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SPORTS CENTERS **Flavor** **WV** **WV** **WV**

The Courthouse Farmers Market A Great Place To Share Food With Friends, Family

By [Name]

It's a beautiful sight to see a group of people gathered around a table, sharing food and conversation. At the Courthouse Farmers Market, this is the norm. The market is a great place to share food with friends and family, and it's a great place to find fresh, local produce.

The market is held every Friday from 9 a.m. to 1 p.m. at the Courthouse. It's a great place to find fresh, local produce, and it's a great place to share food with friends and family. The market is held every Friday from 9 a.m. to 1 p.m. at the Courthouse.

Researcher Medical Marijuana Now Available

Researcher Medical Marijuana is now available in West Virginia. The state has legalized medical marijuana, and patients can now access the product through a network of licensed dispensaries.

Early State Week Left To Make Shutter Firm Considerable

The early state week left to make shutter firm considerable. The market is a great place to find fresh, local produce, and it's a great place to share food with friends and family.

City Of Bessemer Assesses New Bull Water Advisory

The City of Bessemer is assessing a new Bull Water Advisory. The advisory is designed to help residents understand the risks associated with drinking water from the Bull Water source.

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Jerry Darrell Michael

By WV Daily News | WVDN APR 23, 2021



MICHAEL

Jerry Darrell Michael, 58, of Ronceverte, passed away Tuesday, April 10, 2021 at Carilion Roanoke Memorial Hospital following a brief illness.

Born January 7, 1963 at Phelps, KY, he was a son of the late Charles A. "Cotton" Michael and the late Glenda Gaye Dotson Michael.

Jerry loved to fish, loved woodworking, was an avid Kentucky Wildcats and Cincinnati Bengals fan, was a member of Laurel Hill Regular Baptist Church, and was a safety director for over 20 years in both the # 9 boiler room and steam tunnels at WESTROCK Paper Mill in Covington, VA.

Most important, Jerry loved spending time with his family and his grandchildren.

In addition to his parents, he was preceded in death by two sisters, Laura Michael and Susan "Sue" Hunt.

He is survived by his wife of 30 years, Janet Ann Alder Michael; a daughter, Tonya Snedegar Sharp of Lewisburg; two grandchildren, Desmond Chase Sharp and Rhiannon Grace Sharp; a sister, Tina Maynard and husband, Darrell, and a brother, Barry Michael and wife, Theresa, all of Phelps KY; also surviving are his father and mother-in-law, Roger and Joyce Alder of Lewisburg; and numerous nieces and nephews, whom he dearly loved in both Kentucky and West Virginia.

A memorial service will be 7 p.m., Tuesday, April 27, 2021 at Wallace & Wallace Funeral Home in Lewisburg, with Elder Roger Alder officiating.

A visitation for friends and family will be 6 p.m. to 8 p.m. at the funeral home on Tuesday.

Please send online condolences by visiting www.WallaceandWallaceFH.com.

Wallace & Wallace Funeral Home in Lewisburg is in charge of arrangements.

Brenda Kay Zimmerman

By WV Daily News | WVDN APR 23, 2021

ZIMMERMAN

Brenda Kay Zimmerman, 64, beloved wife, mother, and grandmother passed away Sunday, April 11, 2021 at the Peyton Hospice House, Lewisburg, WV following a long illness.

Arrangements for a memorial service are pending.

Online guestbook can be signed at www.morganfh.net.

Arrangements by Morgan Funeral Home, Lewisburg, WV.

Greenbrier Airport Authority Holds Meeting

By Rebecca Stalnaker | WVDN APR 23, 2021



The Greenbrier County Airport Authority held its regular meeting on April 20. One of the items for discussion was the upward trend in air traffic. During the heart of the COVID-19 pandemic, air traffic plummeted to dismal numbers due to travel restrictions. After more than a year of lock-downs and restrictions, those numbers are finally on the way up according to a graph provided by Brian Belcher, airport director. The month of March saw a significant increase in air travel. Another graph shows that the sale of fuel for the planes is also on an uptick. Again, the month of March had a steady and significant increase.

In other news, the Greenbrier Valley Airport's ARFF (Airport Rescue and Firefighting) unit members held a joint training session with the Frankford Volunteer Fire Department as well as the West Virginia University Fire Service Extension. This training included multiple possible scenarios for fighting fires at the airport. Firefighters were able to utilize the State of West Virginia's aircraft fire simulator. With this device, they were able to practice fighting a fire inside of an aircraft's cabin. Other scenarios included spilled fuel and other potential situations.

Another topic up for discussion was an upcoming conference in September. This conference will be held at the Greenbrier Resort and is expected to bring between 80 and 100 aircraft into the Greenbrier Valley Airport.

Let Me Do You A Flavor

By Lindsey Wolford WVDN Columnist | WVDN APR 23, 2021

Hey and welcome back! I am so glad you decided to join me today. This week I am bringing you a super easy dish that is packed with flavor, is super easy on the wallet and is a great Monday night meal. So grab a drink and let's get cooking!

This week I bring you a meatless meal of sauteed spinach and tomatoes in a creamy alfredo, over top of mozzarella-filled ravioli. This dish is great for a Monday evening when you don't have time or patience to spend in the kitchen and you don't want something too heavy. For this dish you will need:

Ravioli (I used mozzarella filled from the refrigerator section)- 2 bags
2 jars Alfredo sauce - I prefer Bertoli if I am using store-bought
1 container cherry tomatoes
2 cups spinach (add more if you want)
1 stick of butter
1 clove garlic minced
Salt and pepper
Sourdough bread

This dish prepares fast. Put on the water to boil for the ravioli. In a saucepan melt about 2-3 tablespoons butter. While the butter is melting slice cherry tomatoes in half and begin adding to the pan as you cut them. Let the tomatoes simmer for about 2-3 minutes. Now add your minced garlic and spinach and toss until wilted and then add the alfredo sauce. Let the sauce simmer for a few minutes and just like that the sauce is done!

When you add your ravioli to the water, set a timer for a minute or two less than what the package says — I have learned the hard way if you let the ravioli boil until the time the package says at least one or two end up bursting open and it makes a mess. Drain the ravioli once it is done and serve with the sauce on top. I like to serve dishes like this with some crusty toasted sourdough bread.

To make the bread I melt the remainder of the stick of butter and brush it on the pieces of bread and top with a little garlic salt. Put the bread on a cookie sheet under the broiler for 1-2 minutes and the dinner is served.

When I talked to Annie and Clay at The Village Wine Shop about a wine pairing for this dish here is what they had to say, "To pair with any tomato-based dish, pizza, or BBQ, we have chosen Juan Benegas Malbec, from Mendoza, Argentina.

Extremely popular, Argentinian Malbec is an inky, medium-bodied, dry red wine with strong impressions of dark fruits on the nose and palate. This wine tends to have mellow tannins than its French counterpart. Starkly different from French versions in structure and flavor, this wine is a good investment for collectors, as the wine can age for several years before drinking. This wine also pairs very well with any savory red meat dish— particularly dishes that include spice.

This black fruit forward grape is bold yet smooth, medium body, semi-dry and soft. Grab a ravioli, chew a bit, then sip the Malbec right after. The dance is incredible and super tasty!"

Earlier I mentioned this is a meal that is packed with flavor and won't hurt the wallet either. I did the math and this meal came out to \$24.23 and should feed a family of four — that's \$6.06 per person!! You can make this meal your own in so many ways — add mushrooms to bulk it up or chicken or shrimp if you want meat.

At our house, we try to have meatless meals here and there and it's fun to find new ways to do that. Whatever you do make this dish your own and as always I am sending love from my kitchen to yours!

West Virginia signs DePaul grad transfer Pauly Paulicap

By The Associated Press | WVDN APR 23, 2021

MORGANTOWN, W.Va. (AP) — West Virginia has added DePaul forward Pauly Paulicap as a graduate transfer. Coach Bob Huggins announced Paulicap's signing Thursday.

The 6-foot-8 Paulicap will bring defensive help to the Mountaineers, who ranked eighth in the Big 12 in scoring defense at 72 points per game last season.

Paulicap averaged more than seven points and six rebounds with 1.6 blocked shots per game for DePaul as a graduate transfer last season when he started 15 of 19 games. He spent the three previous seasons at Manhattan.

Paulicap joins 6-9 transfer, Dimon Carrigan, from Florida International in the Mountaineers' frontcourt.

"We struggled to protect the rim a year ago, one of a few weaknesses that we had," Huggins said. "These two guys give us the opportunity to fix that problem in a big way."

The Mountaineers also previously signed Old Dominion guard Malik Curry as a transfer.

They will join two incoming freshmen: Kobe Johnson from Canton, Ohio, and guard Seth Wilson from Lorain, Ohio.

Greenbrier West FFA Greenhouse Open For Business

By WV Daily News | WVDN APR 23, 2021

The Greenbrier West FFA is pleased to announce their greenhouse is open for business. They have a variety of starter plants for your garden including tomatoes, peppers, cabbage, cucumbers, squash, watermelon, cantaloupe and pumpkins.

Hours for the greenhouse are Tuesday and Thursday from 12:45 p.m. to 3 p.m. and Saturday from 1 p.m. to 4 p.m. The greenhouse is located behind the school next to the baseball field. Come and check out their selection!

Lewisburg First Fridays To Resume

By WV Daily News | WVDN APR 23, 2021

Our Kick-off First Friday is on May 7 from 5 p.m. to 8 p.m! Join the fun ... complimentary tastings, live music, raffles, festive beverages and special offers throughout town all free to the public. Everyone is welcome!

Aggie's/Vest will serve Mojitos and Virgin Mojitos! And as a Mother's Day Special, enjoy 50% off of featured

springtime hair bows and 30% off of dichroic glass pendants. 979 Washington Street West, 645-4063.

Pop into The Asylum to explore their Spring Cocktail Menu! 399 Randolph Street East, 681-318-3515.

Kick back at A New Chapter, browse the bookshelves and enjoy live music. 922 Washington Street West, 681-318-3501.

Edith's welcomes moms with complimentary treats in honor of Mother's Day. 1035 Washington Street East, 645-7998.

The Golden Rabbit invites you to an evening of fun, refreshments, prizes and giveaways! Enjoy complimentary champagne, sparkling water and a juiced mocktail for the littles. Enter your name at the door in a raffle for a pair of Handmade Kilim Mules, a TGR Lifestyle candle and an arrangement from My Naked Florist (a \$500 value). And it doesn't stop there! Together The Golden Rabbit and My Naked Florist are offering limited quantities of complementary hand-tied bouquets! And a selection of small potted plants for the home in aged terra cotta from Campo De Fiori will be available for purchase. 951 Washington Street West, 681-318-3108.

Hill and Holler hosts local band, Seldom Free, performing from 7 p.m. to 9 p.m. 970 N. Jefferson Street, 647-4429.

Stonehill Realty will unwrap their renovated offices at 1018 Washington Street East, on the corner of Washington & Jefferson Streets. The interior has been completely re-worked: exposed tin ceiling, refinished wood floor, paint for the walls and new lighting! There will be enhanced services revealed, with familiar faces, especially Phyllis Tuckwiller, and some new ones. Stop by for this open house! 101 East Washington Street, 645-6633.

Come check out The Hub's newly redecorated café for a smoothie tasting, and get your Tarot cards or palm read by the wonderful Maya Coleman. Smoothie Tastings are free; readings are offered for \$5. The Hub is a community cafe powered by High Rocks Educational Corporation where people earn and learn at two youth-led businesses: Tech Express and Hub Cafe. 232 Lee Street Bldg. C, (Located at the Lee Street Complex, the old Lewisburg Elementary School. Building C is behind Lee Street Studios). 647-4994.

Treat your tastebuds to complimentary cocktail samples at The General Lewis Inn. 1236 Washington Street East, 645-2600.

At Bella The Corner Gourmet find and taste your new spring wine and nibbles. Sample a few to pack in that picnic. 1017 Washington Street East, 520-4921.

The Shoe Box is kicking off their FIRST First Friday with a BOGO 25% OFF all Sanuks and a drawing for you to win a prize pack from The Shoe Box! Don't miss the special pop-up show by Bonny Day Tees, who will be joining in on the fun! 847 Court Street North, 681-318-3377.

Stroll into The Washington Street Pub for "Bartender's Choice." 1030 Washington Street East, 645-7386.

Commonwealth Vintage invites you to check out their First Friday Sidewalk Sale. 1036 Washington Street East, 301-542-6219.

The Greenbrier Valley Visitors Center welcomes back First Fridays with art and music! Their May "Art in the Valley" series will feature exhibits by the talented husband and wife duo, Bruce and Jeanne Brenneman. The show titled "Wood & Water" will feature woodworking creations by Bruce, watercolors and prints by Jeanne, and pieces created by both! "Old Ease," aka Bob DuCharme, George Piasecki, Jim Wright and friends, will provide an array of toe-tapping tunes throughout the evening. 905 Washington Street West, 645-1000.

Stop by Patina for live traditional Irish music by Patrick O'Flaherty and complimentary Guinness beer and Girl Scout cookies. 1046 Washington Street East, 520-4960.

The Stardust Cafe treats you to a complimentary wine tasting with every dinner. 102 Washington Street East, 647-3663.

As you stroll through town don't forget to stop by Yarid's to check out what's new and maybe have a bite at The Humble Tomato! There are lots of discoveries to make on First Fridays After Five!

First Fridays is sponsored by City National Bank and the Shops & Restaurants of Downtown Lewisburg. For more information go to visitlewisburgwv.com or to Facebook or call 645-4333.

Empower Art Auction To Provide Funding For Communities In Schools Of Greenbrier County

By autumn shelton wvdn | WVDN APR 23, 2021



Get ready to open your wallets and buy local student artwork for a great cause.

Communities in Schools of Greenbrier County (CISGC) will be hosting an online art auction from May 2-7.

Proceeds from the auction will allow the organization to continue providing free services to at-risk and underprivileged youth in Greenbrier County.

According to Brittany Masters, executive director of CISGC, the artwork was created as part of the Empower Project — designed to encourage students in grades 5-12 to express their creativity through painting, drawing and more.

Twenty four paintings and drawings that were created by students in Greenbrier County will be featured in the auction, and are currently on display at Harmony Ridge Gallery on Washington Street in Lewisburg.

For those who cannot make the trip to downtown Lewisburg, artwork can be viewed at the online auction site 32auctions.com/empowers.

The goal is to raise \$10,000 to support all of the programs at CISGC including providing clothing, food, tutoring, basic needs, emergency funds, case management and more to any student who needs it county-wide, Masters stated.

“We touch thousands of lives a year and this year has been critical for the services that we provide,” Masters said of CISGC. “Money raised will aid in the sustainability of our programs, and to expand our presence at all schools in the county.”

The only public school in Greenbrier County that does not have a case manager from CISGC is Greenbrier West High School, however, Masters said that should change this fall.

Any parent/guardian of a student who may need assistance for their child can call CISGC at 304-661-1018 or email director@cisgc.org.

All of the case work and assistance provided to students is completely confidential.

Rainelle 10K Walk, Bike, Run Event Cancelled

By autumn shelton wvdn | WVDN APR 23, 2021

The Walk, Bike or Run 10K First Saturdays event in Rainelle has been cancelled.

According to John Wyatt, the event slated for May 1 was cancelled due to unforeseen circumstances.

However, as part of the town's new First Saturdays events, an acoustic bluegrass gospel jam will still take place at Alfredo's on Saturday, May 1, from 6-8 p.m. Everyone is invited to attend.

Additionally, the Western Greenbrier Historical Society will have their monthly meeting on May 3, at 6 p.m., at the old Jehovah Witness building in Lilly Park.

Moore Condemns Biden's Anti-Fossil Fuel Push

By WV Daily News | WVDN APR 23, 2021

CHARLESTON, W.Va. – State Treasurer Riley Moore today condemned apparent attempts by the Biden administration and Climate Envoy John Kerry to pressure banks against lending to coal and natural gas companies, and said his administration will stand firm to protect West Virginia energy jobs and companies' access to capital.

“We don’t need Learjet liberals like John Kerry bullying banks to cut off paychecks for our hard-working coal miners and natural gas workers,” Treasurer Moore said. “This is the kind of heavy-handed central planning you’d expect in Communist China, not the freest country in the world.”

According to media reports, Special Presidential Envoy for Climate John Kerry has been privately pressuring banks to cut off lending for fossil fuel industries and instead divert the capital to alternative energy firms. U.S. Senate Republicans this week sent a letter to the administration opposing the effort.

“President Biden and U.S. Representative Alexandria Ocasio Cortez know they can’t get their Green New Deal through Congress, so now they’ve started trying to bully business leaders into implementing their radical agenda,” Treasurer Moore said.

“Free-market capitalism and reliable energy – fueled by West Virginia coal and natural gas – have helped make the America the greatest economic engine in the world, and I will not stand by and let woke corporate elites runs roughshod over our coal and natural gas industries.”

President Biden and Chinese President Xi Jinping will participate in a White House climate summit this afternoon, where the President could announce executive orders regarding corporate investment policies.

“My message to West Virginia’s coal miners and natural gas workers is clear: I will fight to protect your jobs and financial freedom,” Treasurer Moore said.