

WVDN MAY 21, 2021

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Table of Contents

- Let Me Do You A Flavor: Bulgogi Beef Bowls 1**
- Tommy G. Defibaugh 2**
- Rainelle Street Light Project Complete-Almost 4**
- Upcoming Events at the Sweet Springs Resort Park Announced 5**
- May 21 Visit To Grandma's House Complicated By Stroke Recovery 6**
- Greater Greenbrier Chamber Of Commerce To Host Job Fair 6**

Let Me Do You A Flavor: Bulgogi Beef Bowls

By Lindsey Wolford WVDN Columnist | WVDN MAY 21, 2021



Hey and welcome back! I am so happy you have come back to my little corner of the page that is full of flavor and cooking ideas. This week I am bringing you a spicy Asian dish that is a family favorite at my house — Beef Bulgogi Bowls! So, pour a drink and grab your scissors because you will want to cut this recipe out for keeping.

I will admit for many years I was intimidated by preparing any kind of Asian cuisine but I started simple and expanded from there. This dish is one of my first dishes and actually a dish a friend of mine used to prepare in our dorm in college; his mom would send the meat in the marinade back to school with him from home and he would prepare this in the commons area! For this meal you can marinate the meat overnight, or simply for 30 minutes but of course the longer you marinate the meat the more flavor it will have.

For the beef bulgogi bowls you will need:

- 2-pound rib eye or top sirloin steak
- 2 tablespoons vegetable oil
- ½ cup packed light brown sugar
- 1 tablespoon sesame oil
- 2 tablespoons Gochujang Chili Sauce (or more for extra spicy — you can find this at Kroger)
- ½ cup soy sauce

¼ cup rice wine vinegar
2 tablespoons minced garlic
2 tablespoons minced ginger (I use the squeeze kind found in the produce section)
¼ - ½ cup thinly sliced shallots
Jasmine rice (I usually buy the instant cups)
1 egg for each person you are feeding
1 large cucumber
2 green onions

Start by putting your beef in the freezer for about 30 minutes. This will allow it to firm up so slicing it thin is much easier. While your beef is in the freezer take this time to thinly slice the shallots, cucumbers and green onions and put each in a different bowl.

Next, it's time to mix up the sauce. In a bowl, mix together the soy sauce, brown sugar, sesame oil, gochujang, rice wine vinegar, garlic, ginger and shallots. Just a quick side note — keep this sauce in mind or other dishes in the future. You could remove the brown sugar and add peanut butter for a spicy peanut sauce. Getting back to the bulgogi beef. Next slice the beef into thin, bite-sized strips and put it in the bowl with the sauce. Marinate for at least 30 minutes but overnight is best.

Once the beef has marinated cook your rice and set aside. Heat a large skillet and add the vegetable oil. Using a slotted spoon add the beef and sear it quickly on each side. I do this in small to medium batches so the pan doesn't get too crowded. Remove the beef from the skillet and put it into a clean bowl then add all the sauce to the pan and simmer for 3-5 minutes and pour over the beef.

I serve this bowl with an egg. I did a soft-boiled egg but many people serve this with an over-easy egg on top. I don't care for eggs so I leave them off of my bowl. Now it is time to assemble the bowl. Put the rice down first, then top with the beef and some of that beautiful sauce. On the side of the bowl line up some sliced cucumber and place the egg, if you desire, then top with the sliced green onions.

When I talked to Annie at the Village Wine Shop about a wine pairing for this meal, here is what she had to say, "For Asian fare that has some spice to it, nothing works better to cut through that heat and compliment it at the same time, then BUBBLES! No need to open The Dom or Veuve, but a mid-ranged bubbly Prosecco, Brut Champagne, Sparkling Red, or Riesling will do the job, perfectly! The exotic flavors of an Asian dish just beg for a cold refresher that has a bit of sweetness to it, and the bubbly effect will only enhance the effects of the heat, and then quell it! The sweet mixed with heat is just what this dish needs! Personally, I would go for our Tott's Sparkling Brut! At only \$8.60 a bottle, it's a win-win!! This sparkler is my go-to when a bubbler is needed for mixing, as well! Even a Mimosa, champagne and orange juice would complement this meal! The sweetness of the orange and how orange belongs to Asian food is a no-brainer here! Bon Appetit and Salut!"

So, there you have it friends — a super easy meal and some fun wine pairing options. You can add things like a lime wedge, cilantro or kimchi on the side as well. No matter what you do make it your own and don't be afraid to step out of your comfort zone and try something different — and as always, I am sending love from my kitchen to yours!

Tommy G. Defibaugh

By WV Daily News | WVDN MAY 21, 2021



DEFIBAUGH

Tommy G. Defibaugh, 58, of Ronceverte passed away Wednesday, May 19, 2021 at CAMC Memorial in Charleston.

Tommy was born July 23, 1962 in Ronceverte and was the son of William R. Defibaugh of Ronceverte and the late Mamie Scott Defibaugh.

He has worked as a banquet server at the Greenbrier Hotel for 36 years. In the scheme of things, family came first, then hunting and fishing, and the WVU Mountaineers.

Other than his mother, he was preceded in death by his father-in-law, Clarence Morgan.

Other than his father, Tommy is survived by his wife of 37 years, Kelly Morgan Defibaugh; daughters, Whitney Defibaugh of Ronceverte and Tyler Oliver and her husband, Tyler of Lewisburg; his pride and joy, grandchildren, Ellie and Chase Oliver; brother, Jason Defibaugh and his wife, Chrissy of Clintonville; and his mother-in-law, Dreama Morgan of Ronceverte.

Tommy's funeral services will be held Sunday, May 23, 2021 at 3 p.m. at the Wallace and Wallace Funeral Home in Lewisburg with Pastor Roger McDaniel officiating. Interment is to follow at Greenbrier Memorial Gardens in Lewisburg.

The family will receive their family and friends from 2 p.m. until time of services on Sunday at the Funeral Home.

Due to Covid-19, the family expresses that everyone should wear masks and practice social distancing.

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

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

Rainelle Street Light Project Complete-Almost

By autumn shelton wvdn | WVDN MAY 21, 2021

Those in the town of Rainelle can now boast about the completion of the Main Street light project — well, almost.

According to acting Mayor Bill Bell, all of the streetlights have been placed and flowers have been hung on them, but the electrician must continue running electrical wires and the power company must set a service box before these lights finally illuminate Main Street.

“It will take about six more weeks,” Bell stated.

Even though it will be a little while before residents can see the lights turned on, they have learned the art of patience, because this project has been years in the making.

Councilmember Danny Milam said that the project began while Andy Pendleton was still mayor.

“She was the person who got the grant in the first place,” Milam stated.

Funding for the streetlights came from a grant that is part of the West Virginia Department of Highways but the town had to put some money forward to back up the project.

The lights have been placed along Main Street beginning near the creek close to City Hall and continue down to Fifth Street, Milam said.

Although there were many hiccups along the way, Milam said he is glad to finally have the street lights up.

At first, contractors who put the sidewalk in bypassed some loopholes and placed areas of the sidewalk in the wrong locations, Milam explained.

“They did not do everything they were supposed to do, and then left it up to the town,” Milam noted.

They did not put conduit inside the Main Street bridge, so the town had to supply the conduit and find a power source for it, Milam said. Then, they installed a sidewalk in front of a driveway near Second Street that had to be moved. Otherwise, a streetlight would have been located in the middle of the Wallace and Wallace parking lot.

Additionally, the contractor had to redo an intersection between Second and Third Street that caused a drainage problem. This cost the town almost \$16,000 to repair, according to Milam.

“One of the biggest problems is that the sidewalks were not wide enough for wheelchair access and the street lights,” Milam continued. “This was poorly designed to start with.”

The benches that the town purchased to be placed along Main Street with the new sidewalks cannot be used as planned due to the lack of wheelchair access, Milam added.

The good news about the benches is that two of them will be placed at Veterans Park on Main Street, Bell stated. This should, hopefully, take place before Memorial Day.

As for what caused all these problems, Milam said “This has been going on for years and there have been several regimes that came and went, so we had to depend on the state engineer who actually caused all these problems.”

In the future, Milam said he hopes to oversee all construction plans or have someone knowledgeable in planning and development to volunteer their time.

Upcoming Events at the Sweet Springs Resort Park Announced

By WV Daily News | WVDN MAY 21, 2021

SWEET SPRINGS, WV – Sweet Springs Resort Park schedules events.

JUNE 12 — Huge yard sale at The Sweet Springs Resort Park beginning at 10 a.m. Antiques, furniture, glassware, and more. Do you have a few nice pieces to sell — maybe some handmade art? Come join in to make a Community Yard Sale to remember. Email: sweetspringsresortpark@yahoo.com for more info or to sign up as vendor.

June 24 - 27 — Join Rosanna from Sweet Springs Institute for the 4th Annual Solstice Retreat at The Sweet Springs Resort Park. Rustic camping available. Contact sweetspringsassistant@gmail.com.

July 30 & 31 — 3rd Annual Fling At The Springs. Chad Nickell & The Loose Change are hosting two days of music, food, fun, games for the children, a car show and more. To celebrate being out and about again, special pricing is offered this year. Come Friday night and pay \$25 per carload and this ticket covers Saturday night too. Come Saturday only and pricing per ticket is \$25 a carload. Enjoy two nights for the price of one. Legal beverages allowed but must be in dark glasses. Bring food or purchase from wonderful food vendors. Bring your own chairs. COVID safety measures will be enforced. Contact: Chad Nickell & The Loose Change on Facebook or email sweetspringsresortpark@yahoo.com.

Tours of the old hotel building occur twice a day for \$10 per person. The car show will consist of antique, muscle, and new cars — bring yours to show. Have a nice car to sell (antique or muscle)? Bring it to the show. There will be a “For Sale” board on-site to post pictures of an antique or muscle car for sale or find one to buy. Vendors welcome, but they must preregister.

September 18 — Sweet Springs Resort Park will host the 1st Annual POW/MIA Memorial Motorcycle Festival. More info later. Fun in the sun. Come out and show your appreciation for those who have given all to allow our freedoms. Motorcycle Show, “For Sale” board, and more. Join the Sweet Springs Resort Park Facebook page and learn more. Contact: sweetspringsassistant@gmail.com.

Vendors of all types (food, arts & crafts, military goods, etc.) will be needed.

The resort park is located in Sweet Springs: GPS address of 1 Jefferson Drive, Sweet Springs, WV. Follow on Facebook for more information.

May 21 Visit To Grandma's House Complicated By Stroke Recovery

By Abigail Van Buren | WVDN MAY 21, 2021

Dear Abby: My grandma, who is in her 80s, had a stroke recently. She has trouble swallowing and speaking, so she's in a rehab facility 20 miles from her home, where she is doing strengthening exercises. She tires out from just walking around her room, so it's not yet clear if she will become a permanent resident or discharged with home health nurses. We are distraught over this.

My husband and I were originally planning to visit her this summer — our annual vacation — for a few days. She lives 12 hours from us. I was going to ask her if we were welcome, but she had the stroke before I could. I'd like to ask her if she'd mind if we still visit and, if it's OK with her, stay in her house, so I can visit her at the facility if she hasn't been discharged.

My mother thinks this is a bad idea. We have a 6-year-old and a 3-year-old, and Mom thinks they would be too much for Grandma. Abby, I don't want my grandma to die before I get to see her again. We haven't seen her in four years. But after talking with Mom, I'm now hesitant to ask. The thought of missing a chance to see her one last time hurts my heart. What should we do? — **Miss Her in Mississippi**

Dear Miss: Listen to your mother because what she's saying makes sense. If your grandmother is discharged with home nursing care, there won't be enough room for your family. Two small, active children may, indeed, be more than she can deal with in her weakened condition. Because it's important for you to see your grandmother, make other lodging arrangements for your family when you're in town, and keep your visits with her short and as stress-free as possible.

Dear Abby: I have been married for 25 years, some good and some bad. The hardest thing for me is that when my husband is upset with me, he stops talking to me. If I ask if something's wrong, he won't answer or says "nothing" is wrong. I have explained repeatedly how upsetting this is because I never know what I did, and then, sure enough, I do it again.

He says he doesn't want to say anything hurtful, but can't he tell me why he's upset and not be hurtful? He also accuses me of creating drama when I get upset because I'm trying to figure out what I did wrong. Then, when I do it again, he's like, "We discussed this."

I have tried not talking until he's ready, but, again, there is no resolution, and I'm getting very resentful that the ball is always in his court. How do I handle this? — **Exhausted in New York**

Dear Exhausted: An effective way to handle this would be for you to insist the two of you discuss with a licensed marriage therapist how to more effectively communicate. The ball is always in your husband's court because he has maneuvered it to be, and it isn't playing fair. In fact, it is emotional abuse. Do not expect him to like the suggestion, and don't be surprised if he refuses to go. If that happens, you should go anyway. His behavior is passive-aggressive.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Greater Greenbrier Chamber Of Commerce To Host Job Fair

By autumn shelton wvdn | WVDN MAY 21, 2021

Those seeking a job this summer are in luck. The Greater Greenbrier Chamber of Commerce will host a job fair this June to help both employers and future employees find that perfect match.

According to Ashley Vickers, executive director of the Greater Greenbrier Chamber of Commerce, the job fair will take place on Tuesday, June 15, from 4-6:30 p.m. at the West Virginia building located on the State Fairgrounds.

Employers interested in setting up a booth at the job fair may contact Vickers at 304-645-2818, by email at director@greenbrierwvchamber.org, or by registering online at greenbrierwvchamber.org.

Vickers said that the chamber of commerce will reach out to prospective employers and employees as far as Beckley and Charleston to make this job fair a success.

"We expect a nice turn-out," Vickers said.

Regarding the decision to host a job fair, Vickers explained that many chamber members had asked for help to find employees since online sites didn't seem to be working at getting people in for an interview.

"The chamber wants to help find good, reliable employees for our members, and those who need help," Vickers said.

There is a booth fee for non-members during the job fair, but chamber members may set up a booth for free, Vickers added.

For those seeking employment, Vickers said to bring a resume and dress professionally.

Attendees are asked to socially distance and follow pandemic guidelines for indoor events.