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KENNY BOSTIC

GOOD EATS:

**BREAKFAST FOR SUPPER WITH
HASHTAG AND MOUNTAIN TABLE**

HASHTAG

FEBRUARY 2024 FREE

ISSUE #153

WEST VIRGINIA



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

Ancient Paths

**Sweet Springs Turnpike
Trail Welcomes Twenty-
First Century Travelers**

What to Do in the Valley:

**Hikes and Walks; Pilates; Carneg-
ie Hall One Night Only; Ma-
ple Days at Yew Mountain Cen-
ter; Paint & Sip at GVBC, Hawk
Knob, and The Schoolhouse
Hotel; Line Dancing; Live Mu-
sic; and More!**

4
**COFFEE
SHOP
TRAIL**

10
**LEWISBURG/
WSS MAP**

19
SPIRITS MAP

CARNEGIE HALL MAINSTAGE SERIES: GET READY! A MOTOWN TRIBUTE (PAGE 8)

Unplugged: Nathan Seldomridge (PAGE 9)

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CARNEGIE HALL'S MAIN-STAGE SERIES KICKS OFF 2024 WITH GET READY! A MOTOWN TRIBUTE FEBRUARY 16



Get Ready!

Carnegie Hall presents **Motown tribute band Get Ready!** Friday, February 16, at 7 p.m. Guests are invited to come early to Club Carnegie from 6 – 6:45 p.m. in the Board Room located adjacent to the Hamilton Auditorium. A cash bar and snacks are available.

The great sound of soul makes its round-trip journey home to its Southern roots with Get Ready. From Michael Jackson to Marvin Gaye, Get Ready will move your audience both physically and emotionally, bringing to life the many great artists and unforgettable songs of the golden era of Motown music.

This dynamic group does it all: harmonies reminiscent of classic vocal ensembles like the Four Tops or the Supremes, intricate dance moves worthy of the Temptations or the Jackson Five, and costuming that ri-

vals the stylish matching outfits that defined the great Motown acts of the sixties.

Tickets are \$32/adults and \$10/students. Discounts are available for Carnegie Hall members, senior citizens, and military. To purchase tickets, call Carnegie Hall Box Office at 304.645.7917, visit www.carnegiehallwv.org, or stop by at 611 Church Street, Lewisburg, West Virginia. Carnegie Hall Box Office is open Monday through Friday, 10 a.m. until 4 p.m.

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.

ON THE COVER

HASHTAG

WEST VIRGINIA

PAGE

CONTENTS:



Hikers and volunteers enjoy part of the recently opened Sweet Springs Turnpike Trail. This trail was once part of a nineteenth-century road that brought people by foot, horseback, and stage-coach to the Sweet Springs Resort/Jefferson Hotel. In its heyday, the resort hosted future Presidents of the United States, and other historical figures such as Anne Royall, first professional woman journalist in the United States, who lived on the property for a time. The trail is designed by and is currently under construction in phases by Zen Clements.

BEHIND HASHTAGWV

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4. **COFFEE SHOP TRAIL MAP**

4. **RONCEVERTE RENAISSANCE**
Primitive Goods

5. **IMBOLC**
The Origin of St. Brigid's Day and
Groundhog Day

6-7. **ON THE COVER**
Ancient Pathways

8. **CARNEGIE HALL**
One Night Only

2. **UNPLUGGED**
Nathan Seldomridge

10-11. **LEWISBURG/WSS MAP**

12-13. **GOOD EATS**
Mountain Table

14. **CABIN FEVER CONCERT**
at Historic Graham House

15. **ASTROLOGY**
Let our robot overlords predict your
Predict Your Perfect Sweets Combi-
nation Horoscope!

16-17. **THE AGENDA**
February 2024

17. **ARTIST ON DISPLAY**
Kenny Bostic

19. **SPIRITS MAP**

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HashtagWV Arts and Entertainment is a free, colorful, high-quality print and digital multimedia platform for all things Greenbrier Valley and the surrounding areas! Our cultural focus is local music, unique shopping, the arts, events, things to do, theatre, food and drinks.

Digitally, we serve all 55 counties in WV (and more!) and we distribute thousands of print editions directly into area households and throughout the Greenbrier Valley region in strategic, high-traffic areas through local businesses and paper boxes.

RONCEVERTE RENAISSANCE PART 2

PRIMITIVE GOODS



by Lisa Coburn
This is Part 2 of the Ronceverte Renaissance Series – a series highlighting the revival of business and events in downtown Ronceverte as the town works together to restore their beloved community to a thriving hub for business, entertainment, and delicious food and drink.

This month's featured business is Primitive Goods, a general store that offers its customers a wide selection of vintage, unique, and locally produced items. I recently had the opportunity to ask one of the owners about Primitive Goods, and about their thoughts on the things that make this unique store such a vital asset to the Greenbrier Valley.

Could you please tell us about Primitive Goods WV, and what you do?

Sure! We specialize in a mix of organic, non-GMO, and local products. We do this through a combination of small businesses, local artists and farmers, and wholesale companies. We also offer the very same products that we use in our home.

What about Edgar Avenue attracted you to open Primitive Goods WV at that location?

Definitely the people. Everyone makes you feel like family here. It doesn't matter if you are dressed up in your best Sunday outfit or wearing your farm clothes, everyone treats you the same.

What does Primitive Goods WV offer in terms of merchandise, service, etc.?

We offer local honeys, teas, dry goods, maple syrup, etc. We also have locally crafted goats milk scrubs, lotions, and soaps. Wooden spoons, locally crafted baskets and cutting boards. Cutting board

oils and waxes, vintage bowls, garden flags, kitchen towels. The list is pretty long.

What other local businesses do you partner with and carry in your store?

We work with about forty local families, so I will name a few. We partner with Mountain Table Coffee in Renick for our locally roasted coffees and we serve complimentary samples of their coffee daily. Julian Arbaugh from Arbaugh Farms pro-

vides our potholders, rope bowls, kitchen towels, and hot pads. Her work is so much fun and her prices are great. We also just welcomed Patricia from Crust and Crumb Breads. She makes the most delicious hummingbird bread, bagels and South-west bread bombs just to name a few.

What's your favorite things about Primitive Goods WV?

Definitely the people and the community support and the FOOD! We have to watch ourselves or we will gain 100 pounds.

What's one main thing you'd like readers to know about Primitive Goods WV?

I think that would have to be two things. First is that we are here to help the Downtown Community grow. We want to help make Ronceverte a destination where everyone feels welcome and we want to see all of the businesses succeed.

Second, is that we just secured a new larger location this week. The store will move to 132 Frankford Rd in Ronceverte (the four-way stop sign at the corner of Route 219 and Frankford Rd) on Saturday, March 2nd. This new location will allow us to expand our selection and bring more artisans to the store. It will also allow us to have a seating area and complimentary Wi-Fi, so that our customers can relax and enjoy a cup of coffee and a local baked good.

Okay, maybe three things!! We work really hard to keep our prices low. Times are tight and many of our customers live on a fixed income, so we want the store to be affordable for everyone. We want people to be able to come into our store and spend \$20 and feel good about their purchases. Everyone deserves that feeling.

You can find Primitive Goods WV under the same name on Facebook, or visit the website: primitivegoodswv.com. You can reach them by phone: (681) 318-1000, or email: primitivegoodswv@gmail.com.



Courtesy of Primitive Goods, Facebook

vides our grits, cornmeal, and other locally milled products. Kelli from A Taste of Eggcellence Catering Company from Sweet Springs provides our Salt Rising bread and delicious pepperoni rolls along with various other amazing baked goods. Tommye Rafes from TL Soaps provides our hand soaps, laundry detergent, lavender, shampoo bars, lip balms and much more. Natasha and PaPa Stan from Jar-Head Farm keep us well stocked with locally grown and produced jams, jellies, fruit syrups, and fruit products. Kim Baker does all of our embroidery work. She pro-

Imbolc:

The Origin of St. Brigid's Day and Groundhog Day

by Michael Buttrill

“Long ago, in a galaxy far, far away...” Just kidding! Actually, it was this galaxy, the Milky Way Galaxy, and if a few thousand years is considered long, long ago, then yeah. Although life may have been very different for humans three thousand years ago, we are still living on the same planet, Earth, and deep down, she isn't that different.

For instance, December 21 is still the shortest day of the year in the northern hemisphere, and June 21 is the longest. Between those extremes are the days of balance and equality, the spring and fall equinoxes, but here is where things get tricky. The solstices and equinoxes are based on the movements of the earth in relation to the sun and are scientific facts, but not everyone in



The sun rises on a chilly February morning in the Greenbrier State Forest

the northern hemisphere agrees on when the seasons begin and end. For most people, spring starts on the equinox, March 21. However, those that follow the ways of the ancient Celts observe the start of spring on February 1 – the holiday known to pagans as Imbolc, and to Christians as St. Brigid's Day.

For me, February 1 is just Brigid and it is one of my favorite holidays. Why? Because it means that we are in the last stretch of winter. As a farmer, it is when we start the first seeds of the season and hope for a good year. Brigid is when you look inside

yourself and find that spark of hope to make it through the rest of the cold days. Brigid is when you pull out the seed packets that those companies claim will cure climate change and solve world hunger. Brigid is when the consumerist Christmas fatigue wears off enough for me to actually put in some string lights and plug in some lasers in the high tunnel. This time of year is when

we really need the cheer, especially this year when Old Man Winter is back on the scene and is causing a real mess of our wood supply. Brigid is when your driveway is so full of snow and ice that you can't make any more excuses about why you haven't moved the dresser and cleaned up the dust devils living under there.

Is February 1st the start of spring? Yes and no. There is a big part of

me that agrees with the pagan idea of the seasons because they align more with the weather we experience here in Greenbrier County. Several species of flowers start blooming at the end of February, such as hellebores, snow drops, crocus, and daffodils. That is definitely spring like. When June 21 finally gets here, we have been sweating it out for weeks, cutting the grass, and the days are actually getting shorter from then on, so is that the start of summer? The seasons and the weather don't really follow any rules, but that is nature, the eternal mystery.

FROM THE EDITOR

Dear Readers,

Can you believe we're going into the second month of 2024 already?! February is a short month jam packed with things to do. Carnegie Hall has its lineup of quality entertainment, along with a stellar opportunity for middle school and high school music students to showcase their talents on the Hamilton Auditorium Stage. The Historic Graham House in Lowell is hosting a Cabin Fever Concert that's sure to take the chill out of the winter blahs!

This is often the time of year that many people are over winter, especially after our recent round of frigid January temperatures and back-to-back storms. Michael Buttrill of Bootstraps Farm and Encore Community Arts shares why February 1, also known to some as Imbolc and St. Brigid's Day, is a special day to him, and a sign of the coming spring. Spring in our Valley often means the farmers are well into their growing season, the fairs and festivals begin, and our trails and hills reawaken with color and life. It's definitely something to look forward to.

Part 2 of the Ronceverte Renaissance series focuses on a unique and lovely store, Primitive Goods. The owners are doing great things to assist in the revitalization efforts in Ronceverte, and their store is such an asset to the Greenbrier Valley.

This month's featured artist is Monroe Countian Kenny Bostic. If you like farm and nature themed art, you'll love Kenny's work! Art isn't the only thing he does. Kenny has a wide range of interests and talents, and he excels in them all.

This month's Unplugged musician is the talented Nathan Seldomridge. He's also part of last month's featured band, Deep State, who is playing at the Wild Bean this month. I hope you'll check out my interview with Nathan about his music as a solo artist and the recent release of his single, Broken Pieces.

In this month's photo, I'm on the trail



with my beloved hiking companion, Penelope. My family and I adopted Penelope from the Greenbrier Humane Society last summer. She has become one of my most cherished companions on the trails, and a source of entertainment around the house as she's still very much in her puppy stage. This month, GHS is having a Doggy Date Night. It may be a chance to meet your new best friend! Check out The Agenda for details.

Speaking of trails, exciting things are happening at the historic Sweet Springs Resort Park, with the creation of the Sweet Springs Turnpike Trail. Phase 1 is complete and currently open to the public. Phase 2 is being cleared and will open later this year. You can find out more information about this fascinating place in this month's cover story.

Last month, I promised an exciting announcement about a Hashtag and food themed event. Mountain Table, our featured Good Eats establishment for February, is collaborating with Hashtag for a Breakfast for Supper and Trivia Night event on February 27! I am so looking forward to experiencing food from all over the Greenbrier Valley as there is a farm-to-table menu featuring ingredients from local producers. Not only that, but the trivia teams are sure to have a great time. I'm excited about this collaboration and the chance to meet many of you in a friendly atmosphere with delicious food.

Have a sweet February!

Lisa

Ancient Pathways

Sweet Springs Turnpike Trail Welcomes Twenty-First Century Travelers

By Lisa Coburn

“The Appalachian Mountains aren’t smaller than other ranges to the West – they’re older. Ancient, eroding under the weight of time, they’re older than oceans, older than dinosaurs, older than limestone, and older than bones.” – Carrie Cuinn

The story of the Sweet Springs Turnpike Trail begins long before recorded history. The “healing waters” were well known to migrating Trans-Allegheny Indigenous Peoples who used the warm waters of the area for medicinal and birthing purposes. They also strongly believed in the purity of the water for drinking. Legend has it that long before Europeans inhabited the area, an Indigenous man who was wounded was left to die in the swampy waters. The next day, he recovered so entirely from his wounds that he joined his comrades, who thought him risen from the dead. Another story tells of a severely arthritic elderly man who soaked in the waters, and emerged feeling so much better that he regularly visited the springs until he was healed.

In 1774, William Lewis, brother to well-known Lewisburg historical figure General Andrew Lewis, obtained about 8,000 acres of the Sweet Springs property through a land grant given by King George III. In 1784, he moved his family to the area and became known as “William of Sweet Springs.” Around 1792 William built the first inn, a log structure with a full front porch. William’s “hotel” saw several notable visitors such as future presidents of the United States. Due to the debts of Lewis’s father, John, some of the land and inn later changed hands, and became the site of a hotel eventually designed by Thomas Jefferson.

Sweet Springs was visited by at least eight of the first ten presidents of the United States, and even Jerome Bonaparte (Napoleon’s brother) and Robert E. Lee stayed at the hotel. It became a resort renowned for the healing properties of the water. The warm wa-

ter healing pools were known and in use before the signing of the Declaration of Independence. Anne Royall, first noted United States woman journalist and editor, lived on the property with her husband, American Revolutionary War Major and Freemason William Royall, until his death.

The Sweet Springs Turnpike was built in the mid-1800s, designed and completed by French civil engineer Claudius Crozet, known as “The man who opened up the Blue Ridge.” The road was used by stagecoach travelers, those journeying on foot, and horseback riders. It featured toll booths, structures, and inns along the way, including stops at Sweet Springs Resort/Jefferson Hotel (as it was also known as at one time.) The Turnpike has been known by different names throughout history, such as The Fincastle-Sweet Springs Turnpike, and Price’s Mountain Sweet Springs Turnpike.

Over time, the Sweet Springs Resort was closed, or reopened for other purposes. Over the last century or so, it has been a hotel, tuberculosis sanitarium, elder care facility, and more. It was purchased by the State of West Virginia in the 1940s to become known as the Andrew S. Rowan Memorial Home until it was closed in the early 1990s. It was then purchased by several individuals to bottle the pure water that the property is known for, and then unfortunately closed again due to another new owner’s death.

For a time, the future of the once grand hotel and grounds was uncertain. Now, thanks to a group of dedicated foundation members and volunteers, Sweet Springs Resort Park and Turnpike Trail is once again taking its place in the rich history of the land.

In 2015, Ashby Berkley, internationally famous chef and historic restoration expert, purchased the property and formed the non-profit/public park, the Sweet Springs Resort Park Foundation. I recently had the opportunity to chat with some vital folks in



Zen Clements, Project Coordinator and Designer of the Sweet Springs Turnpike Trail, and professional mountain biker



Zen Clements studies the oak tree along Phase 1 of the trail

this foundation: Roseanna Sacco, Founder of the Sweet Springs Institute, Historic Researcher, and Vice President of the Sweet Springs Watershed Association; and Arietta DuPre, Executive Director of Operations, Sweet Springs Resort Park, Sweet Springs Turnpike Trail, and the Sweet Springs Watershed Association, about the new life being breathed into the property, and specifically,



L to R: Ashby Berkley (Executive Director of Sweet Springs Park Project, President Sweet Springs Watershed Assoc.), Arietta DuPre (Executive Director of Operations for Sweet Springs Resort Park, Sweet Springs Watershed Assoc., and Sweet Springs Turnpike Trail), Randall DuPre (Maintenance Supervisor of Sweet Springs Park)



Foundation members and volunteers enjoy the trail

Phase 1 of the Sweet Springs Turnpike Trail (SSTT.)

Sweet Springs Turnpike Trail, designed by professional mountain biker and Project Coordinator Zen Clements, is in Phase 1, a 1.2 mile, no more than 5 degree grade, easy to moderate hiking trail that was once part of the historic Sweet Springs Turnpike. This part of the trail officially opened on October 15, 2023. The trail's first hikers were Robert and Nancy Paciga,

who are now known as the SSTT Honorary Hikers. Currently, the trail is seeing locals, and people from as far away as Florida taking part in the storied history and second-to-none recreational opportunities that exist in our area.

Hikers will have so many reasons to visit this trail, including the history, the views, or both. Phase 1 of the trail has been described by those who have tried it as an easy to moderate hike that accommodates a wide range of abilities and ages.

Visitors can walk on part of the route that recorded historical figures rode/trod/visited, and walk in the footsteps of the ancients who lived in harmony with the land and the healing springs long before the therapeutic waters were broadly known. Along this trail, there is also an oak tree which is thought to be possibly the largest oak tree in West Virginia. The foundation is presently working on having that verified.

There are also various old trees and interesting rock deposits to see along the trail, in addition to breathtaking scenery. When asked her favorite aspects of the trail in its entirety, one volunteer said she appreciates the "open fields, walking in-forest among the trees, the magnificent views, the rock formations." This lady appreciates the geology of the area and finds that aspect of the trail of particular interest.

There is much more to come for explorers of the SSTT. Phase 2, another area of the trail, is currently being cleared. Phase 3 involves the trail meeting and connecting to the Allegheny Trail. Zen is also in the process of designing a mountain bike trail.

Zen is also working on something a little separate, but still connected to the Sweet Springs Turnpike Trail: The Three Sisters Trail. It's a one-mile trail that connects to the SSTT. The two trails create one large loop that can be started at the trailhead. Hikers can turn left to hike Three Sisters, and right to walk the SSTT. No matter which way they turn, walkers can hike the full circle, because where one trail ends, the other begins.

In addition, plans exist for shelters and campsites to be erected and installed along the way. Arietta said, "The other thing this trail is really going to be good for is for youth groups: 4-H; FFA; Scouts...it's something even now that they can start using. Part of what you have to learn in those groups is tree identification, plant identification, you've got to learn camping skills

in a rustic area. You've got a lot of that. And it is free to use. It's free to use for these students to earn their badges and to do their studies for their groups. The trail is completely FREE. There is no charge to hike the trail, no matter who you are. We encourage anyone from surrounding counties to use this trail. Use it for your youth groups. They can camp on that part of the trail now." She emphasized that this trail is ideal for teaching youth safe camping skills. "It's there for everybody. People who are walking for their health – it's a slight incline – less than 5 percent. People who want to get off the roads for their morning walks – there you go. You got a trail. It's usable for so many different things."

Arietta mentioned another part of history that's tied to the trail. When the hotel was a state facility for the elderly, more than two hundred individuals were laid to rest in unmarked graves on the premises. The foundation has a list of those interred. This spring they will erect a memorial along with a fence and cornerstones to honor the departed. Additionally, a trail connecting to the cemetery to the SSTT will be established, ensuring that this chapter of the resort's history will also be part of the experience of hiking there.

Future endeavors include guided tours, brief stagecoach rides along a portion of the historic turnpike, and other events held on the grounds. Additionally, plans are underway to establish an extensive trail network to connect the SSTT with renowned national trails like the Allegheny Trail and Appalachian Trail.

To learn more about the Sweet Springs Resort Park Foundation, and the Sweet Springs Turnpike Trail, visit their website at: www.sweetspringsresortpark.org. You can also find them on Facebook: Sweet Springs Resort Park.

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Carnegie Hall One Night Only

Performance Opportunity for Middle and High School Music Students

Carnegie Hall, working in partnership with Greenbrier County music and theatre educators, is offering a performance opportunity for accomplished music students in grades 6-12 living (or taking lessons) in Greenbrier County. One Night Only will showcase these talented students

on Carnegie Hall's Hamilton Auditorium Stage. The event is sponsored by Charleston Area Medical Center (CAMC).

Video entries for solo performers and ensembles are now being accepted for a criteria-based

judging process, with selected students participating in a live performance at Carnegie Hall on Thursday, March 7, 2024. A full list of guidelines can be found at www.carnegiehallwv.org/one-night-only. Deadline to submit a video is Friday, February 9.

Submission judging will take place on Saturday, February 10, and selected performers will be notified by Wednesday, February 14. A required rehearsal (including all performers and stage/tech crew) will take place on Wednesday, March 6, at 6 p.m.

One Night Only will be assisted

by student stage crew members, sound engineers, and light technicians, under the guidance of the professional team at Carnegie Hall. A student Emcee will be selected to host the showcase as well.

The One Night Only Showcase will be a ticketed event open to the public. All performers will be encouraged to bring family and friends to support the performance. Each participating student will receive one complimentary ticket.

Ticket price for the event is \$15/adult and \$10/student and will go on sale February 12.

For more information visit www.carnegiehallwv.org, call 304.645-7917, or stop by 611 Church Street, Lewisburg, WV.

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UNPLUGGED: NATHAN SELDOMRIDGE

by Lisa Coburn

Talented Greenbrier Valley musician Nathan Seldomridge recently released his first single, Broken Pieces, in December 2023. Nathan is also part of last month's featured band, Deep State. I recently spoke to Nathan about his musical success, and what inspires him to create and play the notes that speak to his audience.

Please tell us who you are and where you're from.

My name is Nathan Seldomridge. I'm a musician. I play guitar, I sing, I write songs. I've been doing it for almost ten years now. I've been playing out professionally in some capacity, and it's my favorite thing to do on the earth.

Why choose the Greenbrier Valley?

This is the hometown for me. My parents are here, I've been here since a young age. I think the really great thing about the music industry is, especially in the past decade or so, is it's almost a location-independent type of job. Especially with modern recording technology you're able to have studios, and they're able to put out a pretty good product out there on their own. So now, with a good website, and good material online, you're able to book shows from anywhere, if you're willing to travel around.

I also love this place. West Virginia is a special part of the world. I have been really fortunate and blessed to have been able to travel all over the place, but this is still one of the most beautiful places I've ever been to. Also, the people of West Virginia are incredibly kind, generous, sweet-hearted, and selfless. I've been here for most of my life. I wouldn't have it any other way. Living in a town like Lewisburg, you really get to know people. So you really feel tied in to the community here. At this point in my life, this is where my roots are, so I really feel a special connection to the place and the people here.

What all do you do musically?

I'm in a few different projects here around the area, one of them being Deep State. I'm also in an interesting project called Seldom Free, which is with one of my best friends, Dan Freeman, and I, and occasionally we have other people come up and join us too for a full band experience. But I really think of it in terms of scratching itches. As a musician, there's no one particular musical genre that scratches all of those itches for me. My songwriting is sort of its own beast, but I also really love music that's along the same vein as jam band music, which has a heavy focus on improvisation. For a singer/songwriter, that type of genre doesn't really lend itself toward the freeform extended improvisational things, so I involve myself in different projects so I can scratch those itches, so to speak.

What got you into the music scene?

Really, it's my love for music. I started playing music when I was twelve years old, and I can't remember exactly at what point in time it was, probably when I was eighteen or nineteen years old, I started to realize that I love it more than anything

else. It's the passion, it's what drives me as a human being. So, I think then the question becomes, "How can I do this all the time?" My favorite part of making music is the live experience. It's being able to interact with the crowd, it's being able to network and meet people, and build those connections that way. I'm not there fully yet, but I hope to sometime within the next year make it officially the only thing that I do for a living.

Can you tell us a little about your single?

I just dropped my first single, which is called Broken Pieces, on December first. It's been out for a couple of months, and I am really thrilled at the reaction that I've seen from people. It's very nerve wracking, because the place that I try to write from, the most honest place that I can, involves some level of vulnerability, of being open enough with yourself, and searching deep enough to feel completely reflective of what it is you're going through, and what it is that you're trying to say. It's hard to put that out, because it's almost like, at some level, if people don't like the song, it's almost like they don't like my experiences from my perspective. I know that's not true, because of course style and genre plays into it, and people aren't going to resonate with everything. But I think that's why it has taken me so long to put something out there. It's a hard experience, taking a conversation that you might have with a therapist, and putting it out for the whole world to hear.

I also struggle with perfectionism as an artist, because I feel like things have to be technically perfect. When I was recording the vocals for my single in Memphis with Matt Ross-Spang, I became very discouraged because things didn't sound how I wanted them to. Matt said something along the lines of art being a reflection of a moment in time. That really resonated with me. The perspective that I've tried to adopt is that anything that I do, it's permanent in the sense that I'm putting it out there, but it's also just a reflection of that period, and that moment in time. If you can just reflect it as accurately as you can, then I think that's enough.

Where can we find your single?

Anywhere you stream music.

Editor's note, courtesy of Nathan: This link can take people to a landing page with Nathan's social media and streaming links: <https://hyperfollow.com/nathanseldomridge>.

Is there anything you'd like for us to know?

Listen to the song, and if you resonate with it, and you en-



joy it, more stuff is on the way. What I'm trying to do is just capture a moment in time in the best way that I can, and with the most sincerity that I'm able to, and I hope that it resonates with people.

Do you have any advice for aspiring musicians?

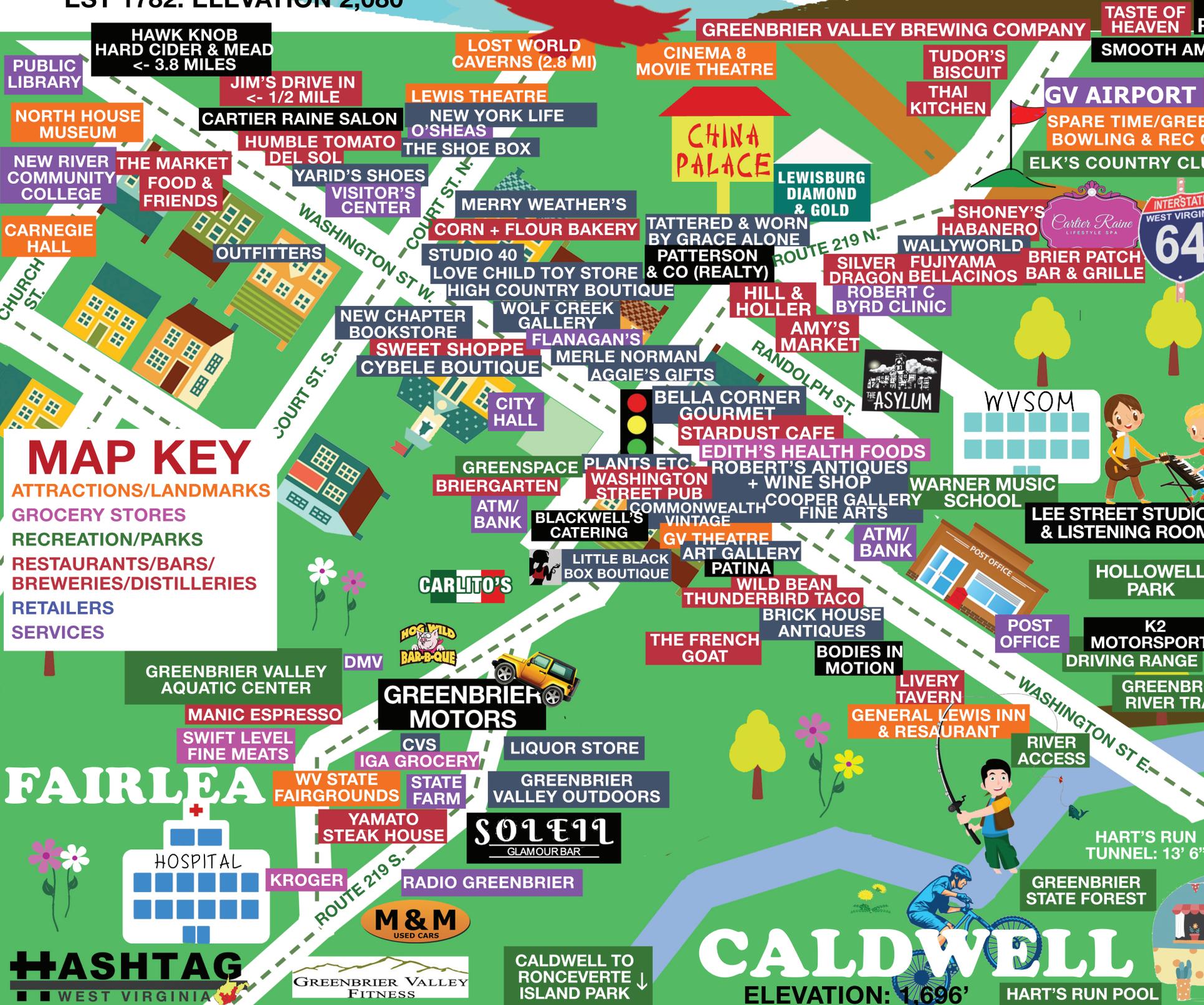
Keep going. There are always going to be roadblocks, there are always going to be things that stand in your way, and there are going to be challenges that you would anticipate having. There are also going to be challenges that you don't anticipate having. It's learning to control what you can, and giving the rest up, and going with the flow. I'm constantly learning. I'm constantly struggling, and I'm constantly reevaluating. A thing that I've learned about myself is being willing to adapt, and being open has served me best.

You can find Nathan on TikTok, Facebook, and YouTube, all under the name Nathan Seldomridge. He will also be performing with Deep State at the Wild Bean on Saturday, February 24, at a currently undetermined time at time of press.

LEWISBURG

WEST VIRGINIA

EST 1782. ELEVATION 2,080'



HAWK KNOB
HARD CIDER & MEAD
-< 3.8 MILES

NORTH HOUSE
MUSEUM

NEW RIVER
COMMUNITY COLLEGE

CARNEGIE
HALL

- ### MAP KEY
- ATTRACTIONS/LANDMARKS
 - GROCERY STORES
 - RECREATION/PARKS
 - RESTAURANTS/BARS/BREWERIES/DISTILLERIES
 - RETAILERS
 - SERVICES

FAIRLEA



HASHTAG
WEST VIRGINIA

LOST WORLD
CAVERNS (2.8 MI)

LEWIS THEATRE
NEW YORK LIFE O'SHEAS

HUMBLE TOMATO
DEL SOL THE SHOE BOX

MERRY WEATHER'S
CORN + FLOUR BAKERY

STUDIO 40
LOVE CHILD TOY STORE

NEW CHAPTER
BOOKSTORE WOLF CREEK GALLERY

SWEET SHOPPE
CYBELE BOUTIQUE

CITY HALL

BRIERGARTEN

ATM/BANK

BLACKWELL'S
CATERING

CARLITO'S

GREENBRIER
MOTORS

CVS

IGA GROCERY

STATE FARM

RADIO GREENBRIER

M&M
USED CARS

CINEMA 8
MOVIE THEATRE



TATTERED & WORN
BY GRACE ALONE

PATTERSON
& CO (REALTY)

HILL & HOLLER

AGGIE'S GIFTS

BELLA CORNER
GOURMET

STARDUST CAFE

EDITH'S HEALTH FOODS

ROBERT'S ANTIQUES
+ WINE SHOP

COMMONWEALTH
VINTAGE

GV THEATRE

ART GALLERY

PATINA

WILD BEAN
THUNDERBIRD TACO

THE FRENCH
GOAT

CALDWELL TO
RONCEVERTE ISLAND PARK

GREENBRIER VALLEY
BREWING COMPANY

TUDOR'S
BISCUIT

THAI
KITCHEN

LEWISBURG
DIAMOND & GOLD

WALLYWORLD

SILVER FUJIYAMA
DRAGON BELLACINOS

ROBERT C
BYRD CLINIC

AMY'S
MARKET

WV SOM

WARNER MUSIC
SCHOOL

COOPER GALLERY
FINE ARTS

ATM/BANK

BODIES IN
MOTION

LIVERY
TAVERN

GENERAL LEWIS INN
& RESTAURANT

RIVER
ACCESS

HART'S RUN
TUNNEL: 13' 6"

GREENBRIER
STATE FOREST

HART'S RUN
POOL

TASTE OF
HEAVEN

SMOOTH
AM

GV AIRPORT

SPARE TIME/GREEN
BOWLING & REC

ELK'S COUNTRY
CLUB

SHONEY'S
HABANERO

BRIER PATCH
BAR & GRILLE

LEE STREET STUDIO
& LISTENING ROOM

HOLLOWELL
PARK

K2
MOTORSPORT

DRIVING
RANGE

GREENBR
RIVER TR

POST
OFFICE

POST
OFFICE

POST
OFFICE

POST
OFFICE



MOHAWK POWERSPORTS
BLER SPIRITS

& MI TEQUILA

GREENBRIER CENTER
GREENBRIER CHIRO CENTER

SNOWSHOE MOUNTAIN

IA

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77 MILES TO CASS →
GREENBRIER RIVER

ART COLONY SHOPS AT THE GREENBRIER

THE GREENBRIER HOTEL & RESORT
BUNKER

WEST VIRGINIA GREAT BARREL COMPANY
COOK'S COUNTRY KITCHEN

GREENBRIER SPORTING CLUB

WSS TRAIN STATION
PERFORMANCE CENTER

GREENBRIER CHRISTMAS DEPOT

BARNWOOD PUBLIC LIVING

GILLESPIES CITY HALL

RT 60 BAR & GRILLE

DRY CREEK ANTIQUES

GREENBRIER AVE

LYNCH FIELD: PUBLIC POOL & TENNIS COURTS

DRY CREEK ROAD

BIG DRAFT ROAD

VALLEY VIEW GOLF COURSE

OAKHURST LINKS (1884)

BRAD PAISLEY PARK

BLUEBEND (19 MILES)

SALT CAVE & SPA (6.7 MILES)

THE BONEYARD (14 MILES)

LAKE SHERWOOD (25.9 MILES)

RT 92

MILL HILL DR.

FOODLION GROCERY

FISH HATCHERY

OLD MILL PARK

POST OFFICE

MAIN ST. W.

APRIL'S PIZZA

BIKE TRAILS

HAMMER CYCLES

BELLA 50 ITALY

THIS & THAT COLLECTIBLES

STONE WALLS FARM YARNS

WALLS FINE ART GALLERY

MTN WATER ADVENTURES

TOOTSIE'S COFFEE & PASTRIES

VILLAGE WINE SHOP

ROAD BIG DRAFT HOG'S BREWERY

PINOY ACE MARKET

INTERNATIONAL HARDWARE

SCHOOLHOUSE HOTEL

SOURCE OF FOODS AT GUM STORE STUDIOS

MOUNTAINEER GUNS

SWEET CEDAR

DRY CREEK HEMP FARMS

DRY CREEK HEMP FARMS

SOURCE OF FOODS AT GUM STORE STUDIOS

MOUNTAIN AVE.

LAKE TUCKAHOE

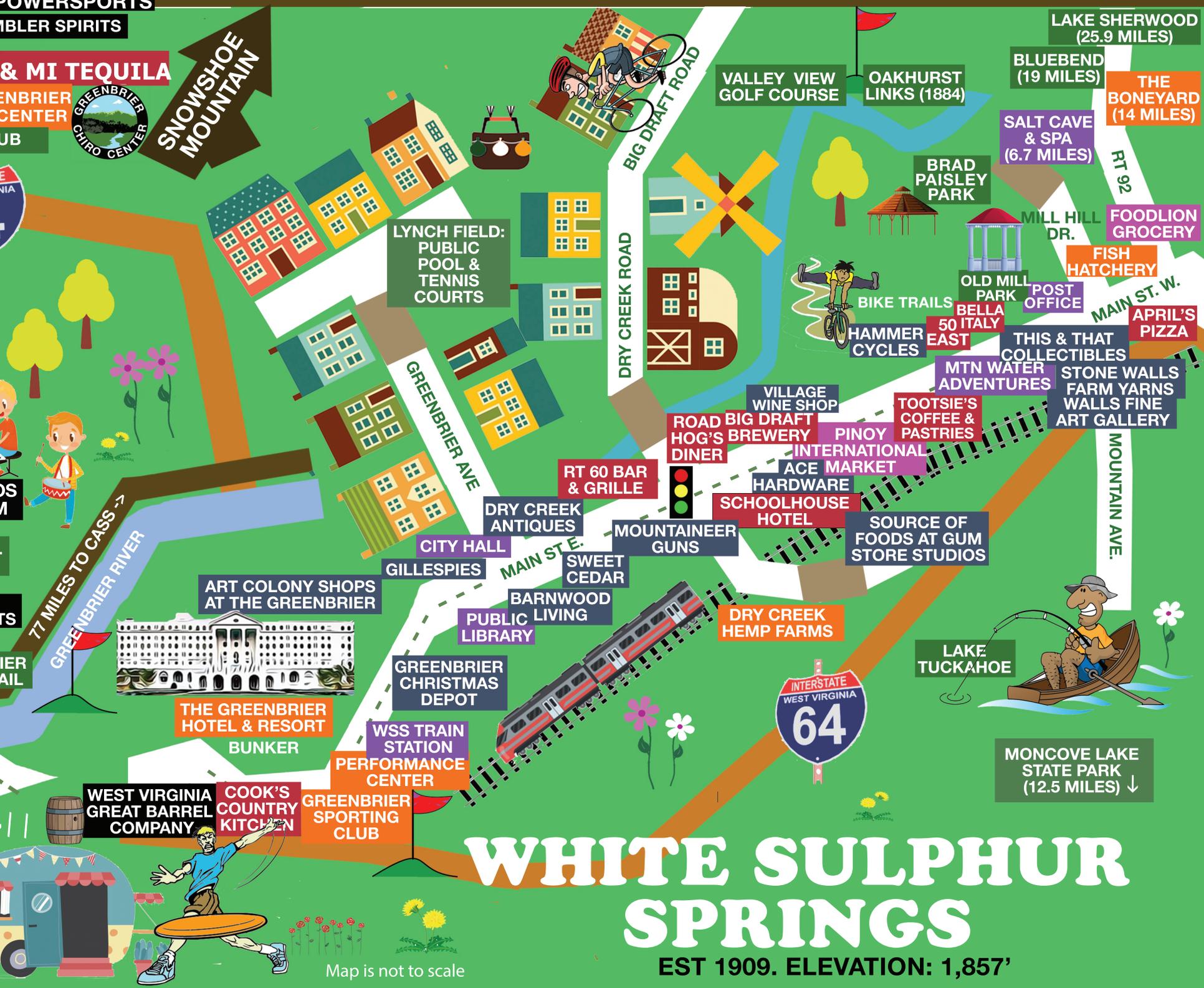
MONCOVE LAKE STATE PARK (12.5 MILES) ↓



WHITE SULPHUR SPRINGS

EST 1909. ELEVATION: 1,857'

Map is not to scale





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BAD BOY
TRACTORS



Mountain Table and Hashtag Present: Breakfast for Supper and Trivia Night

by Lisa Coburn

For the past year, Mountain Table in Renick has been the Tuesday night destination for community, family fun, a delicious food, and coffee. Owners Alexander Durand and Nadine Sonnevile turned their culinary and coffee roasting (Nadine is the Roast Maistress) expertise into an oasis of farm-to-table nourishment that collaborates with local producers, entertainers, and other talented folks to provide a different experience and menu each week.

That isn't all they do. Alex and Nadine partner with their community in the spring and summer months to host Mountain Table Market Nights, a weekly locale for farmers and vendors to gather and sell their goods. Once a month they collaborate the menu with a food truck on market night. This spring, May 7, their first collaboration will be held with A Taste of Eggcellence. They also provide recycling services for the community, and collaborate in part with Hawk Knob Appalachian Hard Cider, who provides some of the receptacles for the recyclables.

Alex and Nadine focus heavily on sustainability, zero waste, and community collaboration. They try to source their ingredients as locally as possible, as much as possible. They also strive to provide the highest quality food and coffee they can. Nadine roasts the coffee weekly as it is ordered, for the restaurants and other businesses who carry Mountain Table Coffee to ensure that the customers get the freshest product available.

Another unique aspect of Mountain Table Coffee is the custom blends that they create for specific businesses and customers. For example, Primitive Goods, the featured Ronceverte Renaissance business for this month, has a popular, vanilla infused blend, and a whiskey soaked blend that Mountain Table created just for them, including a recently created blend named after their cats, Biscuits and Gravy.

About their variety of special blends, Alex explained, "When people go into the shops, they can say, 'Oh, there's a local coffee roaster,' and they can see that they represent the businesses that have the roasts that nobody else has. Instead of just selling our product, which we gladly sell our flagships, our coffees that we stand behind, which are single origin, we also love creating blends. Say, you are having a birthday party, and you want a custom blend for your party. You can come in, see the roasting process, we'll make you a small batch, and you'd have your own custom coffee to give away to guests. We can do it on a large level for a business and we can do it on a personal level, too." You'll find Mountain Table's original and custom roasts in shops all over the Greenbrier Valley area and all over the state.

The couple also likes to focus on a different theme for their menu and entertainment every Tuesday night. Diners have been treated to Indian Cuisine, Taco Tuesdays, Barbecue, Mac and Cheese several different ways, and much more, while enjoy-

ing activities such as an ugly sweater contest during the Christmas season, a puzzle competition, live entertainment, and a Christmas concert from the wonderful “Greenbrier River’s optimistic ukulele players,” the Optimistics. In addition to all of this delicious food and fantastic entertainment, they also have a bar where they sell local craft beers, local cocktails, and local wine. Alex said, “While it has a bar element to it, it’s still very family friendly. It’s more like a nice addition to what we already offer, something you can have to relax and unwind. It’s not a rowdy bar.”

Mountain Table is also now serving breakfast from 6 a.m. to 9 a.m. on Tuesdays, Wednesdays, and Thursdays. They offer options like farm to table biscuit sandwiches; grab-n-go lunch items, gluten free fare, parfaits and smoothies, and of course, freshly roasted coffee.

I am thrilled to be part of Mountain Table’s community focus and collaboration with the community with our joint event, Mountain Table and Hashtag Breakfast for Supper and Trivia night on Tuesday, February 27. We are partnering with multiple producers in the Greenbrier Valley to give you a taste of amazing food represented from all over our community. The mouthwatering menu is:

Bullock toast- french toast dredged in bourbon creme and served with syrup sampler. Partners – Flavor Mutt, Moonstruck Maple, Jar Head, Blessings Farm, TL fruits and vegetables, Bullock Distillery.

Superior quesadilla- local bacon,

farm fresh eggs, and cheese blend. Partners- Spring Creek Superior Meats and Heritage mountain farm.

Hashtag browns- local taters topped with beef and chorizo chili and a side of scrambled eggs. Partners- J and K farms, Heritage Mountain Farm, Milligan Creek Farms, Mountain Steer, Spring Creek Superior Meats.

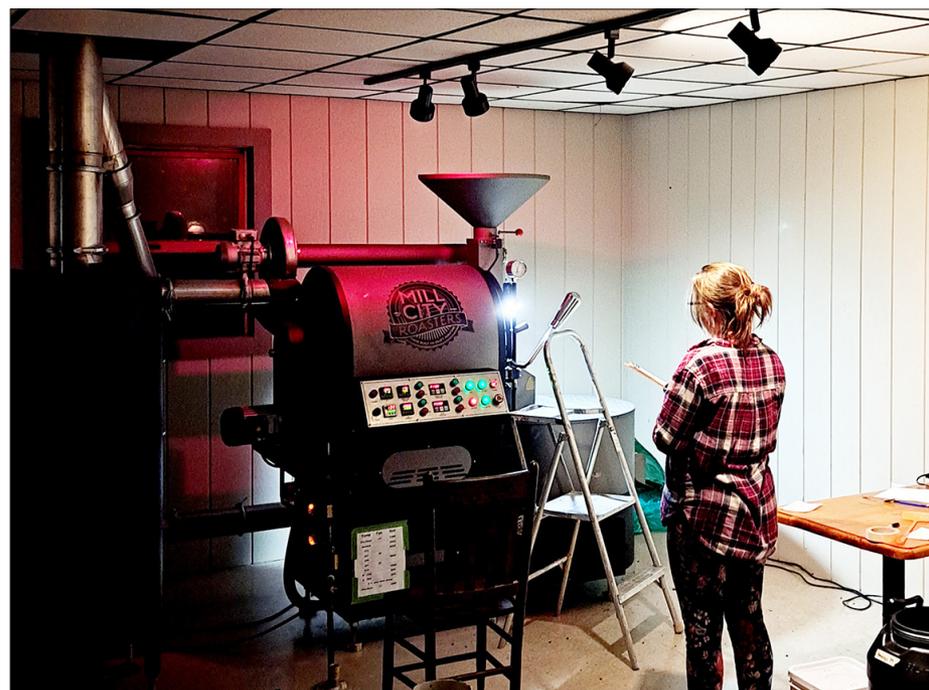
There will also be special cocktails available:

Hawk-mosa – Hawk Knob elderberry cider, orange juice, and a splash of champagne.

Hot tots- organic house tea blend, bourbon, lemon, Local honey. Partners- Bullock Distillery, Taft Cochran honey Co.

Moonstruck old fashioned- Local maple syrup, bourbon, orange maple bitters, bourbon soaked dark cherry. Partners- Moonstruck Maple and Bullock distillery.

The full list of partners for the Breakfast for Supper event includes: Spring Creek Superior Meats; Jarhead Jams and Jellies; J and K farms; Moonstruck Maple; Bullock Distillery; Milligan Creek Meat; TL Fruits and vegetables; Flavor mutt;



Nadine, Mountain Table Roast Maistress, Roasting Coffee



Alexander Durand, Nadine Sonnevile, and a special guest at their coffee display.

Hawk Knob; Taft Cochran honey; Mountain Steer; Heritage Mountain Farm; Blessings Farm. There will also be prizes for the winning trivia team. Trivia will be hosted by Ben Hunt.

Food will be served from 3 p.m. to 8 p.m., and trivia will be from 6 p.m.

to 7 p.m. You can call ahead with orders, and reservations are highly recommended. The number for reservations is **304-667-4504**. You can also learn more about Mountain Table and this event by visiting their Facebook page. We look forward to seeing you on February 27th!

CABIN FEVER CONCERT

at HISTORIC GRAHAM HOUSE!

The first-ever Cabin Fever Concert at the Historic Graham House in Lowell, West Virginia, will take place on Saturday, February 17th, from 3 PM to 5 PM. This family-friendly acoustic show of traditional and original Appalachian Folk - in the style of a house concert, will feature Grammy-winning artist Chance McCoy, champion fiddler Tessa Dillon McCoy, and the Appalachian vocal duo Little Maggie.

Chance and Tessa McCoy are contemporary masters of Appalachian folk music. Natives of West Virginia, they have been awarded the highest honors in traditional music, including a Grammy for best folk album through Chance's work with Old Crow Medicine Show, and an exhaustive list of blue ribbon wins for Tessa as a champion fiddler.

Through an unbroken chain of traditional music, they have been mentored by the true masters of West Virginia Old Time Music. Tessa traces her musical lineage through the Kanawha fiddle tradition of Bobby Taylor and Clark Kessinger. Her mastery of this unique and technical old-time fiddling style has positioned her as one of the most significant old-time fiddlers living in Appalachia today.

Chance was raised in a musical family in historic Harpers Ferry. His "rags to riches" journey that took him from living on food stamps to winning a Grammy is a testament to his exceptional talents as a

Cabin Fever Concert
Saturday, Feb 17
3 PM - 5 PM

Doors Open 2:15 PM
 Seating First Come, First Served

Acoustic Show of Traditional and Original Appalachian Folk in the style of a House Concert!

Appalachian Vocal Duo
 Little Maggie

Grammy winner
 Chance McCoy
 Champion Fiddler
 Tessa Dillon McCoy

Historic Graham House
131 Graham House Rd.
Lowell, WV, between Talcott & Pence Springs

Admission \$18 at the Door
Cash Only, Please

Info: 304-702-0554,
 cherylmansley@gmail.com or
 ArtBeat of the Mountains
 on Facebook

Inclement Weather Date 2/18

SUMMERS COUNTY

A Little Maggie Production

multi-instrumentalist, singer, and writer. Chance's roots as a folk musician have landed him collaborations with a diverse roster of legendary artists including Kesha, Tyler Childers, The Lumineers, The Black Crowes, Willie Nelson, Mumford and Sons, Rhiannon Giddens, NEEDTOBREATHE and more.

Tessa and Chance have rooted themselves in West Virginia, living on their farm along the banks of Indian Creek in Monroe County, where they have built a world-class music studio for recording new artists. They dedicate their lives as profes-

sional musicians to being torchbearers in the wider folk music scene as they continue to teach and perform locally and around the world.

The Appalachian vocal duo Little Maggie lovingly infuses sweet vocal harmonies and tasteful instrumental accompaniment into songs old and new from the mountains of West Virginia and its ancestral home across the pond. With guitar, whistles, and percussion in tow, Mary Dailey and Cheryl Mansley keep it interesting by offering a diverse mix along with some unexpected surprises! A smile on your face, a tap of your



Chance and Tessa McCoy



Cheryl Mansley & Maggie Dailey, aka Little Maggie

toes, a flutter in your heart, or a stirring in your soul are all signs that they've done their job well.

The Graham House is located at 131 Graham House Road in Lowell, West Virginia, off Rt. 12 (also Rt. 3), between Talcott & Pence Springs. Admission is \$18/person at the door. Cash only, please. Doors open at 2:15 PM, and seating is first come, first served.

Please join us for an evening of music – up close and personal – on Saturday, February 17th.

In case of inclement weather, the concert will take place the next day, Sunday, February 18th. For more information contact Cheryl Mansley at 304-702-0554 or cherylmansley@gmail.com, or visit ArtBeat of the Mountains on Facebook.

We would like to thank Graham House, the New River Gateway CVB, and the Hinton Area Foundation for their support in making this event possible.

ASTROLOGY

Your Horoscope According to AI

Let our robot overlords tell you Predict Your Perfect Sweets

Combination HOROSCOPE!



Aries (March 21 - April 19):

- Spicy Cinnamon Lollipops to match Aries' fiery nature.
- Atomic Fireballs for an intense burst of flavor.
- Red Hot candies for that extra kick.



Taurus (April 20 - May 20):

- Gourmet Chocolate Truffles for their appreciation of the finer things.
- Caramel-filled chocolates for a touch of indulgence.
- Honeycomb candy for a sweet and satisfying treat.



Gemini (May 21 - June 20):

- Twizzlers for their playful and flexible nature.
- Assorted Jelly Beans for the variety they crave.
- Airheads for a light and fun candy option.



Cancer (June 21 - July 22):

- Homemade Fudge for that comforting, homemade touch.
- Sea Salt Caramels for a mix of sweet and salty.
- Marshmallow-filled chocolates for a nostalgic treat.



Leo (July 23 - August 22):

- Gold Foil-Wrapped Chocolate Coins for the royal touch.
- Glittery Rock Candy for a glamorous and sweet experience.
- Chocolate-covered strawberries for decadence and elegance.



Virgo (August 23 - September 22):

- Dark Chocolate Almonds for a sophisticated and health-conscious choice.
- Meticulously arranged Chocolate-covered Nuts for their attention to detail.
- Sugar-free Mint Candies for a refreshing option.



Libra (September 23 - October 22):

- Pastel-Colored Macarons for their appreciation of beauty and balance.
- Gourmet Chocolate-covered Pretzels for the perfect sweet and salty balance.
- Peach Rings for a sweet and harmonious flavor.



Scorpio (October 23 - November 21):

- Dark Chocolate Truffles with a spicy chili kick for their intensity.
- Licorice for a bold and distinct flavor.
- Mysterious Black Jelly Beans for a touch of intrigue.



Sagittarius (November 22 - December 21):

- Rainbow-colored Gummy Worms for their adventurous spirit.
- Exploding Candy for a surprise element.
- Chocolate-covered Pop Rocks for a playful and exciting experience.



Capricorn (December 22 - January 19):

- Classic Peppermint Patties for their timeless taste.
- Hard Candy in a vintage tin for a traditional touch.
- Toffee for a sophisticated and enduring treat.



Aquarius (January 20 - February 18):

- Unconventional Sour Patch Kids for their unique taste.
- Cotton Candy for a whimsical and airy treat.
- Fruit-flavored Gushers for a burst of creative flavor.



Pisces (February 19 - March 20):

- Sea Salt Caramel Chocolates for a taste of the ocean.
- Dreamy Marshmallow Clouds for their imaginative side.
- Ocean Blue Rock Candy for a sweet and ethereal experience.

HASHTAG

WEST VIRGINIA

the agenda

LISTINGS, HASHTAGWV.COM AGENDA | FEB. 1 - FEB. 27, 2024

THURSDAY

2/1

Event:

- » **Exhibit: "Color That Sings" by Andrea Brunais in The Old Stone Room Gallery, Carnegie Hall, Exhibit runs through the end of February, Lewisburg**
- » **Exhibit: "Down in a Hole: Coal Mining in Appalachia" by Jim Costa & Builder Levy in the Museum Gallery, Carnegie Hall, Exhibit runs through the end of February, Lewisburg**
- » **Exhibit: "Journey Through Nature" by Charles "Butch" Ferguson in the Lobby Gallery, Carnegie Hall, Exhibit runs through the end of February, Lewisburg**
- » **Exhibit: "40 Years of Carnegie Hall" in the Board Room Gallery, Carnegie Hall, Exhibit runs until further notice, Lewisburg**

Music:

- » **Open Mic Night, GVBC, 5 p.m., Maxwelton**

Wednesday

2/2

Music:

- » **Caden Glover, 8 p.m. - 10 p.m., Hill and Holler, Lewisburg**

HASHTAG
WEST VIRGINIA

Saturday

2/3

Event:

- » **Salt and Sound, Salt Cave & Spa, 5:15 p.m., WSS**
- » **Winter Tree Walks, The Yew Mountain Center, 2 p.m. - 4 p.m., Hillsboro**

Monday

2/5

Event:

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

Tuesday

2/6

Event:

- » **Farm to Table Taco Tuesday and Sasquatch Jigsaw Puzzle Contest, Mountain Table, 3 p.m. - 8 p.m., Renick**
- » **Pilates, Greenbrier Community School, 5:30 p.m., Lewisburg (Email for more information: cgstanley@gmail.com)**

Wednesday

2/7

Event:

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

FRIDAY

2/9

Event:

- » **Droop Mountain Battlefield State Park Hike, Active SWV, Meet at the Hub in Lewisburg at 10 a.m. to carpool, Pocahontas County, activeswv.org**

FRIDAY

2/10

Event:

- » **Doggy Date Night, Greenbrier Humane Society, 5 p.m., Lewisburg**
- » **Greenbrier River Fly Fishing Classic First Annual Chili Cook-off, GVBC, 2 p.m., Maxwelton**
- » **Daddy Daughter Dance #9, by the NOAH Foundation, Quality Inn, 5 p.m. - 7 p.m., Lewisburg**
- » **Sweet & Sappy (Tree Sap Drinks & Valentine's Cookies Painting), The Yew Mountain Center, 3 p.m. - 5 p.m., Hillsboro**
- » **Paint & Sip with WV Heart Healing Art, Hawk Knob Appalachian Hard Cider, 5 p.m., Lewisburg**

Music:

- » **Patrick O'Flaherty & Beth Patterson, GVBC, 6 p.m., Maxwelton**

SATURDAY

2/11

Event:

- » **Super Sunday Party, The Greenbrier, 5 p.m., WSS**

Monday

2/12

Event:

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

Tuesday

2/13

Event:

- » **Pilates, Greenbrier Community School, 5:30 p.m., Lewisburg (Email for more information: cgstanley@gmail.com)**

Music:

- » **Ukulele Optimists and Be Mine Valentine's Menu, Mountain Table, 3 p.m. - 8 p.m., Renick**

Wednesday

2/14

Event:

- » **Paint and Sip at Greenbrier Valley Brewing Company - Rainbow Tree, GVBC, 6 p.m., Maxwelton**
- » **FREE Beginning Line Dance, Active SWV, Old Stone Presbyterian Church Fellowship Hall, 6 p.m. - 7:30 p.m., Lewisburg**

FRIDAY

2/16

Event:

- » **Will Sarver, 8 p.m. - 10 p.m., Hill and Holler, Lewisburg**

SATURDAY

2/17

Event:

- » **Mountain State Maple Days 2024, Mountain Table, 10 a.m. - 2 p.m., Renick (Reservations recommended - 304-667-4504)**
- » **Murder Mystery Dinner Theatre, The Greenbrier, 6 p.m. - 8 p.m., WSS**
- » **Maple State Days @ The Yew Mountain Center, Yew Mountain Center, 10 a.m. - 4 p.m., Hillsboro**

HAVE AN EVENT? SUBMIT IT!

HASHTAGWV.COM

Music:

» **Cabin Fever Concert**, Historic Graham House, 3 p.m. - 5 p.m., Lowell

Monday**2/19****Event:**

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

Tuesday**2/20****Event:**

» **Paint & Sip at the Schoolhouse Hotel – Flower Bouquet**, The Schoolhouse Hotel, 6 p.m. - 8 p.m., WSS

» **Pilates**, Greenbrier Community School, 5:30 p.m., Lewisburg (Email for more information: cgstanley@gmail.com)

» **Low & Slow BBQ**, Mountain Table, 3 p.m. - 8 p.m., Renick

Wednesday**2/21****Music:**

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

FRIDAY**2/23****Music:**

» **Bryce George**, 8 p.m. - 10 p.m., Hill and Holler, Lewisburg

HAVE AN EVENT? SUBMIT IT!
HASHTAGWV.COM

Saturday**2/24****Event:**

» **19th Annual 4-H Venison Contest, Bingo, and Live Auction**, State Fair of West Virginia Fairgrounds, West Virginia Building, 2 p.m., Fairlea

» **Encore School of Dance Presents: A Storybook Princess Party**, The Lewis Theatre, 2 p.m. - 4 p.m., Lewisburg

» **Greenbrier River Trail Hike**, Active SWV, Meet at the Hub at Lewisburg at 10 a.m. to carpool, Anthony, activeswv.org

Music:

» **Deep State**, The Wild Bean, Time TBD, Lewisburg

» **Love Story! Robert and Clara, Featuring Barbara Nissman and Guests**, Carnegie Hall, 7 p.m., Lewisburg

» **The Untrained Professionals**, GVBC, 6 p.m., Maxwelton

Monday**2/26****Event:**

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

Tuesday**2/27****Event:**

» **Hashtag and Mountain Table Collaboration – Breakfast for Supper with Hashtag and Trivia Night**, Mountain Table, 3 p.m. - 8 p.m., Trivia from 6 p.m. - 7 p.m., Renick (Call 304-667-4504 for reservations.)

» **Pilates**, Greenbrier Community School, 5:30 p.m., Lewisburg (Email for more information: cgstanley@gmail.com)

WEST VIRGINIA ARTIST ON DISPLAY KENNY BOSTIC'S ART BEAUTIFULLY IMITATES HIS LIFE

by Lisa Coburn

Popular Monroe County award-winning artist Kenny Bostic is a Renaissance man. Creating breathtaking nature scenes, idyllic portraits of farm life, and other subjects as requested with all sorts of media is only one aspect of Kenny's many talents. He is also an accomplished trail runner who often competes and places in local races, a champion horseman, and a farmer who diligently tends to his animals and his piece of earth in the Sinks Grove area.

I recently chatted with Kenny about his art, and learned a lot about his talent and the steps that led him to becoming the successful artist he is today.

How did you get started? What's your story?

Kenny: I've been drawing and using paints ever since I can remember. I'm not really sure how I got started. I probably scribbled around as a toddler and it came naturally, so I kept drawing. When I was four, almost five, I drew a picture of a duck walking through the grass. My mom entered it in the West Virginia State Fair and I won a blue ribbon. I'm left handed, so the creative part of my brain takes over.

What all do you make?

I make a wide variety of things. I paint on canvas, saw blades, slate, and pretty much anything. You would be surprised at what people bring to me to paint on. I painted a guitar once, a miner's helmet, and a lunch box, so that kind of gives you an idea.

What is your favorite thing to make?

My favorite things to paint are farm animals, birds, wildlife, and landscapes with barns. I'm an animal lover, so I enjoy bringing life to the animal's eyes.

Where can people find your things?

I post my art on my personal Facebook page. From time to time, you may see me at craft fairs and such places, but social media makes things a lot easier.

Do you have any advice for a young artist?

My advice to young artists would be, if you love what you're doing, don't let anything or anyone stop you. You'll have struggles, you'll have failures, you'll fall down, but you have to get back up.

Can you tell the readers what your art mediums are?

I create my art using acrylics, watercolors, pastels, colored pencils, pen and ink, charcoal, and even crayons. I can't say I have a favorite medium. I enjoy them all, but I mostly use acrylics.

What would you say your main sources of inspiration are?

I've always been inspired by Norman Rockwell and his art. He painted lifelike paintings. His paintings always told a story and could be serious and funny at the same time.

Do you have a theme?



Art by Kenny Bostic



Kenny Bostic

I like to stay with the realism theme with my art. I like for my paintings to be as realistic as I can get them. What keeps me inspired with my art is my love for it. I take a lot of photos that I use for references for my paintings. I'm a man of many interests, so I don't sit still long. I'm always outside when I'm not painting. My main passions are running, riding horses, my art, and of course, hanging out with and talking with friends.

Where can people purchase your work?

People can contact me about my art through my Facebook page. It's easier for me to handle it that way. I'm always busy doing something around the farm or running on the trails, so I'm not usually near a phone.

You can find Kenny, his beautiful art and stunning photographs on Facebook – Kenny Bostic (Kenneth M), and Instagram – bostickenny.

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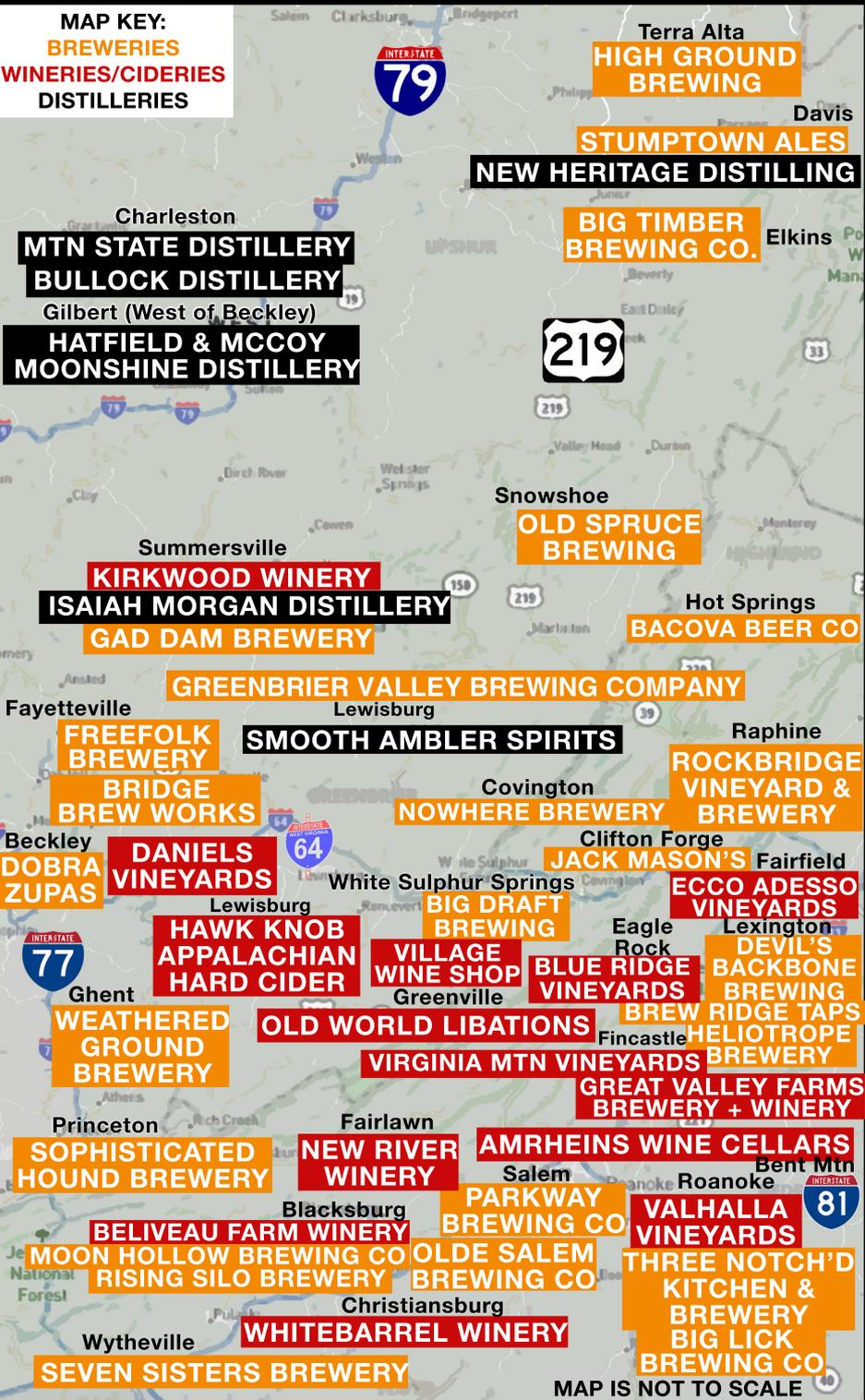


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