CARNEGIE CLASSICS SERIES

BEETHOVEN, THE GREAT! WITH BARBARA NISSMAN AND FRIENDS

KITCHEN 304

GOOD EATS

HASHTAG FEATURED ARTIST:

JO PEREZ OF DARK HOLLOW STAINED GLASS

HASHTAG

JANUARY 2024

FREE

ISSUE #152

■ WEST VIRGINIA

Proudly covering the Greenbrier Valley, including Lewisburg, Ronceverte, White Sulphur Springs, Frankford, Renick, Fairlea, Caldwell, Union, and beyond!



Lift Every Voice and Sing!

Martin Luther King Jr. Day

Celebration in Lewisburg

What to Do in the Valley:

Kathleen DeRouen, Featured Artist, and Appalachian Artisan Creations at Alderson Artisan's Gallery; Active SWV Free Line Dancing Classes at Old Stone Presbyterian Church; Mountain Table Events; Carnegie Second Stage Series Featuring Ruth Wyand; Ronceverte Renaissance Series Part 1: Mountain Momma Boutique; and More!





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At the 2018 Martin Luther King Jr. Day Celebration, marchers make their way from the Greenbrier County Courthouse to the Lewisburg United Methodist Church, voices lifted in song and unity as they honor Dr. King's legacy.





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4. COFFEE SHOP TRAIL MAP

4. ALDERSON ARTISON'S GAL-LERY SHOWCASE

Diverse Appalachian Talent

5. UNPLUGGED

Deep State

6. ON THE COVER

Lift Every Voice and Sing

7. Ronceverte Renaissance

Mountain Mama Boutique

8. SECOND STAGE SERIES

Carnegie Hall Presents Ruth Wyand

10-11. LEWISBURG/WSS MAP

12. WV ARTISAN ON DISPLAY

Jo Perez - Dark Hollow Stained Glass

13. CARNEGIE CLASSICS SERIES

With Beethoven, The Great!

14. GOOD EATS

Kitchen 304

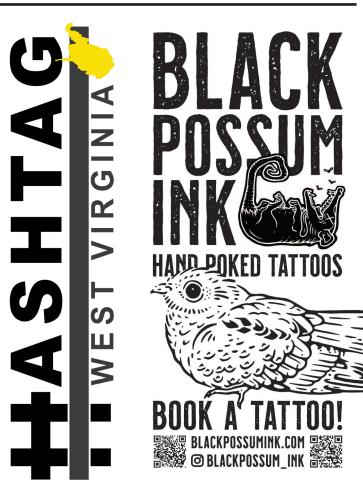
15. ASTROLOGY

Let our robot overlords predict your Holiday Horoscope!

16-17. THE AGENDA

December 31, 2023 - January 31, 2024

17. HEALTH YEAH!



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W/ HASHTAG WV

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ALDERSON MAIN STREET

Alderson Artisan's Gallery Showcases Diverse Appalachian Talent

By Lisa Coburn

Alderson Main Street is an organization dedicated to improving and enriching the charming mountain community that exists within our Valley. The Alderson Artisan's Gallery, a cooperative, non-profit group of local West Virginia artisans, is part of that enrichment effort. Part of the mission of the Artisan's Gallery is to offer quality and affordable art to this area, while supporting local artisans. I recently had the opportunity to speak with Jo Perez, Director of the Artisan's Gallery, about what makes it such a vital part of our community.

Alderson Artisan's Gallery originally began in 2015 as a project of Alderson Main Street. This gallery, like the people whose creations it houses, embodies the Appalachian spirit of strength and resilience. It has endured through the devastating 2016 flood and the COVID-19 shutdown that ground so many non-profits and small businesses to a halt. The group of hardworking volunteers behind the Artisan's Gallery have made tremendous efforts to rejuvenating the valuable creative offerings they bring to Alderson and beyond.

The Gallery recently hosted a wreath

Creations in the Alderson Artisan's Gallery

making class, and has plans to offer more arts and crafts classes in the future. In addition to their dedicated group of co-op artisans, they also invite selected artisans to offer their creations.

The featured artist beginning December 22 is Alderson artisan Kathleen DeRouen. Kathleen and her husband, Brian, run the Alderson Hospitality House. DeRouen creates beautiful layered collage work, which will be on display in the Alderson Artisan's Gallery until February 15.

Currently, approximately thirty artisans are represented in the Gallery with a variety of works to enjoy and purchase: fine art; painting; prints; quilts; stained glass; crafts; photography; crochet work; jewelry; sculpture; pottery; and baskets. As Jo Perez said, the Gallery represents almost anything created in Appalachia.

Alderson Artisan's Gallery is open on Thursday, Friday, and Saturday from 11 a.m. to 5 p.m. They are located at 100 Railroad Avenue in Alderson. Their phone number is (304) 445-7952. Email is aldersonartgallery@gmail.com. You can also shop online and donate via their website, aldersongallery.com.





Alderson Artisan's Gallery in its current location, the historic First National Bank of Alderson building.





Art by Kathleen DeRouen, featured artisan from December 22 to February 15

UNPLUGGED: DEEP STATE



Photo Credit: Karen Cohen

by Lisa Coburn

Deep State is a Greenbrier Valley area band that treats its listeners to an eclectic mix of rock, blues, jazz, fusion, "with a little bit of an edge." The band is comprised of local music scene veterans Josh Adamo on drums; Nathan Seldomridge – guitar and vocals; Dan Freeman – bass and vocals; Patrick Calvert – keyboards; and Josh Baldwin – guitar and vocals. I recently chatted with Josh Baldwin about Deep State and their creative process.

How does Deep State create their music?

Josh: We draw a lot of inspiration from a variety of genres—rock, post-rock, jam, jazz, funk, and even chicken-picking' cosmic country. Those influences come out in our improvisation for sure. We believe that you have to practice improvisation so that the whole band is functioning as one organism, as opposed to say jazz or blues, where the rhythm section holds it down and people take turns soling. Don't get me wrong, I love that, too. But this band, when we are at our best, is searching for something completely new at every moment. When we find it, and the audience feels it, too, there is nothing better.

When we go in, a lot of times, we'll just practice jamming. After a gig, we'll go in and we won't play anything that we know. We'll start playing just anything: ideas we've had, ideas that pop up out of nowhere, and we'll just start working through those. Doing that for a couple of years now, we've all learned each others' tendencies, and language. Our shows have gotten a lot better over the years because we've kind of practiced jamming together and we think we know where everyone's going to go. We play off each other really, really well.

What can listeners expect from a Deep State show?

Josh: A lot of times in our shows, we'll bring our own lights and we'll control the lights somewhat with the music, just by using our feet. We really try to produce a show

as best as we can when we play. We play primarily, like 90 percent plus, originals. We've played enough over the last couple of years that people are starting to recognize those originals. A large portion of our catalog is all original music.

Was there a particular musical influence for you personally?

Josh: I learned to play guitar in late middle school from my uncle who was a celebrated flat picker out of the Charlottesville area. I grew up learning a lot of bluegrass on acoustic guitar.

Do you have any advice from aspiring musicians?

Josh: I would encourage any young musicians to try to listen to as much music as possible, in a variety of genres. Don't just listen to what you think is the "style" of music that you play. That will get you stuck in a box and only mimicking others in that genre. Sometimes I'll pick up a guitar and play along with, say Japanese jazz, and find a whole world of melodies and grooves open up.

If you are starting out as a musician or any sort of artist, I would read Rick Rubin's new book, The Creative Act: a Way of Being.

What is one thing you want people to know about Deep State?

Josh: A large majority of our shows are original music. Lyrically they range from serious and nostalgic to silly and ridiculous. My personal lyric writing style is a little more impressionistic, where I think Nathan's is far more lyrical, more in the singersongwriter style. And frankly better...haha!

You can see Deep State live at their next show on February 24 at The Wild Bean. Also, if you're looking for a short spring road trip, you can see them in Huntington on April 20 at Loopy Fest, a one day psychedelic music and arts festival. If you want to listen to this jamming, original band in the meantime, check out some of their videos on YouTube (Deep State). Visit their website at: deepstatemusic.band.

FROM THE EDITOR

Dear Readers,

Happy New Year! I hope this coming year brings peace, kindness, and joy to us all.

For many, the new year is a time to set some intentions. If one of your intentions is to focus on improving your health, there's no shortage of ways to do that in our Valley! Active SWV has two local hikes scheduled this month, and there's the Walk With a Doc program at Hollowell park. I'm an avid year-round walker and hiker, so I love seeing more opportunities to do group walks locally. Although I personally love winter, and winter is one of my favorite seasons in which to hike, this month I'm sharing a photo from the summer, taken during a walk on the Greenbrier River Trail. The River Trail is one of many great places to get outdoors in the Greenbrier Valley. Active SWV is also offering free line dancing classes at Old Stone Presbyterian Church.

The winter chill isn't slowing down our Valley at all. On January 15, join the community for the Martin Luther King Jr. Day Celebration in Lewisburg. The march and subsequent lunch/program are sure to be an excellent way to start 2024 with a spirit of peace and community.

This month, you can see Carnegie Hall's Second Stage Series featuring Barbara Nissman and Friends' concert presentation of Beethoven, the Great! Later in January, you can catch Carnegie's Second Stage Series featuring Ruth Wyand. While visiting Carnegie, you also can check out some excellent art exhibits.

Speaking of art, the Alderson Artisan's Gallery features some of the finest Appalachian artisan creations you can find. Hashtag's featured artist for this month is the Alderson Artisan's Gallery's director, Jo Perez, of Dark Hollow Stained Glass, who makes exquisite stained glass creations.

If you're looking for some good food and drink, Kitchen 304 will be at Greenbrier Valley Brewing Company in Maxwelton on Fridays and Saturdays this winter. I recently spoke with Andrew



Cadilli, half of the duo that makes up Kitchen 304, about their fantastic pop-up kitchen and catering business. Mountain Table in Renick is serving up some appetizing dishes and events every Tuesday. And...next month, I'll have an exciting announcement about a food and Hashtag related event!

Great things are happening in Ronceverte. This month, I share the first in a multi-part series about the renaissance taking place in downtown Ronceverte. New businesses are coming in, or moving back. This month, I spoke to Sunny Sanchez of Mountain Momma Boutique about her relocation to Ronceverte, and her role in the revitalization of her hometown

If you're a fan of live music like I am, I'd like to introduce you to Deep State, if you aren't already familiar with them. I enjoyed talking with band member Josh Baldwin about the band's creative process and what influences their original music

Have a wonderful January! Your Editor,

Lisa

JANUARY 2024 - HASHTAGWV.COM - FREE

Lift Every Voice and Sing

Martin Luther King Jr. Day Celebration in Lewisburg

by Larry Davis

For many years, Martin Luther King, Jr. Day in Lewisburg has been a time for people to gather together at 11 AM for a march from the Greenbrier County Courthouse to the Lewisburg United Methodist Church for a community lunch followed by a program in the sanctuary at 12:30 p.m. The event serves as a commemoration of the efforts and sacrifices of Martin Luther King, Jr. and the many people involved in the civil rights movement in the past and in the present.

While people are arriving at the section of the street in front of the courthouse, they hear recordings of songs such as "Keep Your Eyes on the Prize" which were important during the time that Martin Luther King, Jr. participated in the struggles to reach that prize. An invocation by a pastor from a church in the area helps connect the day's event with the ones at which Reverend Dr. King was so influential.

Everyone takes some time to zero in on their reasons for being there. In 2018, Gloria Martin of Lewisburg said, "I'm glad to be here to march at the Martin Luther King Celebration in Lewisburg. On the one hand, I'm sorry that we still need to do this to pursue the justice and freedom that Martin Luther King stood for. But on the other hand, I'm encouraged that so many people saw fit to come: the old, the young, and in between."

The Lewisburg Mayor then reads the proclamation of Martin Luther King, Jr. Week which commences at that time. That proclamation includes references to the theme of the day's celebration for that year. This coming January 15th, Mayor Beverly White will be referring to the theme that fits with the words

of Martin Luther King, Jr. in his speech in February of 1968: "There comes a time when one must take a position that is neither safe, nor politic, nor popular but he must take it because conscience tells him it is right."

The marchers sing as they traverse a little less than five blocks to the church, and the pace is fairly brisk. This happens even though, unlike Lewisburg's Shanghai Parade and the Christmas Parade, the last couple of blocks are definitely uphill.

For several years, Lisa and Sandy Carter of Blue Moon Bagels and formerly of The Bakery on North Court Street have faithfully catered the complimentary lunch of chili and wraps. They will be doing that for the event this coming January 15th. The community lunch greatly increases the camaraderie of the participants during the whole event and thus, its effectiveness. WVSOM students and Americorps members have excelled as volunteers helping with the lunch.

By 12:30 PM most of the people easily make their way to the church sanctuary for the program via a long staircase next to the fellowship hall, but some may take the elevator. Singing of "Lift Every Voice and Sing" occurs soon after a welcome from the minister of the Lewisburg United Methodist Church, and that will be the most hospitable Rev. Bev Colombo. Everyone contributes to the solemn yet hopeful experience of singing this hymn with words by NAACP leader James Weldon Johnson and music by his brother John Rosamond Johnson.

Over the past few years, High Rocks, Nevaeh Traynham, and the Resurrecting Praise Community Choir have all given inspiring Martin Luther King Day performances. To

ON THE COVER



Nevaeh Traynham singing, accompanied by her mother on violin and her sister on flute, 2018



Resurrecting Praise Community Choir, 2017

have all of them on the afternoon's program for the upcoming event will be a splendid thing.

In the past, few of the event's keynote speakers grew up in Greenbrier or surrounding counties. This year's featured speaker will be Mark Hickman, who attended Greenbrier East High School. He is now on the faculty of West Chester University near Philadelphia and is a scholar of speech, with a particular interest in public speaking. Not only will he be an excellent speaker, he will also set a good example for the winners of the middle school essay contest who will be there to read their winning essays based on the theme for the year's

This year's march and celebration takes place on Monday, January 15, beginning at 11:00 a.m. Marchers meet in front of the Greenbrier County Courthouse.

People can be sponsors by sending checks made out to MLK Day Committee c/o CYAC at 112 Courtney Dr., Lewisburg, WV 24901.

Ronceverte Renaissance

Part 1: Mountain Momma Boutique

by Lisa Coburn

Good things are happening in Ronceverte! Years ago, downtown Ronceverte was filled with stores. The passage of time and events like the pandemic shutdowns closed down several businesses, while others remained open. In 2023, seven new businesses opened their doors, and a group of committed citizens determined to revitalize Ronceverte as a destination for good food, good shopping, and good times sprang into action. The businesses include a variety store, eateries, a tavern, and more. This is the first in a multi-part series I will be doing on the Ronceverte Renaissance, where I will highlight one of these new places and planned events each month.



Storefront of Mountain Momma Boutique on Edgar Avenue



Clothing Offered by Mountain Momma Boutique, modeled by local resident



One of the outfits offered by Mountain Momma Boutique, modeled by local resident

This month's highlighted business is **Mountain Momma Boutique**, a unique place owned by local moms **Sunny Sanchez** and **Tess Mitchell**. Mountain Momma Boutique has existed since 2021, but in June of 2023, Sunny and Tess moved their store to Edgar Avenue. Sunny, a Ronceverte native, wanted to do her part in bringing life back to her hometown.

Mountain Momma Boutique offers women's clothing and accessories, and children's clothing. Styles are primarily seasonal. Currently, the focus is on fall and winter, with oversize jackets and sweaters. They do carry a brand of t-shirt by **BNA Designs**, made by local resident **Erika Baker**. Baker does different designs for holidays, the seasons, and she also designs hats for the boutique.

When asked about her favorite aspect of being in the Edgar Avenue location, Sunny answered, "I love the people. All of the business owners down here are amazing. They want to work together and they want to make this a better place. It's very welcoming, and it's just very nice to be in this area."

When asked what her favorite thing about Mountain Momma is, Sunny replied, "I'm a mom of two boys. Tess and I both have kids, and this is our thing for us. It's very fun to try on clothes, and we like to help our community. When we named (our store) Mountain Momma, it's because we're mamas. We just enjoy it so much."

In October 2023, Sunny (a survivor) and Tess did a breast cancer walk that raised over \$1,500 for the American Cancer Society. The Ronceverte business community pulled together for a great cause. All the businesses supported the women by decorating, participating, and providing goody bags and coupons for the participants. The women plan to make this walk an annual event. They also plan to expand and change the date so even more people can participate.

When asked one main thing she'd like the Hashtag readers to know about Mountain Momma Boutique, Sunny said, "It's Tess and me. We are a small business. We try our hardest to get what customers want, and we try hard to keep everything at a reasonable

price, because things are hard these days. If we can't afford things, we don't want to try to make other people empty their pockets for something they want. We'll hold things for people if they want anything. They can just message us. We will even meet people in Lewisburg or other places, just to try to accommodate. We know things can get hectic, and people work, so we try our best to accommodate our customers."

Mountain Momma Boutique is normally open on Thursday 12-5, Friday 12-6, and Saturday 10-4. Being moms, life (and school events/practices) do hap

pen, so if those hours change, they will always post on their social media pages if that's the case. The boutique also occasionally opens on other days for special events or holidays. If they aren't open, they'll meet people on lunch breaks, etc., to try to accommodate their customers' schedules. That's another advantage of supporting local businesses, and something that makes Mountain Momma Boutique so special: that personal touch and willingness to go extra steps for the customer.

You can find out more about Mountain Momma Boutique on their **Facebook Page** (Mountain Momma ma Boutique), and **Instagram** (Mountain Momma Boutique.)



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www.tootsiesplacewv.com

SECOND STAGE SERIES AT CARNEGIE HALL CONTINUES WITH RUTH WYAND

arnegie Hall's Second Stage Series continues with singer-songwriter Ruth Wyand on Thursday, January 25, at 7 p.m. in the Old Stone Room. Guests are invited to come early to Club Carnegie from 6 – 6:45 p.m. A cash bar and snacks are available.

Being diversified Ruth Wyand's specialty! Demonstrating powerful fingerpicking, bottleneck-slide and a warm alto voice, Ruth plays a mix of Americana, jazz,



Ruth Wyand

blues, folk, country with a portion of Piedmont picking and bluegrass clawhammer thrown in. Her songwriting is universal, using a melting pot of styles with lyrics that are timeless, relatable, emotionally resonant, sometimes witty, sometimes serious but always human and genuine.

Ruth performs a mix of Americana songs with guitar virtuosity. She presents a mixture of originals with poignant lyrics as well as well-crafted instrumental arrangements of classics ranging from Doc

Watson, Etta Baker, Jimi Hendrix, Leo Kottke to Thelonious Monk and Nina Simone. Each song, no matter how different, has a firm Ruth Wyand stamp of style on it.

The Second Stage Series consists of five special events that take place in the Old Stone Room located on the ground floor of the Hall. The

> intimate setting creates a "speakeasy" vibe with an eclectic lineup of entertainment. Seating is general admission and limited. The next and final Second Stage performance will be Music from the Songbook of Stage &

Screen March 14, 2024.

Tickets are \$20 and may be purchased by visiting www.carnegie-hallwv.org, calling 304.645.7917, or stopping by 611 Church Street, Lewisburg, WV.

Carnegie Hall WV is a nonprofit organization supported by individual contributions, grants, and fundraising efforts such as TOOT and The Carnegie Hall Gala. The Hall is located at 611 Church Street, Lewisburg, WV. For more information, please call 304.645.7917 or visit www.carnegiehallwv.org.



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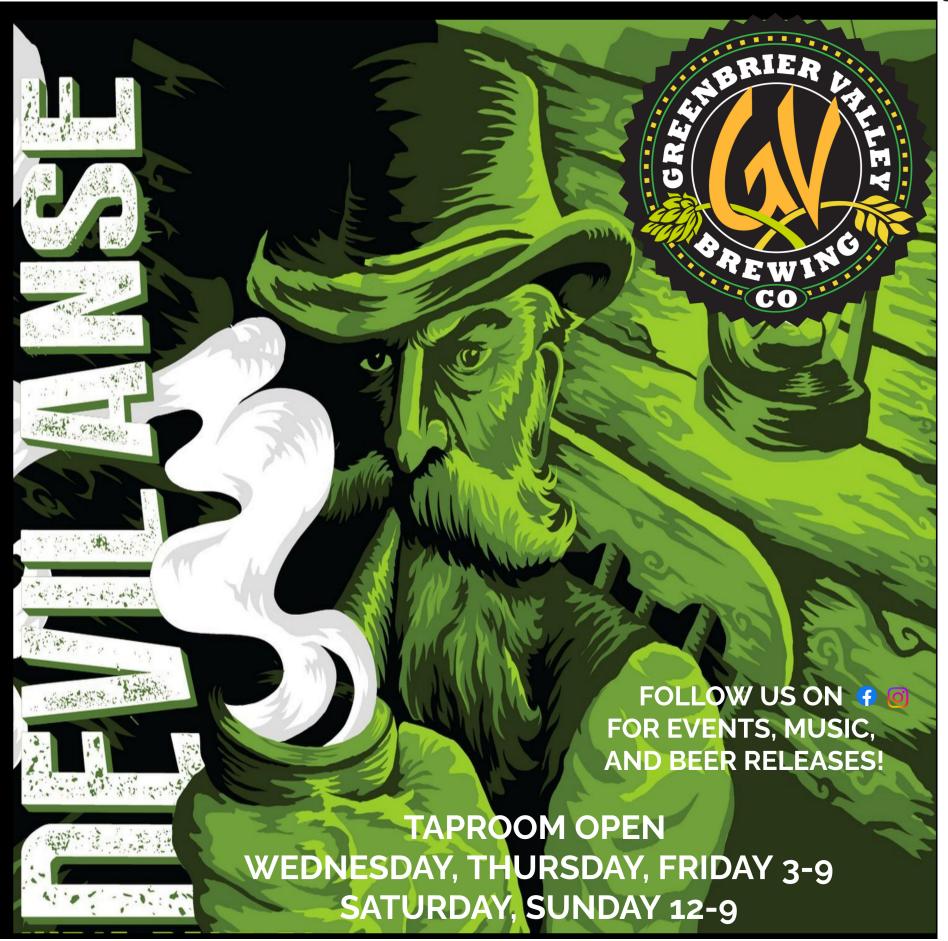
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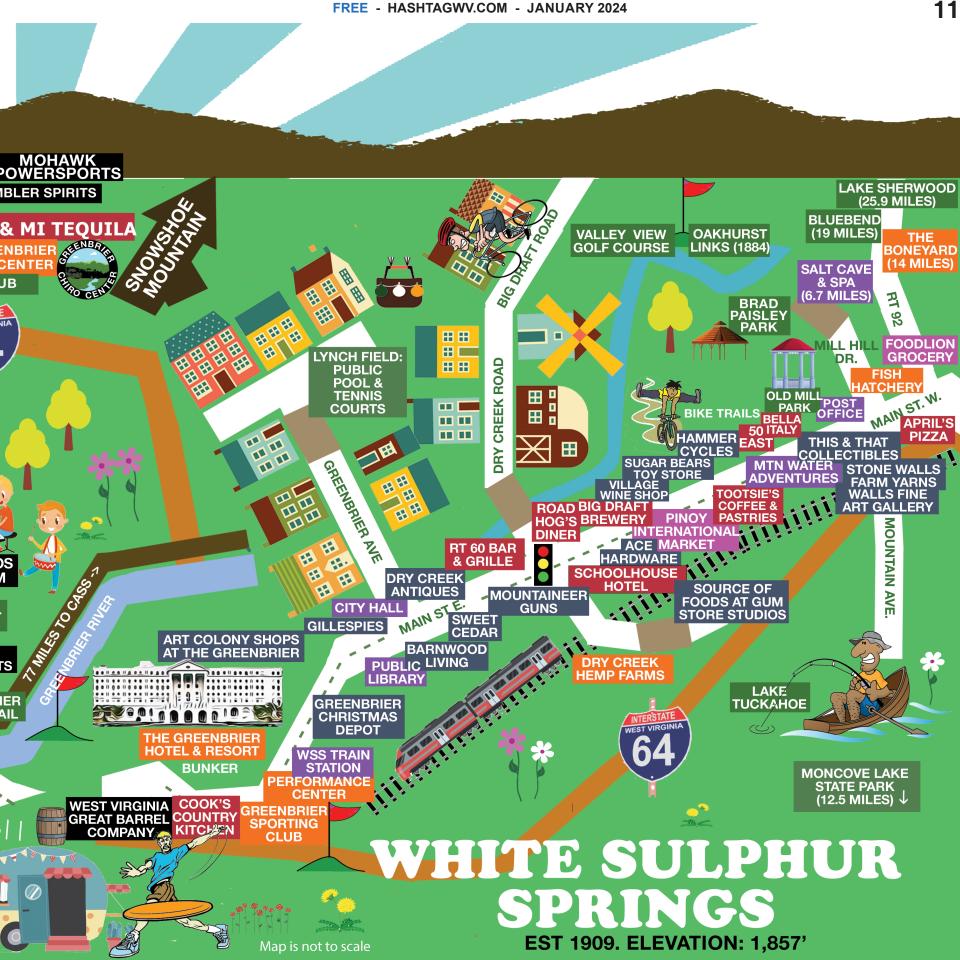


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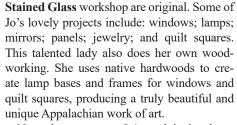
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WEST VIRGINIA ARTISAN ON DISPLAY JO PEREZ OF DARK HOLLOW STAINED GLASS

by Lisa Coburn

Jo Perez, Director of the Alderson Artisan's Gallery, is a talented artisan whose exquisite creations are displayed in the Alderson Artisan's Gallery in Alderson; Plants, Etc. in Lewisburg; and Allegheny Highlands Arts and Crafts Center in Covington, VA. Some of her work is on display at the 2023 WV Juried Exhibition at the West Virginia Cultural

Jo creates a plethora of stained glass projects, using various techniques and varieties of glass; including antique hand blown glass and machine made glass. With the exception of some traditional Appalachian quilt patterns, all of the designs produced in the Dark Hollow



Not only can you see Jo's work in the places listed here, but you can also purchase her creations online through her etsy shop, 2glassthumbs.etsy.com, and the Alderson Artisan's gallery page at aldersongallery.com. You can also find out more about Dark Hollow Stained





Dragonfly Lamp by Jo Perez. This piece is currently on display at the 2023

Salmon of Wisdom by Jo Perez.



Pande-monium by Jo Perez.





CARNEGIE CLASSICS SERIES CONTINUES

WITH BEETHOVEN, THE GREAT! WITH BARBARA NISSMAN AND FRIENDS JANUARY 13, 2024



Carnegie Classics Logo

arnegie Hall's Classics Series is a three-concert series hosted by Steinway "Legend" and 2023 West Virginia Music Hall of Fame inductee Barbara Nissman, designed to introduce classical music and Carnegie Hall to new audiences, as well as inspire and entertain current classical music enthusiasts. The Classics Series continues with its second concert Beethoven, The Great! on Saturday, January 13, at 7 p.m. in the Hamilton Auditorium.

Nissman will be joined by five of her musician friends for a premiere performance of Beethoven's Fourth Piano Concerto, arranged for string quintet and piano. She performed this work with the Huntington Symphony Orchestra this past October, and she will present the first performance of this arrangement of Beethoven's piano concerto to her Carnegie Hall audience.

Blending great music with informal chat, Barbara shares her love and joy of Beethoven's great music. She has been living with this composer her entire life and welcomes the chance to introduce the man and his music.

"Beethoven's greatness is undisputed. That's why I called this program, "Beethoven, the Great," Nissman states. "He was the 'master' who inspired every composer who followed



Barbara Nissman

him. This is the composer I always turn to for inspiration and is the guy who keeps me sane and focused!"

She adds, "What a challenge and inspiration he presents for all performers! I can't wait to share this great music with all of you."

Barbara Nissman is an internationally renowned concert pianist and since 1989 has been a West Virginian "by choice," residing on a farm in Greenbrier County. Hailed as "one of the last pianists in the grand Romantic tradition of Liszt, Rachmaninoff, and Rubinstein," Nissman has performed as soloist with some of the world's leading orchestras. and has worked with some of the major conductors of our time. Inducted into the inaugural class of Steinway Legends chosen from more than a century of Steinway Artists, Nissman is regarded as one of the world's great concert pianists. With a mission to bring her passion and joy to audiences around the world, Nissman continues to inspire and uplift people through her music.

In 2014 she formed her own record label, Three Oranges Recordings (threeorangesrecordings.com) that now includes a discography



Painting of Beethoven

of over 30 recordings with many more projected for the future. In 2017 the Three Oranges Foundation was established to further its mission of making classical music accessible to a wider audience and to promote Barbara's various educational projects including a series of educational video master classes.

For more information on Barbara Nissman please visit www.barbaranissman.com.

Tickets are \$25/adults and \$5/students. For more information or to purchase tickets, visit www.carnegiehallwv.org, call 304.645-7917, or stop by 611 Church Street, Lewisburg, WV.

The Carnegie Classics Series is made possible with support from the James F.B. Peyton Fund, the National Endowment for the Arts and the West Virginia Division of Culture and History, with approval from the West Virginia Commission on the Arts. Additional funding is also provided by Eugene and Annie Jeffus.

Carnegie Hall WV is a nonprofit organization supported by individual contributions, grants, and fundraising efforts such as TOOT and The Carnegie Hall Gala.

Good Eats Kitchen 304

by Lisa Coburn

Kitchen 304 is a pop-up kitchen, catering, and private events company started by friends Andrew Cadilli, who moved to this area from Hawaii, and White Sulphur Springs native Chef Wyatt (Hunter) Sabbag. The two worked their culinary magic together in Maui until Wyatt moved back to the area. Wyatt eventually convinced Andrew to join him in creating delicious dishes here in the Greenbrier Valley. That is a move Andrew is grateful he made. "I love (this area). I really feel a welcoming community where everyone knows each other, and everybody's very helpful."

Kitchen 304 got its start at the Washington Street Pub Lewisburg, something for which Andrew and Wyatt express deep gratitude. "If it weren't for them, we wouldn't have gotten our start, and we're so thankful for them. Without them, none of this would be possible."

Kitchen 304 also partners with Mountain Steer Meat Company in White Sulphur Springs, the largest red meat distributor for the new business. They design their menus on a weekly basis, depending on what Mountain Steer has to offer that particular week.

During the summer and temperate weather, Andrew and Wyatt serves the lunch crowd, setting up at Mountain Steer. They also were part of Taste of Our Towns (T.O.O.T.), and provided tasty nourishment to concert attendees at the Carnegie Hall Ivy Terrace Concert Series. Throughout the winter, you'll find them at Greenbrier Valley Brewing Company in Maxwelton on Friday and Saturday nights.

At the Washington Street Pub, Andrew and Wyatt experimented with a lot of "late night food," and were surprised to find that their late night customers wanted breakfast, so they offered that.

Some of Kitchen 304's other delicious offerings are their Mountain Steer beef burger and steak and cheese sandwich, which are customer favorites. Being regulars at Greenbrier Valley Brewing Company, they're also experimenting with a lot of "beer style foods," including a new introduction, courtesy of Mountain Steer: beef, cheddar, and jalapeno brats. The best friends recently made quesadillas, which sold out in an hour. Andrew says, "We've also been playing with nachos and tacos, just kind of beer drinking food."

When asked his favorite aspect of being part of Kitchen 304, Andrew said, "This is my first personal venture where I'm earning my own stake, and learning in my own way, rather than doing what someone has taught me or told me to do. Obviously, working with one of my best friends that I met in the industry has been fantastic. He and I have this dynamic. We're malleable with each other's ideas, and it flows very well, so that's been very nice. I just really look forward to the future." Future plans for this duo include a food truck to provide more availability of their fare around the Greenbrier Valley and surrounding areas.

Andrew and Wyatt are focused on maintaining their high quality dishes and excellent service on a local scale. Andrew said, "We're looking to remain locally sourced, locally owned, and locally minded. We have a great customer base. It's just really great to see the excitement that we put on people's faces."

To contact Kitchen 304, you can visit their Facebook Page: Kitchen 304; Instagram: Kitchen_304 WV; or email them at: kitchen_304wv@gmail.com.











Aries (March 21 - April 19): Resolution: Take the lead in trying new activities. Your goal is to be the first to try something daring, whether it's a new sport, hobby, or adventure.



Taurus (April 20 - May 20): Resolution: Slow down and savor the moment. Make a commitment to appreciate life's simple pleasures, from a delicious meal to a beautiful sunset.



Gemini (May 21 - June 20): Resolution: Cultivate deeper connections. Challenge yourself to have more meaningful conversations and strengthen your bonds with friends and family.



Cancer (June 21 - July 22): Resolution: Create a cozy haven. Dedicate time to making your home a warm and welcoming space, complete with blankets, candles, and your favorite comfort foods.



Leo (July 23 - August 22): Resolution: Share the spotlight. Make a conscious effort to support and celebrate the achievements of those around you, fostering a sense of collective success.



Virgo (August 23 - September 22): Resolution: Embrace imperfection. Challenge your perfectionist tendencies by accepting that not everything has to be flawless, and mistakes can lead to valuable lessons.



Libra (September 23 - October 22): Resolution: Find balance. Focus on creating equilibrium in your life, whether it's in work-life balance, relationships, or personal interests.



Your Horoscope According to Al

Let our robot overlords tell your 2024 RESOLUTIONS HOROSCOPE!



Scorpio (October 23 - November 21): Resolution: Let go of grudges. Make a commitment to release any lingering resentment or negativity, allowing for personal growth and deeper connections.



Sagittarius (November 22 - December 21): Resolution: Plan more adventures. Feed your wanderlust by setting a goal to explore new places, whether near or far, and immerse yourself in diverse cultures.



Capricorn (December 22 - January 19): Resolution: Prioritize self-care. While ambitious goals are admirable, make sure to schedule time for relaxation, reflection, and activities that bring you joy.



Aquarius (January 20 - February 18): Resolution: Foster innovation. Challenge yourself to think outside the box and contribute your unique ideas to projects that can make a positive impact.



Pisces (February 19 - March 20): Resolution: Nurture creativity. Set aside time for artistic pursuits, whether it's writing, painting, or music. Let your imagination flow freely, and embrace your creative side.



the agenda

LISTINGS, HASHTAGWV.COM AGENDA | DEC. 31 - JAN. 30, 2024

12/31

Sunday

Music:

» Thomas Taylor Band New Year's Eve Show, American Heritage Music Hall, 8:00 p.m., Ronceverte

Wednesday

Event:

» Beginning Line Dance, FREE, ActiveSWV, Old Stone Presbyterian Church Fellowship Hall, 6 p.m. - 7:30 p.m., Lewisburg

FRIDAY

Event:

» Kitchen 304 at GVBC, Greenbrier

Valley Brewing Company, 5:30 p.m. - 9:00 p.m., Maxwelton

Saturday

- » Salt and Sound, Pomona Salt Cave and Spa, 5:15 p.m., White Sulphur **Springs**
- » Kitchen 304 at GVBC, Greenbrier Valley Brewing Company, 5:30 p.m. - 9:00 p.m., Maxwelton

Monday

Event:

» Walk With a Doc, Hollowell Park Track on GMS Drive, 4:30 p.m., (Will be cancelled in the event of heavy snow or ice), Lewisburg

Tuesday

Event:

» Taco Tuesday Featuring Mountain Steer and Eagles Landing, Mountain Table, 3:00 p.m. - 8:00 p.m., Renick

Wednesday

Event:

» Beginning Line Dance, FREE, ActiveSWV, Old Stone Presbyterian Church Fellowship Hall, 6 p.m. - 7:30 p.m., Lewisburg

1/12

FRIDAY

Event:

» Kitchen 304 at GVBC, Greenbrier Valley Brewing Company, 5:30 p.m. - 9:00 p.m., Maxwelton

1/13

Saturday

Event:

- » ActiveSWV Falls of Hill Creek Hike, Meet at the Hub in Lewisburg at 11:00 a.m. to carpool, (activeswv.org), Hills-
- » Kitchen 304 at GVBC, Greenbrier Valley Brewing Company, 5:30 p.m. -9:00 p.m., Maxwelton

Music:

» Carnegie Classics Series: Beethoven, the Great!, Carnegie Hall, 7 p.m., Lewisburg

1/15

Event:

Monday

» Martin Luther King Jr. Day Celebration, Meet in front of Greenbrier County Courthouse at 11:00 a.m., Lewisburg

1/16

Tuespay

Event:

- » Trivia Night Hosted by Kandle, Mountain Table, 6:00 – 7:30 p.m., Renick
- » Mac and Cheese Bowls Featuring Spring Creek Superior Meat, Mountain Table, 3:00 p.m. - 8:00 p.m., Renick

Wednesday

Event:

» Beginning Line Dance, FREE, ActiveSWV, Old Stone Presbyterian Church Fellowship Hall, 6 p.m. - 7:30 p.m., Lewisburg

1/19

FRIDAY

Event:

» Kitchen 304 at GVBC, Greenbrier Valley Brewing Company, 5:30 p.m. -9:00 p.m., Maxwelton

1/20

Saturday

Event:

» Kitchen 304 at GVBC, Greenbrier Valley Brewing Company, 5:30 p.m. -9:00 p.m., Maxwelton

Music:

» Andy Branton Live at GVBC, 6 p.m., Greenbrier Valley Brewing Company, Maxwelton

1/22

Monday

Event:

» Walk With a Doc, Hollowell Park Track on GMS Drive, 4:30 p.m., (Will be cancelled in the event of heavy snow or ice), Lewisburg

1/23

Tuesday

Event:

- » ActiveSWV Raven Rock Trail Hike at the Greenbrier, Meet at the Hub in Lewisburg at 11:00 a.m. to carpool, (activeswv.org), White Sulphur Springs
- » Low and Slow BBQ Night Featuring Spring Creek Superior Meat, Mountain Table, 3:00 p.m. - 8:00 p.m., Renick

» Live Music With Phil, Mountain Table, 5:00 p.m. - 7:00 p.m., Renick

THURSDAY

Music:

» Carnegie Second Stage Performance: Ruth Wyand, Carnegie Hall, 7:00 p.m., Lewisburg

1/26

FRIDAY

Event:

» Kitchen 304 at GVBC, Greenbrier Valley Brewing Company, 5:30 p.m. - 9:00 p.m., Maxwelton

Saturday

Event:

» Kitchen 304 at GVBC, Greenbrier Valley Brewing Company, 5:30 p.m. -9:00 p.m., Maxwelton

Monday

Event:

» Walk With a Doc, Hollowell Park Track on GMS Drive, 4:30 p.m., (Will be cancelled in the event of heavy snow or ice), Lewisburg

Tuesday

Event:

» Next Level Grilled Cheese Featuring Terrapin Farms, Mountain Table, 3:00 p.m. - 8:00 p.m., Renick

Music:

» Karaoke Night, Mountain Table, 6:00 - 8:00 p.m., Renick

HEALTH YEAH! WALK WITH A DOC (OR FUTURE DOC)

Ring in the New Year by taking steps toward better health and wellness! Walk With A Doc (WWAD) is a low-intensity activity set at your personal pace and respectful of your abilities; we welcome all new WWAD-

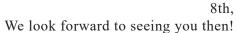
ers. Come as often as you want and get to know our students and HealthYeah!, a community-centered organization aimed at raising health awareness and healthy hab-

- Learn about a health topic!
- Come alone or bring a friend. Meet new people.
 - Walkers of all abilities are welcome!
- Families are welcome, children must be accompanied by a parent or guardian. Pets welcome, too.
 - Participating is completely free and non-obligatory.

We hope to see you there!

WWAD meets weekly on Mondays at 4:30 PM at the Hollowell Park track on GMS Drive. The address of the park is 186 Matthews St, Lewisburg, WV 24901

but the club will meet on the GMS Drive side around the corner where there is parking and entrance to the track. Once a month, we will have a health topic talk given by a local healthcare provider or one of our HealthYeah! student leaders. Our January walks will be January 8th, 22nd, and 29th -



In the event of heavy snow or ice, walks will be cancelled. Please exercise caution during the winter



FIND HASHTAGWV, FIND EVENTS!

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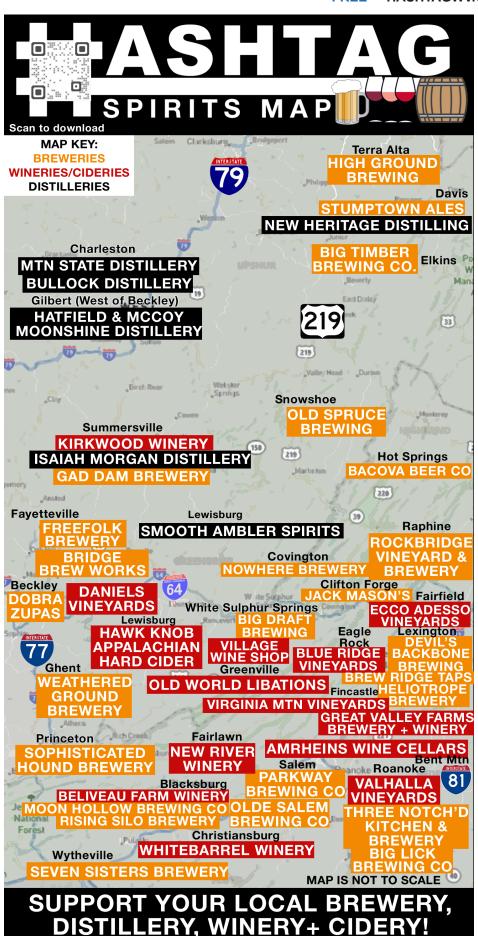
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CARNEGIE HALL

Happy

New

Year!

UPCOMING EVENTS

SATURDAY, JANUARY 13 · 7 P.M.

BEETHOVEN, THE GREAT!
WITH BARBARA NISSMAN & FRIENDS

THURSDAY, JANUARY 25 · 7 P.M.

RUTH WYAND

FRIDAY, FEBRUARY 16 · 7 P.M.

GET READY! A MOTOWN TRIBUTE

SATURDAY, FEBRUARY 24 · 7 P.M.

LOVE STORY! ROBERT & CLARA WITH BARBARA NISSMAN & FRIENDS

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