



G&G Electric: Hinton Electricians Proving Powerfully Good At What They Do

Cynthia Mattison
Hinton News

SUMMERS COUNTY W.Va. (Hinton News) - When Orrin Gerzema and John Gilbert attended Mercer County Technical Education Center in Princeton, they were strangers with a common interest in becoming electricians. A decade later, the friendship they formed has become the foundation for a new business.

“Orrin and I met at electrician school in Princeton, says journeyman electrician, John Gilbert. “We became friends because both our last names start with G, so we were alphabetically seated next to each other in school. So, here we are

10 years later with G&G Electric.”

Serving Hinton and surrounding areas, including Lewisburg, Princeton, Beckley, Oak Hill and Bluefield, G&G Electric officially launched in January 2026 and is focused on quality of work and competitive pricing. “We’re small, so I feel like our prices are probably a little more affordable and you still get quality work, says master electrician, Orrin Gerzema. Both co-owners are in agreement that the quality of work provided is very important for the success of their business. When asked what makes their company stand out, Gilbert didn’t hesitate. “Quality of work,” he said.

Offering both residential and commercial services, G&G Electric offers outlet installation, panel upgrades, lighting and repairs, surge protection and troubleshooting. They are also available for work on both new construction and remodels. “Customers can reach out to us by phone at any time,” says Gilbert. “They can also visit our website and fill out the form at the bottom explaining what they need.” Both owners admit that they will accommodate weekend and emergency calls if needed. “We work in the field from 9 a.m. to 4 p.m., but I take calls all the time,” Gilbert adds.

Although the company is still new, both Gerzema and Gil-

bert have a great appreciation for their customers. “I would say thanks to everyone for their support, both past, present and future,” says Gerzema. “We look forward to serving the community and surrounding areas.” Likewise, Gilbert is looking forward to the opportunity to showcase the work of G&G Electric. “Again, going back to the quality of our work. We won’t disappoint,” he said.

For more information on G&G Electric, call Orrin Gerzema at 304-952-8097, John Gilbert at 304-890-0724 or visit <https://ggelectricllc.jobbersites.com>. You can also follow them on social media by searching for G&G Electric on Facebook.

Two Hinton Men Arrested in Connection with Firearm Thefts



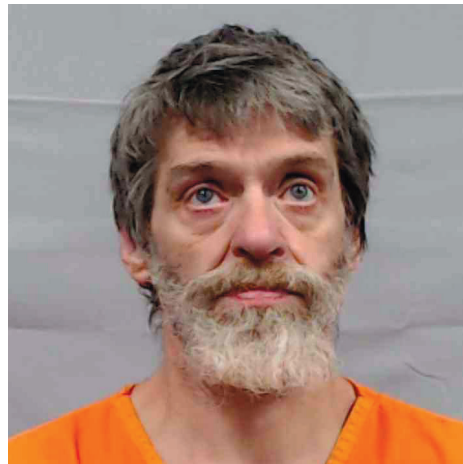
Photo of firearms courtesy of the Summers County Sheriff’s Department Facebook page

Rebecca Stalnaker
Hinton News



Ralph Shaun New

HINTON, W.Va. (Hinton News) — Two local men were arrested Tuesday after an investigation into stolen firearms led deputies to the Esquire Cemetery area, according to the Sum-



William Michael Rutherford

mers County Sheriff’s Office. Ralph Shaun New and William Rutherford, both of Hinton, face multiple charges, including:

- Burglary
- Grand Larceny
- Conspiracy
- Felon in possession of a firearm

The investigation, led by Deputy L.A. Harvey, determined that the original burglary took place on Ballengee Street in Hinton. While authorities successfully recovered 10 of the stolen firearms during the course of the investigation, several others remain missing.

Sheriff’s deputies indicated that more arrests are pending as the investigation continues.

The department is asking anyone with information regarding the incident to contact the Summers County Sheriff’s Office.

Summers County Pair Charged with Multiple Felony Drug Counts and Adult Neglect

SUMMERS COUNTY W.Va. (Hinton News) - A targeted investigation into local drug activity culminated in a high-stakes raid on Monday, March 16, resulting in the arrest of two individuals and the

seizure of multiple controlled substances and weapons.

A targeted investigation into local drug activity culminated in a high-stakes raid on Monday, March 16, resulting in the arrest of two individuals and the seizure of multiple controlled substances and weapons.

According to officials from the Summers County Sheriff’s Department, deputies executed a search warrant at a residence located on Big Creek Road. The operation turned up a significant cache of illegal narcotics, including Meth-

amphetamine, Fentanyl, and Hydrocodone, alongside several firearms.

Two suspects were taken into custody following the search:

Teresa Diane Holland: Faces a litany of serious charges, including two counts of Delivery of Methamphetamine and one count of Delivery of Fentanyl. She is further charged with Possession with Intent to Deliver Fentanyl, Hydrocodone, and Methamphetamine, as well as Neglect of an Incapacitated Adult.

Thomas Clayton Holland: Faces

charges of Neglect of an Incapacitated Adult and Prohibited Person in Possession of a Firearm.

The lead investigator on the case, Deputy L. A. Harvey, spearheaded the operation. While the Sheriff’s Department has confirmed the arrests, the specific condition of the incapacitated adult mentioned in the charges has not yet been released.

The Summers County Sheriff’s Department reminds the public that all suspects are presumed innocent until proven guilty in a court of law.



7 23314 78334 5

A Peek into Summers County's Past: Arnold Thompson



kid dad would play with a knife that lay on a bench in front of the window every time he went with grandpa to his shop. So much so that once he went over to the shop, he had made a new leather handle for the knife, and this leather sheath, and gave it to him.

He even stamped Dad's name on the back of it, "David Jones". I have the knife somewhere. After Grandma passed away in 2020, I found it while cleaning out her house. The sheath I found recently while clean-

A Peek into...» #3

William Jones
Hinton News

SUMMERS COUNTY W.Va. (Hinton News) - Many from the Ballegee/Talcott area may remember or have heard about Arnold Thompson over the years. Arnold Thompson was

handicapped from birth due to a bout of "infantile paralysis," more commonly known as the after effects of "polio" today.

Before polio vaccines became available in the 1950s, Arnold was one of the 15,000 yearly victims of the polio

virus in the United States. Instead of becoming a victim of his ailment, he operated a general repair shop in Ballegee. As shown here, he walked on crutches around his shop to conduct his work.

My father, David Jones, remembers

his father. Gene Jones, going to him for leather harness work for his draft horses he showed around the region. It is not apparent when Arnold branched off into doing leather work as well. What my father remembers is a larger workshop

than the one that was apparently his original shop when grandpa would go to have things made.

This leather knife sheath was made by Arnold. When dad was a young

COMMUNITY OBITUARIES



Phyllis Vandall Foster

Phyllis Vandall Foster, of Hudson, NC, formerly of Sandstone, WV, passed away peacefully, surrounded by her daughter, Lori, and her son-in-law, Grumpy Cales, at Atrium Health Main in Charlotte, NC, on March 5, 2026, following a brief illness. Phyllis was born in Sum-

mers County, WV, to the late Ulysses Earl Vandall and Ina Noel Taylor Vandall.

In addition to her parents, she was also preceded in death by her husband, Jimmy Lewis, who passed away in 1986; son, James Lewis, Jr.; daughter, Robin Gaynell; and four brothers and five sisters.

She was a homemaker and member of Sandstone Baptist Church in Sandstone, WV. Phyllis moved to North Carolina to be with her daughter, Lori, in 2015. She has enjoyed her time with her family and extended family while being in North Carolina. She also enjoyed her time traveling back to her hometown in West Virginia.

Those left to cherish her memory are her daughters, Jennifer Newcomb and husband, David, of Prospect, VA, Lori Cales and husband, Grumpy, of Granite Falls, NC; five grandchildren; three great-grandchild-

dren; sister; several nieces, nephews, and many dear friends.

There will be no services per her request.

Drum Funeral Home in Hickory, NC, is honored to be assisting the Foster family.

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A Peek into Summers County's... Continued from Page 2



ing their cedar chest. If you have any memories of Alford and his repair shop, please email me at greenbrierantiques@gmail.com. A funny little side tale; dad was telling me while writing this piece, a memory he has about Alford's shop. He said when he got a little older and was driving, he had the worst car ride of his life on the way to Alford's once. He

was friends with my mother's cousins, Davis and Arnold Knapp, from Alderson, prior to him and Mom getting married. They all went over to the shop for something and ran over a skunk along the way. And let's just say it made for "punget" memory, HA. Also, I am not sure of the exact family ties, but Alford is a distant cousin on my Thompson side.

SHERIFF OF SUMMERS COUNTY TAX OFFICE

April is the last month to pay 2025 property taxes. If not paid by April 30th, then taxes will be published in the May Delinquent List as unpaid.

PAGE JUMP >> #

Women's History Month Honors Generations Who Fought for a Seat at the Table

David Hodge
Hinton News

USA (Hinton News) - Women's History Month, celebrated each March, began not with a sweeping act of Congress but with a small California school district de-

termined to rewrite the story of who gets remembered. In 1978, the Education Task Force of the Sonoma County Commission on the Status of Women in Santa Rosa, California, organized the first Women's Histo-

ry Week. They chose the week of March 8 to align with International Women's Day, a date already tied to women's labor and suffrage struggles around the globe. The idea spread quickly. Community groups, schools, and

women's organizations across the country adopted their own

Jesus, The Way To Forgiveness

(Part 4)

by Mark A. Copeland

https://executableoutlines.com/topical_series/jesus-the-way-guide/jtw_01.html

We ended last week looking at Isaiah 53:10-12 where we noted the righteous Servant would suffer for others.

Notice that by the act of Christ's suffering the punishment due us for our own sins, we are forgiven of them. As Paul would later write:

In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace. (Ephesians 1:7)

Through Christ's death on the cross, we can come back to God, having been forgiven of our sins! In this way, God is able to:

- Preserve His **holiness** when we are in His presence (for our sins have been forgiven by the blood of Christ)
- Maintain His **justice** (for our sins have been properly punished by the death of Christ)
- All the while demonstrating His **love, grace, and mercy!**

And so, Jesus is "The Way" to forgiveness of sins, for He has been made a "propitiation" for our sins! But how does one receive the wonderful blessing of having Jesus as the "propitiation" for our sins?

RECEIVING JESUS AS THE WAY TO FORGIVENESS

After His death for our sins, and following His glorious resurrection from the dead, Jesus charged His apostles with the commission to spread the good news:

And He said to them, "Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned." (Mark 16:15-16)

We read in the book of Acts of how the apostles carried out this "Great Commission." In chapter two, just ten days after Jesus ascended into heaven, we find Peter proclaiming the gospel for the first time. After presenting evidence that Jesus has truly risen from the dead and ascended to the right hand of God, Peter comes to climax of his sermon:

"Therefore let all the house of Israel know assuredly that God has made this Jesus, whom you crucified, both Lord and Christ." (Acts 2:36)

Yes, this same Jesus they had crucified only fifty days earlier was the actual Lord and Messiah they had been looking for. Evidently many people believed what Peter said, for we read next:

Now when they heard this, they were cut to the heart, and said to Peter and the rest of the apostles, "Men and brethren, what shall we do?" (Acts 2:37)

What shall we do?, they cried. What can anyone do, who has realized that they are sinners in need of salvation? What Peter told them is what we should tell anyone today:

Then Peter said to them, "Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit." (Acts 2:38)


Peter told these people who evidently believed (as evidenced by their question in **verse 37**) that they needed to repent and be baptized. In similar fashion, when Saul of Tarsus (later known as the apostle Paul) had seen Jesus on the road to Damascus, and had been praying and fasting for three days afterward, he was told by Ananias whom the Lord had sent to him:

'And now why are you waiting? Arise and be baptized, and wash away your sins, calling on the name of the Lord.' (Acts 22:16)

Next week, we will continue to look at how one receives Jesus as the Way to forgiveness.

Paid for by Shockley Hill church of Christ.

We meet at 3293 Tug Creek Mountain Road
Sunday Morning Worship 9:30
Bible Study 10:30
Worship 11:15
Wednesday Bible Study 6:30
We would love to have you come and study with us.
304-466-5907, 304-445-5115, 304-860-7179



Weekly HOROSCOPES

<p>ARIES – Mar 21/Apr 20 A project you have been working on some time finally reaches a successful conclusion, Aries. Enjoy the benefits that comes from it and take a well-earned bow.</p> <p>TAURUS – Apr 21/May 21 Taurus, sensory delights might fill your week. Good food, music and company are your rewards. Enjoy everything and savor each moment.</p> <p>GEMINI – May 22/June 21 A long-awaited response brings a smile to your face, Gemini. It is just the news you were hoping for, and maybe even better than you expected. Now you can move forward with confidence.</p> <p>CANCER – June 22/July 22 Cancer, when you meet a new group of people in the days to come, you might feel a profound sense of belonging. Your heart will be full and you'll be encouraged to socialize more.</p> <p>LEO – July 23/Aug 23 Leo, the spotlight may find you this week. Enjoy the praise that is bestowed on you. You have earned it through your consistent effort. Someone with influence may come into your circle.</p> <p>VIRGO – Aug 24/Sept 22 Clarity about your life's direction brings a sense of calm, Virgo. While you once were floundering, now you know exactly where you are going and the steps necessary to get there.</p>	<p>LIBRA – Sept 23/Oct 23 Libra, your social life may be buzzing right now. It will prove to be a week of laughter, reunions and shared memories if this social energy manifests fully.</p> <p>SCORPIO – Oct 24/Nov 22 A personal mystery that has been bugging you may be solved this week, Scorpio. The truth might bring you freedom and a sense of empowerment. It also will free up your mind.</p> <p>SAGITTARIUS – Nov 23/Dec 21 You don't have to travel too far from home to satisfy your wanderlust, Sagittarius. A weekend getaway or midweek escape might be all that's needed to bring refreshment.</p> <p>CAPRICORN – Dec 22/Jan 20 This week you likely will meet a professional or personal milestone that you've been working toward for some time, Capricorn. Celebrate the steady climb you have made.</p> <p>AQUARIUS – Jan 21/Feb 18 Authenticity is the key to driving more people into your social circle, Aquarius. It also will attract new opportunities. Don't be afraid to be "you."</p> <p>PISCES – Feb 19/Mar 20 Pisces, this week you will settle a debt of some kind, freeing you up for new opportunities. It will leave you feeling lighter and ready for any new chapters ahead.</p>
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FAMOUS BIRTHDAYS

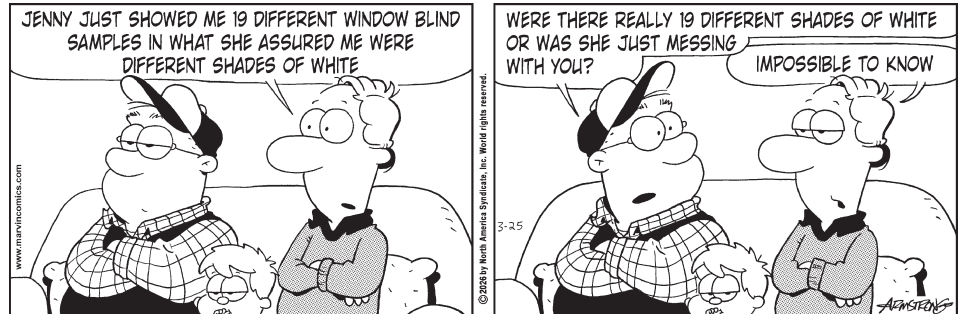
MARCH 22 Matthew Modine, Actor (67)	MARCH 24 The Undertaker, Wrestler (61)	MARCH 27 Mariah Carey, Singer (57)
MARCH 23 Keri Russell, Actress (50)	MARCH 25 Elton John, Singer (79)	MARCH 28 Vince Vaughn, Actor (56)
	MARCH 26 Diana Ross, Singer (82)	

ENTERTAINMENT & COMICS PAGE

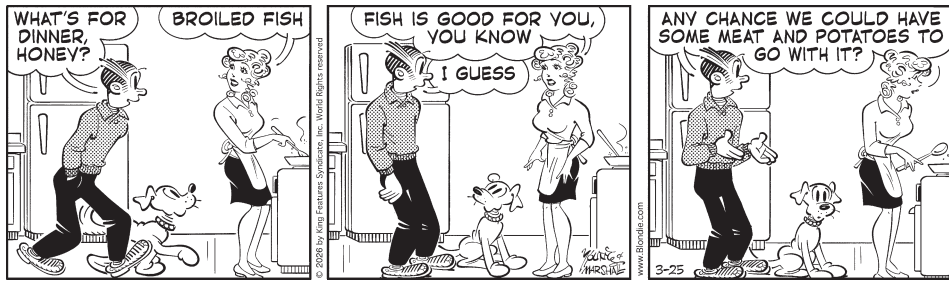
Beetle Bailey



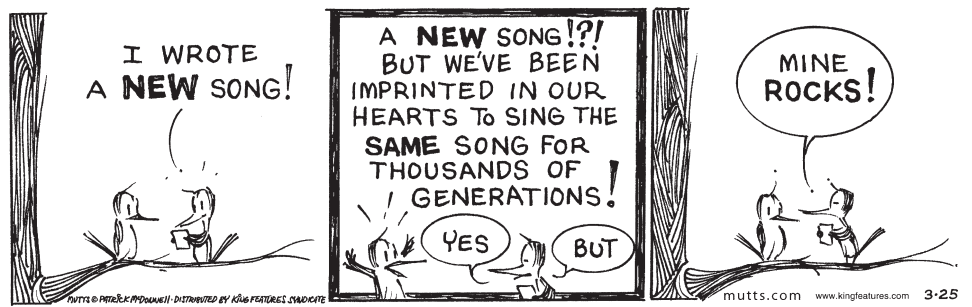
Marvin



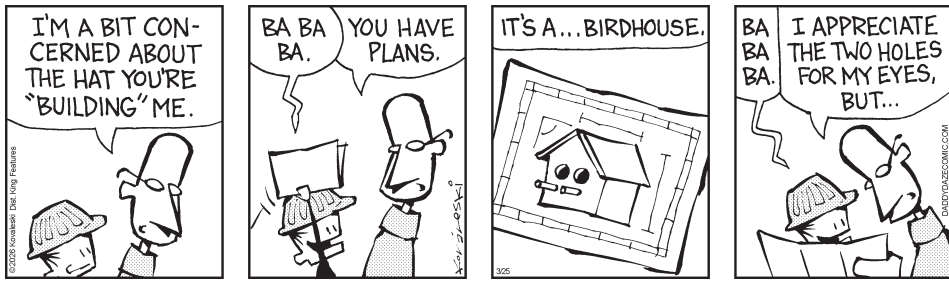
Blondie



Mutts



Daddy Daze



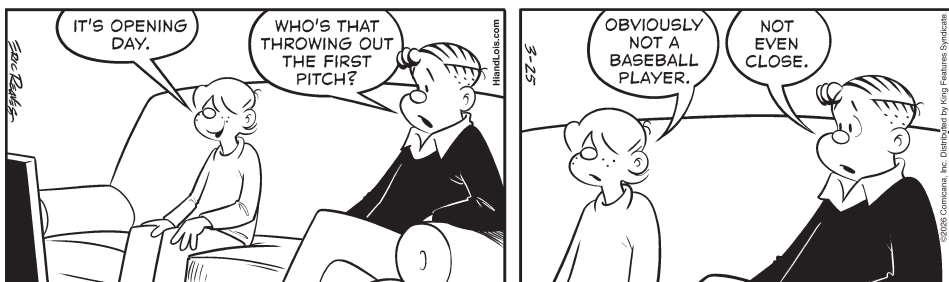
Zits



Dustin



Hi and Lois



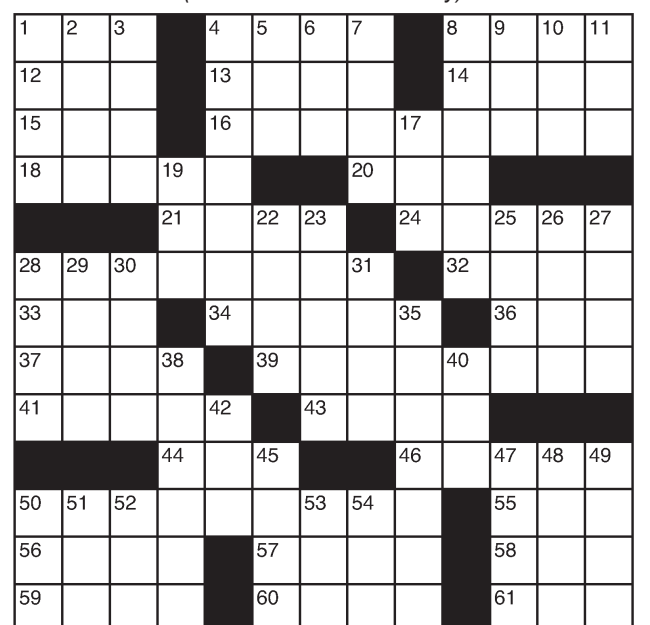
SHEFFER CROSSWORD

- | | | | |
|--------------------------------|-------------------------------------|-----------------------------|---------------------------|
| ACROSS | DOWN | ACROSS | DOWN |
| 1 Distant | 43 Whirl | 2 Sparkling Italian wine | 22 Some TVs |
| 4 Cougar | 44 Actress Salonga of "Miss Saigon" | 3 Contrite one | 23 Chalet overhangs |
| 8 Skilled | 46 Popularity | 4 Range of vision | 25 Paraphernalia |
| 12 Buckeyes' sch. | 50 Lucky charm | 5 Tony winner Hagen | 26 Stately trees |
| 13 D-Day beach | 55 Sashimi fish | 6 Buddy | 27 Assess |
| 14 Root beer brand | 56 "The Wire" actor Idris | 7 "Excuse me ..." | 28 Easter entrees |
| 15 Hwy. | 57 Kitten's sound | 8 Hand-some guy | 29 Theater award |
| 16 Track runner | 58 "voyage!" | 9 "Cheers" setting | 30 Nevada city |
| 18 Russian ballet company | 59 Check | 10 Mormon church, for short | 31 Harvest |
| 20 Gingerbread — | 60 Wimbledon divisions | 11 Jargon suffix | 35 Trembles |
| 21 Employ | 61 "Ain't — Sweet" | 17 Solo in space | 38 Certain Sooner |
| 24 Chad neighbor | | 19 Surprised cries | 40 Sean — Lennon |
| 28 Equine-powered vehicle | | | 42 Director Ang |
| 32 Actress Ward | | | 45 Vipers |
| 33 Honest politician | | | 47 Yaks |
| 34 Surfers catch them | | | 48 "Oops!" |
| 36 Invoice fig. | | | 49 Bonn article |
| 37 Gum flavor, often | | | 50 "Fight for You" singer |
| 39 Fish with a prehensile tail | | | 51 Flamen-co cheer |
| 41 Capital of South Korea | | | 52 MLB stat |
| | | | 53 Coloration |
| | | | 54 Leftover bit |

Solution time: 23 mins.



Last Wednesday's Answer (Answers Next Wednesday)



SUDOKU PUZZLE

King Classic Sudoku

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

Difficulty: ★★★

3/25

Fill in the grid so that every row, every column, and every 3x3 grid contains the digits 1 through 9. That means that no number is repeated in any row, column, or box.

(Today's Answers Next Wednesday)

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

Answer To Last Wednesday's Puzzle →

Difficulty: ★★★

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JUMBLE

THAT SCRAMBLED WORD GAME

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

RHDIT

VDIOA

OABBMO

EHESCE

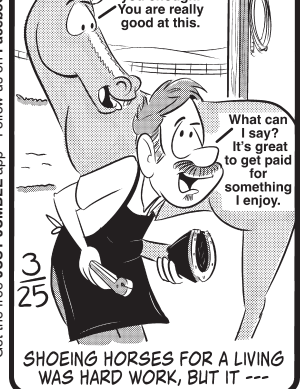
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Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Today's Answers Next Wednesday)

Last Wednesday's Answers

Get the free JUST JUMBLE app • Follow us on Facebook



SHOEING HORSES FOR A LIVING WAS HARD WORK, BUT IT

He stood in the field all day doing his job. As for keeping birds away, he was — OUTSTANDING



What's the Difference?

Find the four differences between the two pictures.

A



B



Answers: 1. Woman's hair is longer 2. Girl is wearing a hat 3. Missing flowers in planter box 4. Boy is in the picture

DAY IN HISTORY



1306: Robert the Bruce becomes King of Scots.

1655: Saturn's largest moon, Titan, is discovered by Christiaan Huygens.

1965: Martin Luther King, Jr. leads a four-day civil rights march from Selma to Montgomery, Alabama.

NEW WORD

VERNAL

appropriate to spring

Nature FACT:

These areas, which are present in the spring but tend to dry up in summer, are great breeding habitats for amphibians.

Answer: Vernal pools

How they say that in...

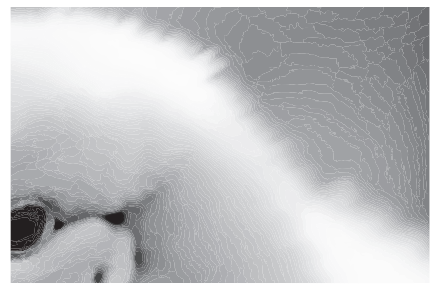
- English:** Bud
- Spanish:** Capullo
- Italian:** Boccio
- French:** Bourgeon
- German:** Knospe

Did You Know?

Springtime brings color to gardens. Hellebores, crocus, daffodils, tulips, dandelions, violets, lilies, and many flowers start to bloom in spring.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Baby chick

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BRAGGIN' RIGHTS: Is the oral tradition lost?

Libby O'Bryan Coffin

My mother (Oma Bragg) grew up on Chestnut Mountain, and my dad, in Hix. The title of the articles I write are based on Mom's maiden name!

Bible story books, a bride's Bible, a New Testament, a Gideon Bible in hotel rooms? What do these books have in common? They all tell family stories. How do we know that there was a baby named Jesus? How do we know that Jesus' parents were Mary and Joseph? What was His dad's occupation?

Probably, one of the first stories you heard comes around this time of year: the Story of Baby Jesus. Think of the Wisemen. Did a Wiseman Walk out of the manger and say to the other Wisemen, "Wait, a minute. I have to call my wife and tell her what I just saw!" No, he rode the camel home and then told his wife the story. Later, did a bystander call his sister and say, "Would you believe that I just saw a man make wine from water?"

Through the years, stories from the Bible were shared by word of mouth, a process called Oral Tradition.

How do we know that Jesus fed many people? Because someone

watched carefully, listened intently, and repeated that story. He or she then communicated the story to a friend who told another friend. A chain is a good analogy for the oral tradition. If that chain had been broken anywhere down the line, we wouldn't have the Bible and its stories today.

Oral tradition is personal. Jesus talked directly to the people. He had their attention, and they listened. Those who listened felt as he/she and Jesus were in a one-on-one conversation. Today, we all want the relationship that comes between the speaker and the listener: parent and child, teacher and student, coach and player, boss and employee. I remember a time when our son was about 3. He and I were talking when he said, "Mom, listen to me with your eyes." Jesus listened carefully and responded to those who heard him. They relayed the stories to others. The Bible and those stories are now ours.

Now, let's link the Bible to the importance of family stories. I was a high school English teacher and guidance counselor. Through the years, I have concluded that many young people do not know where they

come from. Consequently, they don't know where they are today so they don't see themselves in a future. Through family stories, we connect with our family and others with our shared experiences. Sharing our stories has the power to heal, to challenge, and to unite. We look at the oral tradition that gave us the Bible to give us stability today and a blueprint for the future. Our faith helps us live each day.

Homer Hickam, whose family story was made into the movie OCTOBER SKY, wrote the book WE ARE NOT AFRAID. He, like my parents, grew up in Southern West Virginia. He said the people in West Virginia live with these four attitudes which were the basis for a previous column I wrote. Often, the family stories are examples of one of these attitudes:

1. We are proud of who we are.
2. We stand up for what we believe.
3. We keep our families together.
4. We trust in God but rely on ourselves.

The attitudes follow the teachings from the Bible. Because we believe in God and His Son and salvation through them, we can make it from one day to the next. Where does oral tradi-

tion come in? That is the way we pass our families' histories from one generation to the next. The process was easier when we all lived close together.

One day, Mom and I discussed growing up with cousins. Mom and most of her cousins lived on Chestnut Mountain, or at the least, in Summers County. With my generation (I am 80), there was a change. We (grandchildren of John and Lanie Bragg) lived in Florida, Georgia, Alaska, California, West Virginia, New England states. However, stories from our parents united us.

Our stories, funny and sad, reflect our faith. Granddaddy and his brother never got along even though they lived only a quarter mile from each other. I eventually found out why. Aunt Pearl said that during the Prohibition Era, Granddaddy was a revenue and his brother Lon had a moonshine still on the mountain. Because Granddaddy believed in forgiveness, he made it a point to reconcile with his brother.

One year, my grand-

daughter Kate went with us to West Virginia and we visited the one-room school, Chestnut Mountain School, now a church. The original out-house is still there, and I asked her what that building was. With an exasperated sigh, she replied, "Grandma, that's a porta-potty." Our stories are filtered with one's experience and generation!

After the children finished eighth grade on the mountain, they went to Hinton High School. From my parents, I learned that the mountain children were not treated very well by the town children so the brothers and sisters had to stick together. The four sisters, Irene, Pearl, Pauline, Oma, and Erma later attended and graduated from Sandstone. Daddy took a different route.

At 13, Daddy decided to find a safe place to go to school. He had heard of a boarding school, Alderson Baptist Academy, down the Greenbrier River in Alderson. It had opened in fall of 1901, and Daddy probably entered around 1918, the same year college-level

classes were added. Hinton was a C&O railroad town, and back then, a car's doors may be left open. By the door was a vertical handle, and Daddy grabbed that handle and rode the railcar down the Blue- stone River to Alderson. He knew a boarding school, Alderson Baptist Academy, was there. He walked to the school and knocked on the principal's door. He asked if he could go to the school. The principal thought a few minutes and replied, "Yes, but you will have to live in the laundry and

BRAGGIN' RIGHTD » #7



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Weekly Recipes

A Hearty Stew Tailor-Made For St. Patrick's Day Celebrations

St. Patrick's Day is a festive day in which people from all walks of life embrace Irish culture. Celebrated right in the middle of March, St. Patrick's Day calls for hearty fare that those who have been to the Emerald Isle know is a staple of the Irish diet. This year, anyone looking to celebrate St. Patrick's Day, and stay warm in the process, can enjoy this recipe for "Irish Stew With Lamb and Potatoes" courtesy of Lines+Angles.

Irish Stew With Lamb and Potatoes

Serves 6

- 3 tablespoons vegetable oil
- 1 3/4 pound lamb neck, on the bone, thickly sliced
- 4 small onions, diced
- 2 carrots, sliced
- 6 cups beef stock
- 8 to 10 small waxy potatoes, halved or quartered depending on size
- 1 to 2 tablespoons chopped parsley



1. Heat the oil in a large pot and sear the meat. Remove from the pan and set aside.
2. Cook the onions and carrots in the pan for 3 minutes. Return the meat to the pot, season with salt and ground black pepper and deglaze with the stock. Cover and simmer on a low heat for 40 minutes.
3. Add the potatoes to the pot, cover and cook for another 30 minutes until the potatoes are soft. Season to taste and serve garnished with parsley.

BRAIN POWER WORD SEARCH

X S Y O F N S S E N L U F D N I M U N F
 O V R O O E N U B A O E I F N N O O D B
 Y F C C C U P X G N I S S E C O R P O P
 V E E L U R S X A V B S D O T Y R B X G
 G V P P S O C I L Y F U N C T I O N L U
 X I N P L P B U L A G M F E S B L Y N O
 S T X N O L A M P C O N O A P N I T O N
 E U N O O A I L X L E A R N I N G I I O
 E C S I G S S A M F S L E E P I V R T I
 C E L T G T Y R Y I L N U X B U M A A T
 N X B I Y I N U E U A E R U P T I L M N
 E E F N B C A E U G R E X E T F D C R E
 I R D G V I P N R N M P M I S T C U O T
 L P C O B T S V Y S F G N O B E M L F T
 I O F C C Y E I U F X A V G T I R E N A
 S N U O X V S E N I A R B O C I L V I Y
 E G N I V L O S M E L B O R P M O I E G
 R D S D F C N O I T P E C R E P P N T X
 Y S S E R T S P C X R E A C T I O N S Y
 Y R O M E M U R E F D X I B G R A B U I

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS			
ATTENTION	FOCUS	NEURAL	REACTION
BRAIN	FUNCTION	NEUROPLAS- TICITY	RESERVE
CLARITY	INFORMA- TION	PERCEPTION	RESILIENCE
COGNITION	LEARNING	PROBLEM SOLVING	SLEEP
EMOTIONS	MEMORY	PROCESS- ING	STRESS
EXECUTIVE	MINDFUL- NESS		SYNAPSES



Dear Recycle Lady

Dear Recycle Lady,
My husband is getting ready to change the oil in our cars. Is there somewhere locally that accepts used motor oil? Concerned for the Environment

Dear Concerned for the Environment,

Yes, there are two local collection stations in the Greenbrier Valley. Used motor oil can be taken to the Advance Auto Parts store in Fairlea, located at 469 Greenbrier Valley Mall Dr. (304-645-5088), or to the AutoZone Auto Parts located at 1414 Jefferson Street North, next to the Ford Dealership (304-647-3416). Motor oil never wears out; it just gets dirty, so it can be recycled, refined, and used again. A single quart of motor oil, if disposed of improperly, can contami-

nate up to 2,000,000 gallons of fresh water. Please encourage your husband to take the used motor oil to Advance Auto Parts or AutoZone Auto Parts, and thanks for writing. And kudos to these two businesses that are helping to save our environment.

Dear Recycle Lady,
I have a large round cardboard core that is very hard and came out of a roll of Gorilla Package Tape. There are smaller versions of this core in rolls of scotch tape. Can cardboard cores be recycled with cardboard? Packer

Dear Packer,
Yes, cardboard cores can be recycled with cardboard. Cores, which are made from durable wood pulp fiber, are layers of paper held together by glue and come in a variety

of thicknesses and sizes. These cores are used by the packaging and storage industries for materials like tape, fabrics, and paper that need extra support. They also make rolled materials easier to store and transport. Essex Tube Windings Ltd, an eco-friendly corporation, makes these cores out of 100% recycled fiberboard. Cores are a cost-efficient alternative to metal, plastic, glass and wood equivalents.

Dear Recycle Lady,
What is electronic recycling? Need Clarification,
Dear Need Clarification,
Electronic recycling is also called e-waste recycling. It is recycling, reusing, or repurposing old, broken, or outdated electronic devices. According to www.earth.org, it is the process of extracting

valuable materials into tiny pieces that could be reused in a new electronic appliance. Electronic waste contains toxic substances such as lead, mercury, and cadmium, which must be disposed of carefully. Many manufacturers and retailers of electronics offer recycling programs. Check out Staples, Office Depot, Best Buy, Amazon, Sprint, and Apple for their recycling programs. Dell Reconnect partners with Goodwill to accept "just about anything that can be connected to a computer." Before donating or recycling used electronics, be sure to delete all personal information. The local Recycling Center accepts all cell phones and electronic waste connected to a cord, with the exception of TVs and TV-like mon-

itors that were on earlier computers. Flat screen monitors are acceptable. All such electronic items are collected and sent to a company that specializes in recycling e-waste.

Dear Readers, our planet is drowning in plastic waste.

1 million plastic bottles are purchased every minute in the U.S.

Americans use 100 billion plastic bags each year.

Every day 8 million pieces of plastic waste makes its way into our oceans.

Plastic waste kills 100 million marine animals

annually.

We must come together and make changes to preserve our planet.

Reusable water bottles and bags are part of the solution.

1 reusable water bottle = 156 plastic bottles.

1 reusable bag = 307 bags per person.

Have questions about recycling or interesting information about recycling? Send questions or requests to Recyclelady7@gmail.com Dear Recycle Lady is sponsored jointly by the Greenbrier Recycling Center and Greenworks Recycling.

BRAGGIN' Rights Continued from Page 6

wash the clothes of all students." Daddy quickly replied, "Yes, I will." He received his high school diploma, and the students had clean clothes. This story is one of my family stories.

Each story alone may seem insignificant but together stories make up a family's tradition. Now, how can we have a meaningful conversation, particularly with young people? How? Why? and opinion-based questions are best. Avoid "yes-no" questions. An example: If you could outlaw one thing in school what would it be and why? or tell me about a day you laughed the hardest. The key is to take the time to listen. The journalist, Bob Greene, wrote OUR CHILDREN'S CHILDREN, a book of questions divided into categories, like Birthdays, Elementary School, Love Life.

My mother liked to talk. As a teenager, I remember getting tired listening to her, but today, I do remember her stories. My grandson Thomas told me one day, "Grandma, you've already told me that story." Yes, we may repeat ourselves, but it is because we think it is important for you to know where you came from-your family story. We have passed on stories to our son Chester and

our grandchildren. Our chain might be a little rusty, but it is still intact.

Both listening and sharing are important in the Oral Tradition. We

have the story of Jesus because that chain was not broken. Now, share your family stories and listen to the stories of others. Keep your family

chain intact.

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EOE

PUBLIC SERVICE COMMISSION OF WEST VIRGINIA CHARLESTON
CASE NO. 26-0108-E-CN
MONONGAHELA POWER COMPANY and THE POTOMAC EDISON COMPANY
Application for a certificate of public convenience and necessity to construct and operate an approximate 1200 MW combined cycle gas plant at its existing Ft. Martin power station in Monongalia County, West Virginia and to construct 70 MWs of solar generation at three sites.
NOTICE OF FILING AND HEARING
On February 13, 2026, Monongahela Power Company and The Potomac Edison Company (Companies) filed an application requesting issuance of a certificate of public convenience and necessity pursuant to W. Va. Code §24-2-11 along with rate recovery. The specific request is for Mon Power to construct and operate an approximate 1200 MW combined cycle gas plant at its existing Ft. Martin power station in Monongalia County, West Virginia, and to construct 70 MW of solar generation at three sites: Wylie Ridge, near Weirton; Davis, near the Town of Davis; and Valley Point, near Albright, WV. The Companies state the new generation resources are needed to meet increasing customer demand for electric power and would not materially impact their existing coal-fired power plants.
The anticipated cost of the new generation is approximately \$2.7 billion. The Companies requested a surcharge to recover the financing costs of the project during the construction period, and to recover the costs associated with owning and operating the projects after they are placed in service. The surcharge would begin the month after approval by the Commission. The initial surcharge is proposed to impact customer bills as shown below:

	Average \$ Increase Per Month	% Increase
Residential	\$1.18	0.9%
Commercial	\$2.86	0.7%
Industrial	\$1,870.82	0.9 %
Streetlighting	\$0.26	0.1 %

The average residential customer using 1,000 kilowatt hours (kWhs) per month would see an increase in the monthly bill of \$1.18, from \$138.09 to \$139.27 or a 0.9 percent increase.
This matter is scheduled for an evidentiary hearing on July 16 and 17, 2026. The hearings will begin at 9:30 a.m. in the Howard M. Cunningham Hearing Room at the Public Service Commission, 201 Brooks Street, Charleston, West Virginia. The Commission may cancel the evidentiary hearing for good cause shown. Interested persons intending to attend the hearing should monitor the Commission web docket.
Anyone desiring to intervene should file a written petition to intervene not later than April 10, 2026. All petitions to intervene should briefly state the reason for the request to intervene and comply with the rules on intervention set forth in the Commission's Rules of Practice and Procedure. The Commission will receive public comments until the beginning of the hearing. All written comments and petitions to intervene should state the case name and number and be addressed to Karen Buckley, Executive Secretary, P.O. Box 812, Charleston, West Virginia 25323. Public Comments may also be filed online at <http://www.psc.state.wv.us/scripts/onlinecomments/default.cfm> by clicking the "Formal Case" link.
MONONGAHELA POWER COMPANY and THE POTOMAC EDISON COMPANY

Birding, Breakfast, and Fellowship: Greenbrier River Watershed Association Hosts Spring Walk



Photo provided by Greenbrier River Watershed Association

CALDWELL W.Va. (Hinton News) - The Greenbrier River Watershed Association is hosting a morning bird walk on the Greenbrier River Trail, Sunday, March 22. Officials invite the public to join them in the second larger parking area at the trail in Caldwell at Stonehouse Rd., at 8:30 a.m. to enjoy some coffee, tea, muffins and fellowship before heading north on the trail to identify birds in the brush, trees and river. No

need to register, all are welcome. The walk will be led by Dr. Merri Collins, Director of Ecology at Appalachian Headwaters. She is an Environmental Science Ph.D. graduate of the University of Maryland and holds a master's degree in Environmental Studies from Ohio University. She has a diverse background in wildlife conservation and ecology and has worked with a wide range of species across the mid- and southeastern United

States, from dragonflies to dolphins. Collins has a strong research background in Appalachian Wildlife Ecology. The GRWA is grateful for the collaboration with Appalachian Headwaters to provide this event to the public.

Officials said, "We have more exciting nature walks planned for this Spring and Summer to get people out to the river, so please stay tuned by watching our Facebook page www.facebook.com/greenbrier.watershed."

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Women's History Month... Cont. from Page 3

observances. In 1980, a coalition led by the National Women's History Project, now the National Women's History Alliance, successfully lobbied the White House. That year, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week.

Persistent advocacy followed. In 1987, after continued lobbying by the National Women's History Project, Congress passed a law designating March as Women's History Month, transforming a local experiment into a national tradition.

The month invites Americans to reflect on the women whose efforts reshaped law, politics, and culture.

Suffrage leaders Susan B. Anthony and Elizabeth Cady Stanton spent decades lecturing, organizing, and lobbying for what became the 19th Amendment, which granted many women the right to vote in 1920. Alice Paul, a more radical strategist, led marches and hunger strikes and introduced the Equal Rights Amendment in 1923, seeking constitutional guarantees of gender equality.

Other figures challenged both racism and sexism at once. Sojourner Truth, a formerly enslaved woman turned abolitionist and women's rights advocate, used her famous "Ain't I a Woman?" speech to confront the notion that

womanhood meant only white womanhood. Journalist Ida B. Wells Barnett led an anti-lynching crusade and fought to ensure that Black women were not pushed to the margins of the suffrage movement.

Legal and political pioneers in the 20th century carried that work into courtrooms and Congress. Before joining the U.S. Supreme Court, Ruth Bader Ginsburg built a career as a lawyer strategically dismantling laws that allowed gender discrimination. In 1968, Shirley Chisholm became the first Black woman elected to Congress and later the first woman to seek the Democratic Party's presidential nomination, running under the slogan "Unbought and Unbossed."

March 8, the anchor of Women's History Month, traces back to

mass demonstrations in 1908, when 15,000 women marched through New York City for shorter hours, better pay, and voting rights. In 1917, women in Russia went on strike for "bread and peace" on a February date that corresponded to March 8 on the Gregorian calendar, helping spark political change and earning women the right to vote there.

Today, Women's History Month underscores how recent many basic rights are, from opening a bank account without a husband's permission to legal protections against workplace harassment. As historian Gerda Lerner wrote, women's history is not a niche interest but "an essential, indispensable heritage from which we can draw pride, comfort, courage, and long-range vision."

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