

The WV INDEPENDENT Observer

JEFFERSON COUNTY, WEST VIRGINIA

OCTOBER 2021

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THIS PAPER WANTS TO BE RECYCLED.



Sunrise lights up German Street in Shepherdstown at the beginning of Autumn.

TO OUR READERS — The fall equinox really did signal a change of season this year, sending us to the closet looking for sweaters for an evening walk with the dogs. Orb-weaver spiders (above) seem to be in unusual abundance this year too — perhaps they want to get back to normalcy and just hang out like everyone else.

The cobwebs and chill in the air anticipate the fall holidays. Certainly we expect to see some spookiness as our communities gear up to celebrate Halloween. Trick or Treat in Charles Town and Shepherdstown will remain low-key again this year, without the downtown street closures, but there are still plenty of smaller-scale events around the county — see our events calendar on page 12 for a few options for ghost tours and other activities. We'll add updates on our website (WeAreTheObserver.com) as additional events are confirmed.

Regardless of whether you like your Halloween costume with or without a mask, CASA-EP is inviting you to get out and walk, run, kayak, skateboard, etc. in its Superhero Challenge to support its children's advocacy efforts (see page 10). We've provided some suggestions (page 16) for where you can clock your miles if you want to join the fun. If you really want to push yourself, Freedoms Run (FreedomsRun.org) still has slots available for its October 16 events.

If you happen to wander onto the Shepherd University campus, you'll likely see several students in nurses outfits. That's not a costume they are wearing — it's a sign of commitment to the community (see page 4). Give them a smile too and someday they might give it back to you when you really need it.

Steve Pearson
EDITOR IN CHIEF



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// COMMUNITY

THE HEALTH OF THE COMMUNITY

School of Nursing At Shepherd University Leads With A Hands-On Approach



The simulation labs (above and right) give students exposure to critical care, acute care, birthing, pediatrics and independent living settings in preparation for their hands-on clinical experiences. (Cover): Level One student Jose Ortega-Stevenson practices injections under the guidance of Professor Zerull.

“BE THE LIGHT” — it’s the inspirational message displayed prominently on the walls throughout Erma Ora Byrd Hall, home to the College of Nursing, Education and Health Sciences at Shepherd University. This state-of-the-art teaching facility represents the University’s commitment to training the nursing professionals who are essential to meeting the health care needs of the local and regional community. The University currently offers nursing degrees at both the bachelors and doctoral level, along with a post-doctoral certificate. The Bachelors of Science in Nursing program was established in 1987, building upon the original two-year associate degree nursing program established in 1972 at Shepherd College. The University established the Doctor of Nursing Practice program in 2015. The local impacts of the University’s nursing programs are measurable. According to statistics provided by the University, two-thirds of its nursing students come from the Eastern Panhandle of West Virginia, with 90 percent from rural areas and 45 percent as first-generation college students. The majority of graduates remain in the region.

At the undergraduate level, which typically graduates 70 students per year, the Bachelor of Science in Nursing (BSN) program consists of four semesters of instruction in classroom, lab and clinical settings. Assistant

Professor Lisa Zerull (Ph.D., RN-BC), herself a practicing nurse for over thirty years, talked about how the training to create a successful nurse is more than just the compilation of medical knowledge and hands-on medical practice: “We focus on teaching our students self-care strategies and resilience. It’s about creating a positive frame — getting into the habit of asking yourself what do you need to learn, what needs to be done, how can I affect change, and understanding that I am the owner of my environment.”

Multiple Paths Into a Team

Most students enter the BSN program as Juniors after two years of pre-nursing coursework on campus or at community college. The University also has pathways into the program for working individuals returning to school. The two year program is comprehensive to provide students with a solid foundation for entering a profession that spans over a hundred distinct specialties. Professor Zerull noted that “each of the four semesters corresponds to a level, with Level One focusing on skills and progressing to Level Four where we focus a lot on leadership — in the care setting, within the care team, working on conflict solving, managing a unit, understanding workplace culture, learning to delegate. We look to create people who are the pivot of change.”



Delilah Bedilion, a current Level One student, followed the pathway that included prior work experience. After several years working as a medical assistant and phlebotomist — and after starting a family — she took the leap to go back to school to train as a nurse. “My husband graduated from the program a few years ago and had nothing but good things to say about it. I’ve been able to see the difference that nurses make, both as I was working and with my own children’s health needs. If I can do that for someone else, to be there when a person really needs me, I can really make an impact.” Bedilion remarked that one of the biggest surprises with training as a nurse were the different types of questions. “It’s not just a yes or no answer that you can study and memorize. Each patient is different and you learn to evaluate each situation critically.” As Professor Zerull noted, “we can teach knowledge and skills, but nursing is really about experience.”



Delilah Bedilion, BSN student (Level One)

Heather Cook, a current Level Three student, came to the program after completing a two year degree at Frederick Community College. “I was looking for a career where I could make a difference, to help people in need.” Cook recalled that the transition from community college to a university was a big step up in workload. She started during the pandemic year, but “fortunately we were able to attend classes in person and went online later, so it



Heather Cook, BSN student (Level Three)

wasn't too disruptive. We were able to complete all of our clinical work in person too. The hands-on experience really makes a difference. For example, the blood pressure machines at the clinic were much older than what we have here [at school]. I was thinking how I would be able to use this but was able to figure it out. You also don't know what kind of patient you'll see when you walk in the room — or if you'll need to call a code [for urgent assistance]."

Hands-On & Working Together

Professor Zerull echoed the importance of the in-person clinical experience. "You can't deliver nursing care online — you have to touch the patient. For the clinical sessions, we have faculty members that start out with our students each morning, and they define the learning objective each day. But then the students become part of the clinical team." Zerull also remarked, "you do see that the patients really appreciate the student nurses — in a typical hospital, an acute-care nurse is responsible for five patients and has other duties also. The student nurse will be focused on one patient for eight hours." Bedilion, who as a Level One is a few weeks away from her first clinical experience, noted that "we have been practicing in the labs and reviewing case studies in the classroom. I feel like I am ready to go."

The commitment to continual learning and a sense of community are also strong within the walls of the school. Professor Zerull remarked on the success of the new student-mentoring programs organized by the Student Nurse Association. Bedilion shared her experience after a few weeks in the program: "having a mentor is amazing and helps build that sense of asking questions." Cook remarked

that "the Level Ones are less stressed with this mentoring program." Recalling her own decades of experience, Zerull remarked that it's "difficult to work as a nurse without this sense of esprit de corps. The mentoring program instills this sense of responsibility for educating the next generation."

The Nurse is a Doctor

The Doctor of Nursing Practice (DNP) degree is a reflection of the increasing complexity of medical care and provides the opportunity for nurses to acquire skills and credentials at a level similar to that available to dentists (DDS), pharmacists (PharmD), audiologists (AudD), physical therapists (DPT), and doctors (MD), with the aim of providing complex patient care in a clinical setting. Sharon Mailey (Ph.D. RN), Dean of the College and Director of the School of Nursing, joined the faculty in 2008 and oversaw the launch of the DNP program. "DNP is about serving the Eastern Panhandle community. There are not enough medical providers in West Virginia, particularly in family health and mental health, which is why we focused on these two practice areas. We started the program in 2015 and graduated our first students in 2018. We've had 21 graduates since then, all working in this region. There are currently 32 students enrolled in the DNP program."

Brenda Johnston (DNP, PMHNP-BC PMHCNS-BC) is an assistant professor and the current coordinator of the DNP program. Her practice focus is on mental health and she emphasizes the implications of the shortage of providers in the region. "Substance abuse is a complicated issue to treat. You need to look at the biological, psychological and social factors. There are often co-occurring issues such as obesity, heart disease, lung disease. When you have the lack of service providers you face the reality that you can't start treatment if you can't sustain treatment. You end up with a lot of situations where people are in crisis and the only option is the emergency room, which ends up as acute care, a short stay, and then discharge, but with no real resolution."

Johnston continued, "the DNP training offers the opportunity for nurses to fill some of these service gaps. It's a pathway to chip away at the "iron triangle" of medicine — the conundrum of providing good access, quality care, and affordable care. The nurses are already there in the community, we give them the skills to provide the quality care that is lacking. As nurses, you look at integrative care." Johnston noted, "with the right tools, you can focus on prevention and attack these issues at a lower cost. You can treat the whole person."



Nursing students work closely with teachers and mentors in the simulation labs.

BY: Steve Pearson

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// COMMUNITY

FASHION SUPPORTS A PASSION

The Good Shop Sustains Adopted Horses



FLAX clothing & Dansko shoes are some of the many items for sale at the Good Shop.

THERE IS ALWAYS SOMETHING TO CATCH your eye when you walk into the Good Shop in Shepherdstown. Gina Franklyn, the shop proprietor, has curated a selection of natural-fiber casual clothing, unusual shoes, colorful socks, sustainable plant-based jewelry, and other accessories. In the past year she's made room for a rotating stock of eclectic housewares. The shop has a mix that's artsy, whimsical, and fashionable — and also affordable. Franklyn explains that she started in Shepherdstown 15 years ago with the idea of a shop to sell “simple, good things” (hence the name). She remarked that she focuses on “listening and understanding her customers and searching around for merchandise that she thinks might appeal to them.”

Franklyn has been a shopkeeper for over 40 years, dating back to her adventures stuffing her suitcases full of hand-made jewelry from her native England to sell in her small store in New York City's Greenwich Village during the heyday of the punk rock era. You can still hear the “can-do” attitude in her voice when she recalls working multiple jobs, subletting her loft, and sleeping in the store to make her early shop a success. If you look closely around the Shepherdstown shop today, you might spot a few rare vintage items from the inventory Franklyn has kept from the 70s and 80s.

The move from New York to Shepherdstown was triggered by the opportunity to purchase a farm near Harpers Ferry to use as a

base for Franklyn's other passion — her adopted rescue horses. She recalls being introduced in the 1990s to the need to adopt foals and re-home mares retired from the PMU industry (the mares are kept continuously pregnant and their estrogen-laden urine is mechanically collected. Over the years she's taken in a couple dozen horses to re-home, and now has just nine that she cares for personally on her farm (read this article on our website for details).



The Good Shop sells necklaces made from the Tagua nut, sustainably harvested in the forests of Ecuador.



Franklyn, (above, with Sara) provides a home for 9 adopted horses on her farm in Harpers Ferry.

Franklyn uses the profits from her shop to support the horse care operation and welcomes offers to assist (she estimates that it takes \$100 a month to support each horse). She can be contacted by email TheGoodShop@frontiernet.net or by phone 304-876-8007. The Good Shop is at 123 East German Street and is open Wed-Sun, noon to 5pm.



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OPIOID USE DISORDERS AND FAMILY CRISIS

Expanding Options for Custodial Decisions

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.

CHILDREN WHOSE PARENTS OR CAREGIVERS suffer from opioid use disorders are at risk for immediate trauma and negative health outcomes as well as lifelong consequences related to parental or personal opioid use. According to a 2019 report jointly produced by United Hospital Fund and the Boston Consulting Group, the rate of children affected by the opioid crisis in West Virginia was 5.4 percent in 2017— the highest rate in the country.

A Lifetime Legacy of Harm

Another report published by the United Hospital Fund in 2019 analyzed specific risks for children whose parents/caregivers have a substance use disorder. One of the key “ripple effect” events highlighted in the report were situations where children were removed from their homes.

Most children suffer an additional harm, a “harm of removal,” when they are placed in a home without their parents. This harm includes the development of separation and attachment disorders. Children may suffer from guilt, post-traumatic stress disorder, isolation, substance abuse, anxiety, low self-esteem, and despair. Dr. Monique Mitchell, an American interdisciplinary professor, compares the separation grief of removal to that experienced when a parent dies. Removal is especially traumatic when separation from parents or caregivers is sudden or without a sufficient transitional process.

If the option of living with a relative is not available, children are often removed from their homes and placed in foster care. Nearly a third of children who were placed in foster care in 2015 were there for reasons attributed to drug use, an increase of 50 percent since 2005.

In addition to the immediate trauma, the life-long (and life-shortening) effects of removal and separation have been well documented over the past several decades by numerous studies examining adverse childhood experiences.

Common Legal Interventions

There are three common legal processes for removing children from parents and placing

them with the state or family members: (1) a court proceeding involving an abuse and neglect petition filed by the state; (2) a family court proceeding; or (3) a direct agreement by executing documents.

There are alternative paths that provide a more participatory, transparent, subjective, and collaborative process for placing children with other family members. For example, methods such as Family Group Decision Making (FGDM) practices protect children while minimizing trauma, improving relationships, and offering increased opportunities for recovery.

An Alternative Path

This October, low-income residents of the Eastern Panhandle and other areas of West Virginia will have the opportunity to participate in one of these methods for alternative dispute resolution through a new legal project organized by Emily Neely, a Gerrardstown, West Virginia resident.

Emily graduated from West Virginia University College of Law in May 2021. During law school, she became aware of the potential for alternative dispute resolution, collaborative practices, and restorative justice in resolving family conflicts rooted in opioid addictions. She also realized that these processes are often inaccessible to poorer West Virginians. Inspired by this insight, Emily developed a project concept with assistance from my office, Waugh Law & Mediation. With additional help from Legal Aid of West Virginia, Emily further developed this project and secured a competitive Equal Justice Works fellowship, sponsored by the Foundation for Opioid Response Efforts. Legal Aid of West Virginia will host Emily throughout her two year fellowship, and she may be contacted about her alternative dispute resolution project at Legal Aid’s office in Martinsburg.

This fall, Emily will launch her project providing alternative dispute resolution processes for families to address legal conflicts rooted in opioid addictions. She will be working directly with families to better understand the needs of those suffering from substance use disorders, to strengthen familial relationships, and to facilitate mutually acceptable agreements. Emily will also be creating a referral network with established opioid crisis relief programs to provide educational materials on the benefits of alternative dispute resolution for opioid-related family law issues.



For program information, contact Legal Aid in Martinsburg (phone: 866-255-4370, website: LAWV.net).

“ Mistakes are, after all, the foundations of truth, and if a man does not know what a thing is, it is at least an increase in knowledge if he knows what it is not.”
—C.G. Jung (*Collected Works, Volume 9i*)



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EVENTS & ACTIVITIES

>>> PAGES 10 TO 15 <<<

PERSPECTIVE // NATURE

THE PRAIRIE GRASS SEASON

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.

I USED TO IMAGINE THAT, before the Europeans settled here, the Mid-Atlantic region was continuous forest land interrupted only by a network of trails used by wild game and Native Americans. Now I know there were also extensive prairies. Rockslides, fires, dry lake beds left by melted glaciers, and devastating storms left big areas of open lands. Herds of bison and elk — large grazing animals now associated only with the American West — roamed these eastern prairies. Native Americans valued the prairies as prime hunting grounds, even managing them using fire.

Years ago the highway department scraped and graded a steep bank along the road past our property. In order to prevent erosion and to enhance the area as wildlife habitat, we seeded the bare clay soil with a mixture of native perennial plants and warm season grasses. Big bluestem (*Andropogon gerardi*) and Indian grass (*Sorghastrum nutans*) are both useful and dramatically beautiful native grasses.

By the end of summer, our big bluestem clumps have grown about seven feet tall. Along the woody, bluish green stalks, the leaves curl back gracefully, occasionally turning deep maroon or purple. The tops fork into three or four sections like the toes of a bird, hence the nickname, "turkey-foot." As they mature, their silvery-purple tops take on both the shape and the color of turkey feet.

I love grasses and long ago I picked Indian grass as my subjective favorite. Many grasses are elegant or handsome, but in early September Indian grass is truly magnificent. Its graceful, dignified plumes stretch far above its top-most leaves, looking like flags. They are soft, glossy and a beautiful shade of golden-amber at first bloom, with delicately hanging purple, yellow and pale pink fragile flowering parts. As fall progresses



A close-up view of a plume of beautiful Indian grass (*Sorghastrum nutans*) bursting into bloom (credit D. Pifer).

and its seeds mature, Indian grass turns a bronzy-chestnut brown. This distinctive color stays well into winter before finally fading to gray.

"Warm season" and "cool season" refers to the growing cycle of grasses. Most grasses that farmers plant for hay, such as timothy, orchard grass, and fescue, are annual "cool season" grasses. They grow and mature early and quickly to provide successive crops for late spring and early summer haying. Most native prairie grasses grow too slowly for commercial value as hay. They're perennial and don't mature until early fall, at the end of the "warm season."

Farmers find warm season grasses useful in certain pasture lands. Tall and tough, native prairie grasses are naturally adapted for grazing animals. Their perennial root systems are sturdy and the leaves provide good nutrition. Their large clumps thrive in various soil types and once established, persist for many years, also providing both food and habitat for wildlife.

Landscapers use both big bluestem and Indian grass in decorative mass plantings and wildflower meadows. Both species stay out of sight in short clumps for most of the summer, and then dramatically shoot up and burst into bloom in the fall. And what a show they make!



The purplish pink tops of Big Bluestem (*Andropogon gerardi*) that fork into three or four parts earned this grass the nickname "Turkey Foot" (credit D. Pifer).

FEATHER IDENTIFICATION - OCT 13

"WHEN BIRDS COLLIDE" PRESENTED BY THE SMITHSONIAN INSTITUTION

Carla Dove, Program Manager from the Feather Identification Lab at the Smithsonian Museum, will discuss the specialized techniques used to identify bird species using feathers and feather fragments, including microscopy, museum specimen comparison, and DNA "barcoding." Dove will also explain how feather identification is used in aviation safety to determine the species of birds involved in birdstrike events with aircrafts. *Wednesday, October 13, 7 - 8 pm, online-only (via Zoom). Details and event link at PotomacValleyAudubon.org (under calendar). For more info, contact Krista Hawley at AdultPrograms@PotomacAudubon.org.*

LEARN ABOUT OWLS - OCT 15

OWL PROWL AT COOL SPRING PRESERVE



This evening bird watching hike will be led by Amy Moore, Lead Teacher and Naturalist at the Potomac Valley Audubon Society. Learn how owls have adapted to their

unique lifestyle, study owl specimens up close, and learn how to identify owls by their calls. The evening includes a one-mile hike with the chance to hear and spot eastern screech owls, great horned owls, and barred owls. Binoculars available to share or bring your own. Study shoes and warm clothing are encouraged. *Friday, October 15, 6 - 8 pm at Cool Springs Nature Preserve. Details and pre-registration (required) at PotomacValleyAudubon.org (under calendar). For more info, contact Krista Hawley at AdultPrograms@PotomacAudubon.org.*

HALLOWEEN HIKE - OCT 22

TRAIL OF BONES AT COOL SPRING PRESERVE

The "Trail of Bones" hike is a family-friendly event hosted by the Potomac Valley Audubon Society at the Cool



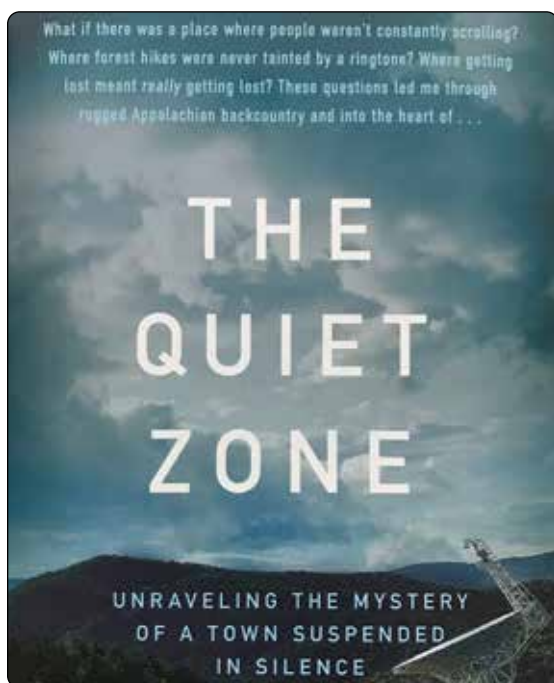
Springs Nature Preserve. Attendees will receive a quick lesson on animal skull identification, after which they can take a self-guided hike/stroll along a half-mile section of trail and try to identify animal skulls and bones hidden along the way. After the hike, guests are welcome to enjoy a warm campfire and toasted marshmallows. *Friday, October 22, 5 - 8 pm at Cool Springs Nature Preserve. Details and pre-registration (required) at PotomacValleyAudubon.org (under calendar).*

PERSPECTIVE // BOOK REVIEW

The Quiet Zone: Unraveling the Mystery of a Town Suspended in Silence, by Stephen Kurczy

Publisher: Dey Street/HarperCollins (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.



GREEN BANK, WEST VIRGINIA is known as “the quietest town in America.” It is home to the Green Bank Observatory, an astronomical facility nested in the National Radio Quiet Zone, an area comprising some 13,000 square miles that straddles the border of the Virginias. Inside its confines, radio transmissions — including those from cell phones and Wi-Fi devices — are restricted in order to facilitate scientific research.

For decades, Green Bank and its surroundings have attracted people seeking a quieter life, including Stephen Kurczy, a *rara avis* reporter who hadn’t “owned a cellphone in nearly a decade” when he decided to make it the theme of his book, *The Quiet Zone: Unraveling the Mystery of a Town Suspended in Silence*.

Kurczy initially focuses on the observatory, where the staff must ensure that radio frequency noise from everything from a local Dollar General’s automated front door to a nearby resident’s electric blanket does not disrupt the observatory’s operations. These days, the facility functions under constant threat of defunding, after decades of operating in tranquility thanks to the legendary ability of former Sen. Robert Byrd to steer federal funds — some would say pork — to the Mountain State.

But the observatory is not the only government facility in the area. In the town of Sugar Grove, 30 miles northeast of Green Bank, the U.S. Navy built its own monitoring station in 1959. According to investigative reporter James Bamford, Sugar Grove is used by the National Security Agency to conduct communications-intercept operations, turning it into “the country’s largest eavesdropping bug,” with satellite dishes that “silently sweep millions of private telephone calls and e-mail messages an hour.”

Through his interactions with residents, Kurczy eventually realizes that Green Bank is far from the unplugged location normally portrayed in the mainstream media. Many homes have Wi-Fi and it turns out that the GBO decided long ago to look the other way and operate with that minor radio noise in the background. As a resident tells Kurczy, romanticized depictions of Green Bank are akin to “dysconnectivity porn,” idealized accounts of a hamlet where people look you in the eyes and don’t focus on their cell phones like a cat chasing a laser pointer.

While Kurczy stays away from such caricatures, he sometimes indulges in his own rural exoticism once the lure of an idealized quiet zone has dissipated. This is when we meet hippies and back-to-the-land romantics who have moved to the area as well as so-called “electrosensitives,” individuals who claim to become ill from electromagnetic radiation emitted by electronic devices. He even looks into unsolved killings in the area and the famous 1980 murder of two women on the way to the Rainbow Family Gathering, a counter-culture meeting to celebrate peace.

Kurczy has a keen eye for detail and a reporter’s ability to depict people and places, but his eagerness to portray Green Bank and its surroundings as a magnet for strangeness seems excessive. This becomes more evident when he visits the former headquarters of the National Alliance, a white nationalist organization that was active from the 1970s into the early 2000s, in nearby Hillsboro. While it makes sense that a book set in Pocahontas County would allude to the group’s presence, the fact is that at the time of Kurczy’s visit the place was mostly an abandoned plot of land with dilapidated buildings overseen by a few caretakers — a far cry from the outfit that used to be closely monitored by the FBI. An interesting but ultimately anecdotal story is thus added to the list of unusual happenings in the area that are only tangentially related to “the quiet zone.” Belaboring the point, Kurczy wonders if, by staying at a local motel, he has “likely slept in the same bed as a card-carrying neo-Nazi” given the influx of National Alliance sympathizers into the county decades ago.

Anecdotes and curiosities aside, *The Quiet Zone* is a captivating peek behind the curtain of a secluded community, all the more fascinating because of Kurczy’s strong reporting.

HALLOWEEN THRILLS

Backwoods Witchcraft, by Jake Richards

Weiser Books (2019) \$18.95



In *Backwoods Witchcraft*, Jake Richards offers up a folksy stew of inherited family stories, lore, omens, rituals, and conjure crafts. The witchcraft practiced in Appalachia is a folk magic of place, a tradition that honors the seen and unseen beings that inhabit the land, soil, roots, and plant life. Readers will be guided in building relationships with spirits and other beings that dwell around them using materials and tools that are readily available on the land where one lives.

Ghost Stories of Shepherdstown, edited by A. B. Gibson

Four Seasons Books (2020) \$14.95



This anthology of ghost stories, written by local authors in Shepherdstown, West Virginia, includes a Revolutionary War era house in Wizard’s Clip, the President’s residence at Shepherd University, Elmwood Cemetery, the local Presbyterian Church, and the infamous Mecklenburg Inn. Each of these spine-tingling stories will send locals, and outsiders-looking-in, crawling under their covers. Watch out! In the end, they linger to shadow you home.

A Halloween Scare in West Virginia, by Eric James

Hometown World (2021) \$9.99



It’s Halloween night and creatures and critters from near and far are starting to gather outside the front door. And now here comes a whole army of monsters, on broomsticks, buses, and bikes, all clamoring in the darkness. What is it they want? Are they coming for you? A delightfully spooky Halloween adventure featuring iconic locations and landmarks from your favorite state, West Virginia.

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SAME DAY SERVICE & FREE INSPECTIONS

ART & MUSIC >>> PAGE 14 <<<

BE A SUPERHERO

CASA Virtual Fundraising Challenge, Oct 1 — Oct 31



Over 500 children in the Eastern Panhandle are currently involved in cases before the court system due to abuse or neglect. Record numbers of youth have been removed from their homes since the beginning of the pandemic, nearly double that of 2019.

Thankfully, many of those children — usually the most challenging cases — are served by a dedicated CASA (Court Appointed Special Advocate) volunteer and supported by a highly skilled staff team. But more superheroes are desperately needed to help fight for their best interests in court and in this community. Children with a CASA volunteer typically spend 5 fewer months in out-of-home foster care, are less likely to re-enter the foster care system, and do better in school.

CASA of the Eastern Panhandle is hosting its second Superhero Challenge to raise support for the most vulnerable children across the region. Unlike a normal road race during which hundreds or thousands of runners gather on the same path at the same time, the CASA-EP Superhero Challenge can be completed at your own pace, in your own way, and wherever you go. Run, walk, hike, bike, and get active however you like to support this activity challenge throughout the month of October. Join the fun on your own, with your kids, friends, or colleagues, and get active for a good cause (see page 16 for some ideas on where to walk & run).

For more information and to register, visit www.MyCASAEP.org (\$40/individual, \$120/team).

LEGENDARY BOOK SALE

Over 60,000 books will be offered for sale at the Shepherdstown Community Club's annual book sale, with proceeds to benefit the maintenance of Memorial Building and Morgan's Grove Park.

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. For more info ShepherdstownCC.org.



MIDDLEWAY DAY FESTIVAL

The annual village street festival and fair features local musicians, crafters, guided tours through the Middleway Historic District, exhibits, children's activities, apple butter, food, and local arts & crafts. The entertainment lineup is Will Spaulding (10:30), Craggy Island (noon), Dangerous Ruins (1:30). History Tours are scheduled for 11:30, 12:30 & 1:30. For updates see @MiddlewayConservancy on Facebook.

October 9 (Sat), 10 am - 3 pm, 112 East Street, Middleway WV. Admission to the festival is FREE.



The Historic Village of Middleway

EXPLORE // SHEPHERD UNIVERSITY EVENTS

JELANI COBB — BOOK TALK

October 27 at 7 pm, Online Event Through the Byrd Center



Speaking about the killing of George Floyd in May of 2020, Jelani Cobb writes, “the flames of a single incident seemed to combust, and all at once, over the country.” Cobb’s recently published book, *The Essential Kerner Commission Report*, “distills the full Kerner Report to its most significant and enduring parts.” The current book is a much slimmer volume, but no less timely or relevant.

The original, *The Kerner Commission Report: the 1968 Report of the National Advisory Commission on Civil Disorders*, was commissioned by President Lyndon Johnson and published to acclaim in 1968. It reported on the attitudes of Black and White Americans about the racial violence of the 1960s, looked at policing practices, the causes of violence, the problem of law enforcement, and the tangle of issues in Black-White relationships that had deep roots from the time of slavery.

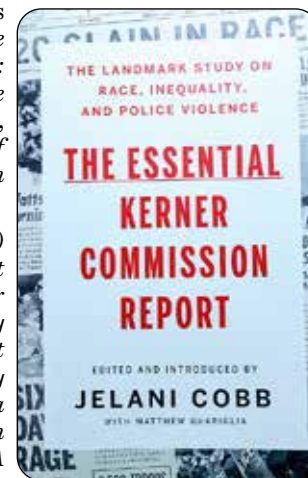
A month after its publication, Martin Luther King was assassinated and violence erupted in more than 100 cities across the USA, which only added urgency to the subject of the report. We can still hear echoes today of the essential questions asked in the original report: How can we as a people end the resort to violence while we build a better society? How can the nation realize the promise of a single society

— one nation indivisible — which as yet remains unfulfilled?

William Jelani Cobb is Professor of Journalism at Columbia University and a staff writer for *The New Yorker*. Born in Queens the year after the original Kerner Report was published, Cobb graduated from Howard University and received a Ph.D from Rutgers University in American History. He is the author of numerous books, including *The Substance of Hope: Barack Obama and the Paradox of Progress*, and *To the Break of Dawn: A Freestyle from the Hip Hop Aesthetic*.

On October 27 (Wed) at 7 pm, The Robert C. Byrd Center for Congressional History and Education at Shepherd University will host Cobb for a spirited discussion along with a Q&A session.

Pre-register at www.byrdcenter.org/jelani-cobb.html to receive an emailed invitation (with zoom link). *The Essential Kerner Report* can be purchased at Four Seasons Books in Shepherdstown.



BIOLOGY PROFESSOR TALKS TURTLES

Dr. John Steffen, assistant professor of biology at Shepherd University, researches how painted turtles change color in response to the foods they eat, whether turtles actively seek out food with color-inducing pigments, and whether turtle stripes and spots can function to indicate aspects of their health. In addition to capturing a better understanding of the surprisingly secretive painted turtle species, Steffen’s ongoing project has provided opportunities for multiple undergraduates to develop their research skills.

“The Mysteries of Painted Turtle Spots and Colors” October 1 (Fri), 3:15 pm in the Robert C. Byrd Center auditorium. Admission is FREE (open to the public).

ART EXHIBITION AT SHEPHERD UNIVERSITY

Phase 2 Gallery is hosting the Annual Shepherd University Faculty Exhibition, featuring digital video, painting, sculpture, design, installation art, and printmaking by faculty artists Evan Boggess, Sonya Evanisko, Andrew Dolan, Lauren Koch, David Modler, Kay Dartt, Robert Farmer, Jacquelyn Fluker, and Ally Christmas.

The exhibit runs from September 23 to October 18, Mondays, Wednesdays & Fridays, 3-5 pm; also by appointment. Reception with the artists on September 28 (Tue), 4-6 pm. Phase 2 Gallery is located in the Center for Contemporary Art next to the Marinoff Theater. Admission is FREE. For more info, email eboggess@shepherd.edu.



EXPLORE // EVENTS & ACTIVITIES




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MORE EVENT SPOTLIGHTS >>> PAGES 14 AND 15



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Visit WEARETHEOBSERVER.COM/EVENTS-ACTIVITIES for more events.
Email EXPLORE@WEARETHEOBSERVER.COM if you have an event or activity to include in our calendar.

WEEK OF OCTOBER 4

- OCT 7-10 (THU, FRI, SAT, SUN) — ANNUAL CIVIL WAR AND AMERICAN SOCIETY SEMINAR**, presented by the George Tyler Moore Center for the Study of the Civil War · ONLINE via Zoom, multiple events · Info: Shepherd.edu/CivilWar/civil-war-events
- OCT 8 (FRI) — ANDREW SORDS** (violin with works by Brahms, Sarasate, and Franck) presented by Shepherd University · 7:30-8:30 pm at the Frank Arts Theater, Shepherdstown · FREE · Info: AndrewSords.com/concert-dates
- OCT 9 (SAT) — MIDDLEWAY DAY STREET FESTIVAL** · 10 am to 3 pm in Middleway, WV · FREE · Info: MiddlewayConservancy.org
- OCT 9 (SAT) — 35TH ANNUAL DILLON FARM MUSEUM FESTIVAL** · 9 am to 5 pm at Dillon Farm Museum, Martinsburg · Info: [FB @DillonFarmMuseum](https://www.facebook.com/DillonFarmMuseum)
- OCT 9 (SAT) — SCOTT MILLER** (alt/rock/country) · 7-9 pm at the Barns of Rose Hill, Berryville, VA · \$20 · Info: [FB @BarnsofRoseHill](https://www.facebook.com/BarnsofRoseHill)
- OCT 9 (SAT) — TWO RIVERS STRING QUARTET CONCERT** · 7:30 pm at Trinity Episcopal Church, Shepherdstown · \$30 · Info/Tickets: FriendsWV.org
- OCT 10 (SUN) — ADRIEL GENET** (folk/rock/pop) · 1-4 pm at Big Cork Vineyards, Rohrsersville, MD · FREE · Info: BigCorkVineyards.com
- OCT 10 (SUN) — "TOWN & GOWN HISTORIC WALKING TOUR"** featuring buildings and history of Shepherd University, presented by Women for Shepherd · 1 pm and 2:30 pm at Shepherd University · FREE, registration required · Info/Registration: ShepherdUniversityFoundation.org/events

WEEK OF OCTOBER 11

- OCT 12 (TUE) — STORYTELLER REGI CARPENTER**, presented by Speak Story Series · 7:30 pm ONLINE · \$15 · Info: SpeakStorySeries.com

Regi is the recipient of many awards, including Storytelling World, Parent's Choice, and Parents' Guide to Children's Media Award. Her stories have been featured on Sirius Radio, Apple Seed Radio, The Moth, and NPR. Her story Snap! is a winner of the Boston StorySlam. Snap! is the true tale of her severe mental illness as a teenager and her journey back to reality. Her memoir is "Where There's Smoke, There's Dinner: Stories of a Seared Childhood." Tuesday's program is It's All Goin' to the Dogs. Regi seeks her fortune in this hilarious and touching new show that shares her hilarious and horrendous choices as she goes in search of her destiny.

- OCT 12 (FRI) — BERGAMOT QUARTET** (contemporary chamber music, stings) · 8 pm at Bright Box, Winchester, VA · \$15 · Tickets/Info: BrightBoxWinchester.com
- OCT 14 (TUE) — "JUSTICE RISING: ROBERT KENNEDY'S AMERICA IN BLACK AND WHITE,"** a lecture presented by Patricia Sullican through the Robert C. Byrd Center · 7 pm ONLINE via Zoom · FREE, registration required · Info/Registration: ByrdCenter.org/justice-rising
- OCT 15 (FRI) — SWEET SOMETHING** (jazz/soul) · 5-8 pm at Big Cork Vineyards, Rohrsersville, MD · FREE · Info: BigCorkVineyards.com
- OCT 16 (SAT) — FREEDOM'S RUN MARATHON** · In-person and virtual marathon and running events · Registration required · Info/Registration: FreedomsRun.org
- OCT 16-17 (SAT, SUN) — ANNIVERSARY OF THE JOHN BROWN RAID**, presented by Harpers Ferry National Park and the Marine Corps Historical Company · 7 am to 5 pm both days · FREE · Info: [FB @harpersferrynp](https://www.facebook.com/harpersferrynp)
- OCT 16 (SAT) — OPENING RECEPTION FOR NEW PAINTINGS BY FRAN SKILES** · 5-7 pm at the Bridge Gallery, Shepherdstown · FREE · Info: 304-876-2300

EXPLORE // EVENTS & ACTIVITIES

OCT 16 (SUN) — FALL FESTIVAL CAR SHOW, presented by the County Roads Car Club · 8 am to 2 pm at 188 Flowing Springs Rd, Charles Town · FREE · Info: CountryRoadSCC.com

OCT 17 (SUN) — BEAU SOIR ENSEMBLE (chamber music trio) · 7-9 pm at the Barns of Rose Hill, Berryville, VA · \$20 · Info: FB @BarnsofRoseHill

WEEK OF OCTOBER 18

OCT 22 (FRI) — KNUCKLE DUSTERS (fiddle/swing/blues/hillbilly-jazz) · 5-8 pm at Big Cork Vineyards, Rohrsersville, MD · FREE · Info: BigCorkVineyards.com

OCT 22 (FRI) — BLUEGRASS AND BBQ W/ TOWN MOUNTAIN · 7-9 pm at the Barns of Rose Hill, Berryville, VA · \$25 · Info: FB @BarnsofRoseHill

OCT 23 & 24 (SAT, SUN) — BERKELEY SPRINGS STUDIO TOUR · 5-8 pm (various locations, driving tour) · Maps and info available at the Ice House Co-op Gallery in Berkeley Springs · FREE · Info: BerkeleySpringsStudioTour.org

The Berkeley Springs Studio Tour is a free, self-guided driving tour open to the public. The tour is composed of nationally and regionally known artists in their studios and includes contemporary and traditional art and fine crafts in many different media. Artists will demonstrate and describe the processes used to create their unique works. Pick up tour maps at the Ice House Gallery. Masks and social distancing guidelines will be observed at all studios.

OCT 23 (SAT) — HALLOWEEN MAGIC SHOW & CANDY DROP · 1-3 pm at The AMP at Sam Michaels Park · \$12, pre-registration required · Info: FB @TheAMPatSamMichaelsPark

WEEK OF OCTOBER 25

OCT 27 (WED) — “THE KERNER COMMISSION REPORT” WITH JELANI COBB, a lecture about a 1968 landmark study on race, inequality, and police violence presented by the Robert C. Byrd Center · 7 pm ONLINE via Zoom · FREE, registration required · Info/Registration: ByrdCenter.org/jelani-cobb

OCT 28 (THU) — BIG GHOST TOUR & TAROT HALLOWEEN event feat. Sharpsburg Civil War Ghost Tours · 7-9 pm at Big Cork Vineyards, Rohrsersville, MD · \$25 · Tickets/Info: BigCorkVineyards.com

OCT 28 (THU) — THE SHEPHERDSTOWN LIBRARY PRESENTS MR. JOHN & FRIENDS (kid's Halloween program) · 4-5 pm at the War Memorial Building, Shepherdstown · FREE · Info: ShepLibrary.org

OCT 29 (FRI) — GARY HOFFMAN (Americana/bluegrass/folk) · 11 am to 4 pm at Orr's Farm Market, Martinsburg · FREE · Info: OrrsFarmMarket.com

OCT 29 (FRI) — HALLOWEEN MOVIE NIGHT IN THE PARK · 6:30 pm at The AMP at Sam Michaels Park · FREE, pre-registration required · Info: FB @TheAMPatSamMichaelsPark

OCT 30 (SAT) — LOST HISTORY HIKE OF HARPERS FERRY & FREDERICK DOUGLASS, with historian John Muller · 9:30-11:30 am, tour begins at Hilltop House in Harpers Ferry · \$20, pre-registration required · Info: FB @ExperienceHarpersFerry/events

OCT 31 (SUN) — ERNIE BRADLEY (bluegrass) · 5-8 pm at Big Cork Vineyards, Rohrsersville, MD · FREE · Info: BigCorkVineyards.com

WEEKLY EVENTS

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

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

POP-UPS AT EVOLVE · Info/schedule: FB @EvolveShepherdstown

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

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HISTORY & HAUNTINGS – GHOST TOURS

SHEPHERDSTOWN MYSTERY WALKS — Evening walking tours of haunted and historic locations in Shepherdstown · \$15, reservations required · Info/Tickets: ShepherdstownMysteryWalks.com

SHEPHERDSTOWN GHOST TOURS — Candle-lit walking tours and tales of historic, haunted Shepherdstown · \$15, reservations required · Info/Tickets: FB @ShepherdstownGhostTour

CHARLES TOWN GHOST TOURS — Daytime and evening tours of Charles Town's historic haunts · \$14, reservations required · Info/Tickets: CharlesTownGhostTours.com

GHOST TOURS OF HARPERS FERRY — Evening waling tours showcasing the legends and haunted history of Harpers Ferry · \$16, reservations required · Info/Tickets: FB @GhostToursOfHarpersFerry

HAUNTED HISTORY & LEGENDS TOWN GHOST TOURS OF MARTINSBURG — Evening tours exploring historic places in Martinsburg and their fascinating, haunted stories · \$12, reservations required · Info/Tickets: FB @MartinsburgGhosts

EXPLORE // MUSIC, ART & PERFORMANCE

AMERICAN POPS ORCHESTRA PLAYS IN WEST VIRGINIA



The American Pops Orchestra, led by Maestro Luke Frazier, a West Virginia native, recently performed two concerts locally, both of which were filmed for rebroadcast as part of the Orchestra's *One Voice: The Songs We Share* series. The "Country" episode was filmed at the Poorhouse Farm Park in Martinsburg. Hosted by and starring Leslie Jordan, the program includes performances by Travis Howard, Jake Blount, Nic Gareiss, Senora May, and Claybourne Elder. The "American Roots" episode was filmed at the Marinoff Theater at Shepherd University. Hosted by and starring award-winning Sicangu Lakota Hip Hop artist and music producer Frank Waln, the program includes performances by Jacqueline Schwab, Mauricio Martinez, Asako Tamura, and Amber Merritt.

Both concerts will be broadcast on PBS on Oct. 29 (Fri). For specific times and access options, visit PBS.org.

TWO RIVERS STRING QUARTET CONCERT



The Friends of Music kicks off its 2021-2022 season with a concert by the Two Rivers String Quartet. Entitled "Re-Invention," the concert will include two

works: Mozart's String Quartet No. 3 in G major, and Haydn's String Quarter No. 1 in G major. "As we begin our first live season since the fall of 2019, what better way to re-emerge than by going back to our roots where it all started," says Jed Gaylin, the Friends' Music Director. "Haydn invented the string quartet as we know it, and Mozart came fast on his heels. The two inspired each other, dedicating works in the genre to each other, each one a shining creation of form, color, and expression."

October 9 (Sat), 7:30 pm, Trinity Episcopal Church (208 W German Street), Shepherdstown. Admission \$30/person (free to Friends of Music members). Purchase tickets & memberships at FriendsWV.org. For this concert, the Church requires masks and seating will be socially distanced.

MARCHING BAND SPECTACULAR

Seven area high school bands and Shepherd University's Ram Band will participate in the 42nd Annual Band Spectacular hosted by the Martinsburg High School Band. Food, drink and other vendors on site.

October 9 (Sat), 3 pm, Cobourn Field, 701 S. Queen Street in Martinsburg. \$10 admission (adults), \$5 for students & 65+, Free for under 5 and current year Berkeley County Schools activity pass (must show picture ID). No coolers allowed inside the gates. For updates, visit MHSBulldogBand.com/band-spectacular.



ART CRAWL IN CHARLES TOWN

North Charles Street will be closed for the weekend to host a few dozen local artists, live music, juggling clowns, kids face painting, and other fun activities for the entire family. Downtown restaurants will be open for food and drink.



Visit [@InkwellsTavern](https://www.facebook.com/InkwellsTavern) on Facebook for event details and updates. Masks are encouraged and all are asked to respect the guidelines of the individual business participating in the event. October 2 & 3 (Sat & Sun), 10 am - 5 pm, North Charles Street (by the mosaic). Admission to the Art Crawl event is FREE.

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EXPLORE // HAPPENING AROUND TOWN

HAPPENING IN BOLIVAR-HARPERS FERRY



A new door opens soon for Bolivar Bread at 914 Washington Street in Harpers Ferry (in the old Mena's Pizzeria location). Owner Katie Kopsick is planning for a takeout counter for bread and other delicious items.

Follow @BolivarBread on Facebook for updates.

HAPPENING IN CHARLES TOWN

Cocina Plantosaurus, at 216 West Washington Street in Charles Town, has gotten rave reviews from customers since it opened in July. The tastes are from Puerto Rico, the ingredients are from plants, and the smiles are everywhere.



Visit @CocinaPlantosaurus for hours and a full menu.



HAPPENING IN SHEPHERDSTOWN

Repairs on the library have begun in Shepherdstown — the services of Gruber-Lattimer of Sharpsburg, Maryland have been selected to restore the historic brick structure of the Old Market House. The home of the Shepherdstown Library was damaged by a vehicle on July 4.

For updates on the repair process or information about accessing library materials, visit ShepLibrary.org.

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OUTDOOR NATURE EVENTS
 >>> PAGE 8 <<<

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EXPLORE // FAMILY-FRIENDLY & ACCESSIBLE WALKS

LOCAL PARKS

Sam Michael's Park (Jefferson County, WV)

235 Sam Michael's Lane, Shenandoah Junction, WV
 Accessible restrooms · Handicap parking · Dogs on leash OK

This 130-acre park has 4 miles of easy walking trails with large, open grassy areas for stretching, exercising, and playing.

James Hite Park (Jefferson County, WV)

25-45 Hite Rd, Kearneysville, WV
 Handicap parking · Dogs on leash OK

A 2-mile flat gravel walking loop runs around the perimeter of the 119-acre James Hite Park. The trail offers views of the open grassy fields, public fishing ponds, and a new accessible playground.



Marty L. Snook Memorial Park (Washington County, MD)

17901 Halfway Boulevard, Hagerstown, MD
 Handicap parking · Dogs on leash OK

In addition to several multi-purpose fields and an accessible playground, this park features a 1-mile paved trail and brand-new fitness area at the west end of the park.

Chet Hobert Park (Clarke County, VA)

225 Al Smith Cir, Berryville, VA 22611
 Handicap parking · Dogs on leash OK

A 2-mile fitness trail runs along the perimeter of this 102-acre park. The trail is 8-feet wide and covered with a flat, stone-dust surface, great for easy walking.

Inwood-Bunker Hill Lions Park (Berkeley County, WV)

Near 8785 Winchester Avenue, Bunker Hill, WV 25413
 Handicap parking · Dogs on leash OK · Closed weekdays during school hours

This park is located next to the Mill Creek Intermediate School. The fitness trail includes several exercise stations.



OUT & BACK TRAILS

WV Route 9 Pathway (Jefferson & Berkeley Counties, WV)

Along WV Rt. 9 from Ranson to Martinsburg
 Dogs on leash OK · Public parking at trailheads

This paved trail is open to both pedestrians and bikers. The southern part of the trail is mostly flat while the northern half of the trail has a few more hills. Most of the trail is unshaded. Parking is available at the trailheads in Ranson (Currie Rd. trail head) and Martinsburg (Grapevine Rd trailhead).

C&O Canal Towpath (Washington County, MD)

Access at Lock 38, Sharpsburg, MD (at Shepherdstown)
 Dogs on leash OK · Public parking lots and pull-ins along towpath



The canal trail runs from Washington DC to Cumberland MD for a total length of 184 miles. A popular local access point is Lock 38 just outside of Shepherdstown. There are several parking areas near Lock 38 and east along Canal Rd. This section of the trail has a fine, crushed gravel surface.

Ballenger Creek Linear Trail and Park (Frederick County, MD)

5420 Ballenger Creek Pike, Frederick, MD 21703
 Handicap parking · Dogs on leash OK

The Ballenger Creek Linear Trail connects Ballenger Creek Park to Buckeystown Pike. Parking is available at both ends of the trail; also at the intermediate trailhead (5301 New Design Rd). The Linear Trail is paved and ADA compliant. Ballenger Creek Park, at the north end of the Linear Trail, features 1 mile of paved paths as well as an accessible playground.

WALKS IN NATURE

Cool Spring Nature Preserve (Jefferson County, WV)

1469 Lloyd Rd, Charles Town
 NO dogs allowed in preserve

The packed dirt trails of Cool Spring Nature Preserve cross through shady forests, open meadows, and beautiful marsh areas.



The longest trail, Linda's Loop, is 1.2 miles long and runs around the perimeter of the park and along Bullsken Run. Other shorter trails branch off from Linda's Loop and provide access to pollinator meadow and bird watching areas.

Yankauer Nature Preserve (Berkeley County, WV)

438 Whitings Neck Road, Martinsburg
 NO dogs allowed in preserve

The Yankauer Nature Preserve has 2.5 miles of hiking trails, including the 0.2 mile wheelchair accessible Cedar loop trail. Three other hiking trails meander through shady woods with opportunities to view wildlife and native flora. The Kingfisher trail offers scenic views of the Potomac river.

Cool Springs Battlefield Riverside Trail (Loudoun County, VA)

1400 Parker Ln, Bluemont, VA 20135
 Dogs on leash OK

There are two paved trail options at the Cool Spring Battlefield Preserve. The north loop trail is 2.5 miles with a few steep sections and a scenic waterfall view in the middle of the trail. The 2.5 south loop trail is mostly level and a great option for an easy walk.

GREAT FOR A WEEKEND DAY TRIP

Museum of the Shenandoah Valley (Frederick County, VA)

901 Amherst St, Winchester, VA 22601
 Handicap parking · Dogs on leash OK

The Museum of the Shenandoah Valley (MSV) recently opened 90+ acres of the park as a community green space, complete with 3+ miles of paved trails. Over 2 miles of trails are ADA-accessible and suitable for wheelchairs.

Access to the trails is free. Admission to the adjacent Museum of the Shenandoah Valley is \$15 for adults. The MSV offers free admission to EBT cardholders through the Museums for All program and general admission is free for all on Wednesdays.

