to really practice.

**Mark:** Tell us a little about challenging yourself to something different at the risk of failure.

Katie: The idea of running longer distances seemed really foreign to me up until about seven years ago, when I attempted my first ultra run and failed. I hadn't trained properly, went out way too fast, and quit halfway through. At first, I attributed it to – well these races just aren't for me. But after the race, I started to get a bit of a bee in my bonnet; this was definitely something that I could accomplish – I just had to understand training and go in with a different mindset.

**Mark:** For some the challenge is a 5K, for you it is 100 miles. What is special about the challenge?

Katie: The distance is all relative. My favorite thing about running is its ability to make you go further than you ever thought possible. Your entire scope of mental toughness changes. There are always moments of doubt when you ask "can I really do this?" But as long as you persevere – yes, you can do it. We don't give ourselves enough credit of what we're capable of, and running helps unleash that inner warrior.

### PARTICIPATING IN THE 2021 FREEDOM'S RUN

With this year's Freedom's Run, we have lots of levels to set your individual challenge. If you are new to running or walking it could be a 5K or 10K. If you have some experience go for a half marathon or full marathon. You have a little over six weeks to get ready. We challenged ourselves to be pandemic-flexible, with a smaller number of participants, social distancing and mask guidelines, and changes to the courses to avoid crowds. So join us, step outside, and push yourself to take some healthy steps.

Race info and registration links are at [FreedomRun.org](http://FreedomRun.org).

## EXPLORE // EVENTS &amp; ACTIVITIES



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MORE EVENT SPOTLIGHTS >>> PAGES 14 AND 15



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### WEEK OF AUGUST 30

**SEP 3 (FRI) — TALL TALL TREES** (ft Ben Townsend of The Fox Hunt) (electric banjo) · 7 pm at Bright Box, Winchester, VA · \$12 · Tickets/Info: BrightBoxWinchester.com

**SEP 3 TO 26 (MULTIPLE WEEKENDS) — FLEA MARKET AND SILENT AUCTION** · 10 am to 4 pm every Friday, Saturday, & Sunday in September at the Woman's Club in Harpers Ferry (856 Washington Street)

**SEP 4 (SAT) — ANNUAL CHARLES TOWN CAR SHOW** · 10 am to 4 pm on E Washington St, Charles Town · FREE · Info: FB @CharlesTownCarShow

**SEP 4 (SAT) — SISTER HAZEL** (folk rock/jangle pop/southern rock) · 7 pm at Tally Ho Theater, Leesburg, VA · \$30 · Tickets/Info: TallyHoTheater.com

**SEP 4 (SAT) — THE NIGHTHAWKS** (blues/rock) · 8 pm at Bright Box, Winchester, VA · \$15 · Tickets/Info: BrightBoxWinchester.com

**SEP 5 (SUN) — SWEET LEDA** (soul/psychedelic rock/pop) · 5-8 pm at Harpers Ferry Brewing · FREE · Info: FB @HarpersFerryBrewing

**SEP 5 (SUN) — THE WAILERS** (reggae) · 7 pm at Tally Ho Theater, Leesburg, VA · \$30 · Tickets/Info: TallyHoTheater.com

### WEEK OF SEPTEMBER 6

**SEP 10 (FRI) — PATSY CLINE TRIBUTE SHOW** · 7 pm at the Barns of Rose Hill, Berryville, VA · \$20 · Info: FB @BarnsofRoseHill

**SEP 10 (FRI) — JJ BILLINGS BAND** (90s to modern rock/dance) · 6-9 pm at Harpers Ferry Brewing · FREE · Info: FB @HarpersFerryBrewing

**SEP 10 TO 12 (FRI, SAT, SUN) — MOON OVER BUFFALO** (theater/comedy) · 8 pm (Fri/Sat) and 2:30 pm (Sun) at The Old Opera House Theater, Charles Town · \$22 · Tickets/Info: OldOperaHouse.org

**SEP 11 (SAT) — SALUTE TO DIVAS DRAG SHOW** · 7 & 10 pm at Bright Box, Winchester, VA · \$20 · Tickets/Info: BrightBoxWinchester.com

**SEP 11 TO 12 (SAT, SUN) — APPALACHIAN TRAIL FESTIVAL** · 11 am to 4 pm at B Chord Brewing (34266 Williams Gap Rd), Round Hill, VA · FREE · Info: RoundHillAT.org

**SEP 11 (SAT) — ANTIETAM SALUTES CONCERT** with Jester, Rob Fahey, & Wake The Neighbors · Noon to 10 pm at Antietam Brewery, Hagerstown, MD · FREE · Info: FB @AntietamBreweryWesternMarylandPkwy

**SEP 12 (SUN) — SUNNY WAR** (folk/blues) · 7 pm at the Barns of Rose Hill, Berryville, VA · \$20 · Info: FB @BarnsofRoseHill

**SEP 12 (SUN) — EDGE ENSEMBLE**, presented by Shenandoah Conservatory (instrumental) · 8 pm at Bright Box, Winchester, VA · \$12 · Tickets/Info: BrightBoxWinchester.com

**SEP 12 (SUN) — GINADA PIÑATA** (funk/fusion) · 2 pm at Harpers Ferry Brewing · FREE · Info: FB @HarpersFerryBrewing

### WEEK OF SEPTEMBER 13

**SEP 16 (THU) — RALPH STANLEY II AND THE CLINCH MOUNTAIN BOYS** (bluegrass) · 3 & 7 pm at Bright Box, Winchester, VA · \$25 · Tickets/Info: BrightBoxWinchester.com

**SEP 16 (THU) — HISTORY ALIVE! PRESENTS BESSIE SMITH**: The Empress of Blues (performed by actress/vocalist Doris Fields) · 6:30 pm at Morgan's Grove Park Pavilion · FREE · Info: WVHumanities.org. *Additional details on page 14.*

**SEP 17 TO 19 (FRI, SAT, SUN) — 50TH ANNIVERSARY MEMBERSHIP WEEKEND**, Harpers Ferry Park Association · Multiple events · Membership and pre-registration required (annual memberships start at \$35) · Info: HarpersFerryHistory.org

## EXPLORE // EVENTS &amp; ACTIVITIES

**SEP 17 TO 19 (FRI, SAT, SUN) — MOON OVER BUFFALO** (theater/comedy) · 8 pm (Fri/Sat) and 2:30 pm (Sun) at The Old Opera House Theater in Charles Town · \$22 · Tickets/Info: OldOperaHouse.org

**SEP 18 (SAT) — BRAHMAN NOODLES** (jug funk) · 1-4 pm at Harpers Ferry Brewing · FREE · Info: FB @HarpersFerryBrewing

**SEP 18 (SAT) — SIERRA FERRELL W/ JORDAN JOYES**, plus Mink's Miracle Medicine (indie/alternative) · 7 pm at Bright Box, Winchester, VA · \$15 · Tickets/Info: BrightBoxWinchester.com

**SEP 18-19 (SAT, SUN) — 51<sup>ST</sup> ANNUAL BLUEMONT FAIR** · 10 am to 5 pm at the Bluemont Community Center (33846 Snickersville Turnpike, Bluemont, VA) · \$10 (FREE ages 0-9)

*With an exciting music lineup, plenty of food vendors, the return of the Wine & Beer Garden, and exhibits by juried crafters, there's plenty to enjoy the Bluemont Fair! See Page 3 of this month's issue for more info or visit BluemontFair.org.*

**SEP 19 (SUN) — LOW WATER BRIDGE BAND TRIO** (Bluegrass) · 1-4 pm at Harpers Ferry Brewing · FREE · Info: FB @HarpersFerryBrewing

**WEEK OF SEPTEMBER 20**

**SEP 20 (MON) — FREEDOM OF SPEECH, CENSORSHIP, AND THE CANCEL CULTURE: SOCIAL MEDIA AND POLITICS IN TODAY'S AMERICA**, an American Conversation Series event · 6 pm ONLINE · FREE · Info: StubblefieldInstitute.org/PublicEngagement

**SEP 23 (THU) — REVEREND PEYTON'S BIG DAMN BAND** (country/blues) · 7 pm at Bright Box, Winchester, VA · \$16 · Tickets/Info: BrightBoxWinchester.com

**SEP 23 (THU) — DC IMPROV COMEDY NIGHT** · 7 pm at Tally Ho Theater, Leesburg, VA · \$22 · Tickets/Info: TallyHoTheater.com

**SEP 24 TO 26 (FRI, SAT, SUN) — 45<sup>TH</sup> ANNUAL FALL MOUNTAIN HERITAGE ARTS & CRAFTS FESTIVAL** · 10-5 pm at the Jefferson County Fairgrounds · \$8.50 · Tickets/Info: MhacFestival.org

**SEP 24 (FRI) — JOEY HARKUM BAND** (folk/rock/reggae) · 8 pm at Bright Box, Winchester, VA · \$12 · Tickets/Info: BrightBoxWinchester.com

**SEP 24 (FRI) — RON WHITE** (comedy) · 7 pm & 10 pm at the Maryland Theater, Hagerstown, Maryland · \$56 · Tickets/Info: TheMarylandTheatre.com

**SEP 25 (SAT) — LIVE BLUEGRASS WEEKENDS PRESENTS STONY CREEK BLUEGRASS** · 11 am to 4 pm at Orr's Farm Market, Martinsburg · FREE · Info: OrrsFarmMarket.com

**SEP 25 (SAT) — RANDY THOMPSON** (Americana) · 7 pm at the Barns of Rose Hill, Berryville, VA · \$20 · Info: FB @BarnsofRoseHill

**SEP 25 (SAT) — CORKY LAING'S MOUNTAIN** (hard rock) · 7 pm at Bright Box, Winchester, VA · \$20 · Tickets/Info: BrightBoxWinchester.com

**SEP 26 (SUN) — MISS WINCHESTER PRIDE PAGEANT** · 5 pm at Bright Box, Winchester, VA · \$20 · Tickets/Info: BrightBoxWinchester.com

**SEP 26 (SUN) — MARK BRAHMAN NOODLES** (jug funk) · 1-4 pm at Harpers Ferry Brewing · FREE · Info: FB @HarpersFerryBrewing

**WEEKLY EVENTS**

**BARN AT HARPERS FERRY** · Info/schedule: FB @HFEEventBarn

**HARPERS FERRY BREWING** · Info/schedule: FB @HarpersFerryBrewing

**INKWELL'S TAVERN, CHARLES TOWN** · Info/schedule: FB @InkwellsTavern

**LILAH RESTAURANT, SHEPHERDSTOWN** · Info/schedule: FB @LilahRestaurant

**MECKLENBURG INN, SHEPHERDSTOWN** · Info/schedule: FB Mecklenburg-Inn

**CHARLES TOWN - FRIDAY NIGHT LIVE** · Info/schedule: FB @CharlesTownNow

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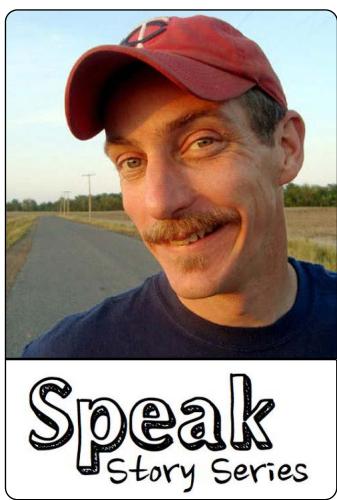
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## EXPLORE // EVENTS & ACTIVITIES

### TALL TALES

**Speak Story Series** presents storyteller **Bil Lepp** in an online performance on September 14 (Tue) at 7:30 pm. Growing up in a family where the truth was fluid, Bil Lepp became adept at spinning tales and exaggerating circumstances at an early age. A nationally renowned storyteller and five time champion of the West Virginia Liars' Contest, Bil's outrageous, humorous tall-tales and witty stories have earned the appreciation of listeners of all ages and from all walks of life. Tickets are \$15 and may be purchased at [SpeakStorySeries.com](http://SpeakStorySeries.com). Speak is for adult audiences. Mature youth allowed at guardian's discretion. Email [info@speakstoryseries.com](mailto:info@speakstoryseries.com) for questions or additional information on season tickets.



**Speak  
Story Series**

### WOMEN IN PRINT - A GLIMPSE AT HISTORY

Historic Shepherdstown & Museum will host a presentation on September 8 (Wed) at 7 pm by print historian **Dianne Roman**, featuring her research on **The Ladies' Garland**, a magazine for women published in Harpers Ferry between 1824 and 1827 by John Gallaher. Roman has an MFA from Massachusetts College of Art and a doctoral degree in Media, Art & Text from Virginia Commonwealth University. Due to the pandemic, this event will be presented via Zoom. To register and receive a link, email [HSC1786@gmail.com](mailto:HSC1786@gmail.com) by September 7. Event is free. Web: [HistoricShepherdstown.com](http://HistoricShepherdstown.com).



### WV BLUES LEGEND COMES ALIVE

The Friends of Shepherdstown Library (FOSL) will host **Doris Fields** on September 16 (Thu), 6:30 pm in the pavilion at Morgan's Grove Park (4198 Kearneysville Pike, Shepherdstown, WV). Fields will be portraying legendary blues singer Bessie Smith, performing and answering questions in character. The performance, based on the one-woman play "The Lady and the Empress," created by Fields in 2003, is part of the WV Humanities Council History Alive! Program. Like Smith, Fields is a native of WV who grew up singing in church and community choir. Following a brief stint with an R&B band, she married and raised a family. After a 20 year break, she returned to college, earned a degree in communications and started her own band. Since then she has released several albums, toured up and down the East Coast, organized blues festivals, and published a book of poetry (*Appalachian BluesSpeak*). Fields' latest album, released in 2020 is titled Disturbing My Peace, a reflection on the events and trauma of last year. Free Admission. Web: [FOSLWV.org](http://FOSLWV.org).

### MOVIES AT THE PARK

The Shepherdstown Community Club will host a **family movie night** on September 11 (Sat) at Morgan's Grove Park (4198 Kearneysville Pike, Shepherdstown, WV), showing the 2007 film Ratatouille. Guests are invited to set up their own cushions, chairs or blankets starting at 7 pm. The movie will start at 8:30. Bring a flashlight for walking to the parking lot after the movie. Admission is free. Web: [ShepherdstownCC.org](http://ShepherdstownCC.org).

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**“** Everyone knows nowadays that people 'have complexes'. What is not so well known, though far more important theoretically, is that complexes can have us."

-C.G. Jung

(*A Review of the Complex Theory, Collected Works, Volume 8*)

Cathryn Polonchak LCSW  
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## EXPLORE // EVENTS & ACTIVITIES



**LoCo Potters**



### LOCAL HAND-MADE CERAMICS SHOW & SALE AT FLOWER FARM

LoCo Potters, an informal group of talented local ceramic artists, will be showcasing their works at Fields of Flowers (37879 Alder School Road, Purcellville, VA) on September 11 (Sat) from 10 am to 4 pm. Pottery pieces available for sale will include mugs, bowls, pitchers, casseroles, vases, bird houses & feeders, plates & platters, planters, and garden art pieces. All of the ceramics are handmade, glazed and decorated, and food and dishwasher safe. Each piece is a one-of-a-kind creation suitable for everyday use or as a gift. Fields of Flowers is a pick-your-own flower farm and will have later summer flowers available for sale as well. Web: LoudounFieldsOfFlowers.com.

### WALK WITH EASE

If you can't run, walk – and if walking is an effort, WVU Medicine has a free program to help you get started. The "Walk With Ease" program was developed for people with arthritis but is open to all. The only requirement is to be able to stand for 10 minutes without pain. The six week program will teach **strategies to walk safely and comfortably, increase stamina, flexibility and balance, reduce pain, and increase your overall health**. Offered at two locations this fall: at Jefferson Medical Center Pavilion in Ranson, Aug 30 to Oct 11 (Mondays, except Labor Day) at noon and at War Memorial Park in Martinsburg, Sep 7 to Oct 12 (Tuesdays) at 5:30. Info & registration, call 304-264-1287, extension 31814 or email dana.dejarnett@wvuMedicine.org.



### LEGENDARY BOOK SALE

The Shepherdstown Community Club will be hosting its **annual book sale** on October 14-17 at the War Memorial Building (102 East German St, Shepherdstown, WV). Opening reception is on Thursday, 6-8 pm with \$10 admission. Open admission is Friday & Saturday 10 am - 5 pm and Sunday 10 am - 2 pm. Proceeds benefit the maintenance of Memorial Building and Morgan's Grove Park. Over 60,000 books will be offered for sale and volunteers are welcome to help sort on October 11-13 (Mon/Tue/Wed) between 9 am and 3 pm. To donate books, call 304-876-3323 to arrange for pickup. Web: ShepherdstownCC.org.



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### SHEPHERD UNIVERSITY EVENTS ">>>> PAGE 4 & 5 <<<

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## EXPLORE // SHEPHERDSTOWN

## NEW RAINBOW CONNECTION CAFE BRIGHTENS UP GERMAN STREET



With a bright, friendly atmosphere and menu options for everyone, the newly-opened Rainbow Connection Cafe is a welcoming presence on German Street.

**CONNIE HEYER** POINTED TO THE IMAGE OF KERMIT the Frog sitting under a rainbow that hangs in the front dining room to explain the origin the new Rainbow Connection Cafe's name (patrons of her other Shepherdstown restaurant, LILAH, will notice the common design motif): "We had this idea to put charging stations on all the tables and the wifi symbol and rainbow both share a shape and the sense of connection. We're in a college town and we wanted to create a space that is welcoming to everyone."

The plan for the cafe came together quickly over the past few months. Heyer and her husband Joe saw the "for sale" sign in the window of the former LellyBelle Cafe and moved quickly to purchase the business, bringing in another local couple, Rhiannon Biedzynski and David McCauley, as business partners. Heyer noted that the two couples came to know each other only during the past year as Biedzynski and McCauley became regular patrons at LILAH Restaurant, remarking, "it's one of the amazing things about Shepherdstown, the friendships you develop and how many people we know by first name."

The new cafe is much larger — when Heyer found out that the ground floor apartment behind the old cafe was available, she negotiated a deal to lease both spaces. With the addition of a doorway, the cafe now has a large second dining room, an expanded kitchen, multiple restrooms,



and access to the yard in back that overlooks the Town Run. Heyer sees the new dining room as ideal for events and private parties and expects to open the yard for dining next spring. She points out the cafe will be online too "We're excited about our ordering app on the website. If a patron wants to place a breakfast order for their morning commute, we'll bring it right to the curb out front."

Inside, the chalkboards behind the counter will look familiar, but the menu is also greatly expanded. Heyer described it as "versatile and interchangeable, offering multiple choices for almost all options. So for example, if you want a meatball sandwich, we can prepare it with meat, vegetarian, vegan, and/or gluten-free options, however you want it. We've been doing this at LILAH, it adds some complexity, but we've figured it out. We foresee a lot of seasonal updates to keep it fresh too."



*Rainbow Connection Cafe, 104 East German St., Shepherdstown WV. Web: RainbowConnectionCafe.net; FB/IG: Rainbow Connection Cafe; Tel: 304-870-2995. Opening in September, 7 days a week for breakfast (from 6 am) & lunch (from 11 am - 5 pm). Check website & FB for additional evening hours & events.*

*Andrew Skinner*      *Stephen Skinner*

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