

WVDN JUN 04, 2021

THE WEST VIRGINIA DAILY NEWS

FRIDAY, JUNE 4, 2021

STAR SPORTS CENTER

CELEBRATION OF LIFE TO BE HELD IN HONOR OF CAROL MARIE DEAN

FARMER'S DAY HORSE SHOW TO HOST FOOD BY TRAINING WARRIORS

ENGLISH COUNTRY DINNER IN ABERNETHY AND REVISED

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Let Me Do You A Flavor: Deer Roast With Ramp Salt

By Lindsey Wolford WVDN Columnist | WVDN JUN 04, 2021



Hey there and welcome back! I am so excited you decided to join me today because I have something new for this week. This week's meal is easy, cheap and bursting with flavor - deer roast with ramp salt, garlic red potatoes and garlic, rosemary green beans. So, pour a drink and grab the scissors because you will want to keep this one!

Recently, my wife Cand and I went down to the White Sulphur Springs Farmers Market held on Thursdays from 3 pm to 6 pm in the greenspace/parking area between Hammer Cycles and 50 East. While strolling through the farmers market we came across Appalachian Bees and Botanicals booth and they had ramp salt - yes you read that right. Immediately I was interested and Candi said, "I bet that would be good on deer roast" and I was ready to start cooking! But before we could walk away, I also saw a garlic, rosemary sea salt that I couldn't pass up; it didn't hurt that it comes in a cute glass container with a tiny wooden spoon.

So, now that you have the background on how I got the idea for this meal let's get cooking. For this meal you will need:

2 small deer roasts (roughly a pound to a pound a half each)

Ramp salt

Pepper

Red potatoes (I used the steam bags from Wal-Mart in the produce section)

Fresh green beans (also used the steam bags from Wal-Mart in the produce section)

Garlic Rosemary sea salt

6-8 tablespoons butter

Garlic powder

2 tablespoons extra virgin olive oil

Semi dried parsley (also found in the produce section at Wal-Mart)

Start by preparing your roasts. I soaked mine in milk for about 30 minutes then rinsed and patted dry with a paper towel. You can skip this step if you like, I just like to remove some of the gamey flavor. Preheat the oven to 375 degrees. Line a roasting pan with aluminum foil and place the deer roasts in the pan. Drizzle the olive oil over the roasts then generously sprinkle the ramp salt on top with a few dashes of pepper and rub into the deer. Cover with foil and bake for 45 minutes to an hour.

While the deer is cooking you can prepare your side dishes. These sides are super easy because both go in the microwave to cook, which cuts down on time and heat in the kitchen. Once you have cooked both the potatoes and green beans, place them in separate bowls. I cut the potatoes in half to make more bite sized pieces and to make sure each bite has lots of flavor.

Season the potatoes with the parsley, garlic powder, 3-4 tablespoons butter and salt and pepper. Season the green beans (which should be al dente) with the garlic rosemary sea salt and the remaining butter. Set aside and serve with the roast!

When I talked to Annie at the Village Wine shop about some possible wine pairing ideas for this meal, here is what she had to say, "For any game or venison dish, a potent and full-bodied wine is what you need to enhance the flavors of the meat and spices. One such delicious wine choice is an Amarone. (Am-a-ron-e) or Brunello, Cabernet Sauvignon, Shiraz, or Malbec. All of these suggestions are full body, jammy, layered in notes and a superb accompaniment to a game dish with garlic and rosemary. You may even find some of the umami flavors of the meat in these wines! It is not un-common to taste leather, smoke, baking spices, gravel or charred French oak. The heavier the wine and depending upon whether or not it is an older vintage, you may need to de-cant or aerate your juice."

So, there you have it friends - a super easy meal for under \$25 that could feed at least 4 people and doesn't take too much time. What I also like about this meal is that I was able to support a local vendor - Appalachian Bees & Botanicals! According to their business card that have honey and honey products, infused olive oil and vinegars, garlic products and specialty items and they can be found at the White Sulphur Springs Farmers Market, on Facebook and Instagram.

Don't forget to make this meal your own! You can change up the sides if you wanted and add the potatoes and green beans together and top with bacon, you could serve with macaroni and cheese with that garlic rosemary salt in it or you could even throw it all in a crock-pot with all the seasonings before work and come home to a dinner that smells and tastes delicious! No matter what you do have fun and as always, I am sending love from my kitchen to yours!

US traffic deaths up 7% last year, highest number since 2007

By jaine schmidt wyatt | WVDN JUN 04, 2021

DETROIT (AP) — U.S. traffic deaths rose 7% last year, the biggest increase in 13 years even though people drove fewer miles due to the coronavirus pandemic, the government's road safety agency reported Thursday. The National Highway Traffic Safety Administration blamed the increase on drivers taking more risks on less-congested roads by speeding, failing to wear seat belts, or driving while impaired by drugs or alcohol.

An estimated 38,680 people died in traffic crashes last year, the most of any year since 2007, the agency said in releasing preliminary numbers. Final numbers normally come out in the fall.

The increase came even though the number of miles traveled by vehicle fell 13% from 2019.

Motorcyclist deaths rose 9% last year to 5,015, while bicyclist deaths were up 5% to 846. Pedestrian deaths remained steady at 6,205, and the number of people killed in passenger vehicles rose 5% to 23,395, according to NHTSA.

Deaths involving a large truck fell 2%, while traffic fatalities among people 65 and older fell 9%.

The agency said it has data showing that speeds increased through the year, and examples of extreme speeding became more common.

Preliminary data from the Federal Highway Administration shows that vehicle miles traveled fell by about 430.2 billion miles last year when compared with 2019. There were 1.37 deaths per 100 million vehicle miles traveled in 2020, up from 1.11 deaths a year earlier.

Plans Announced For Company Expanding In West Virginia

By jaine schmidt wyatt | WVDN JUN 04, 2021

BLUEFIELD, W.Va. (AP) — A company that develops cleaners, sanitizers and other products is planning a facility in West Virginia expected to bring 300 or more jobs eventually.

ESC Brands, based in Lexington, North Carolina, is starting its three-phase plan that includes a plant in Mercer County, the Bluefield Daily Telegraph reported Thursday.

The facility will initially be a storage and distribution center for company products, which also include disinfectants, pet care products, insect repellents and specialized coatings, company owner Bruce Smyth said. The manufacturing facility will be built and most of the employees will be hired in the third phase, which could start sometime next year, Smyth said. The plant will create silicon products that will be distributed worldwide. John O'Neal, executive director of the Mercer County Economic Development Authority, said he and others have been working for more than a year to bring the company to Mercer County, along with "significant jobs and investments."

June 4 Spouse Removes Wedding Ring During Separation

By Abigail Van Buren | WVDN JUN 04, 2021

Dear Abby: My wife and I separated three months ago. She has moved out into her own apartment. We are not legally separated or divorced. She removed her wedding ring three weeks after she left. I want to reconcile. Whether she does at this point, she's not sure. She says she isn't seeing anyone, nor is she interested in anyone. I want to keep wearing my wedding ring, but because she's not wearing hers, I feel like an idiot wearing mine. What is the proper etiquette for us? — **Can't Let Go**

Dear Can't Let Go: A wedding ring indicates that the person — female or male — is unavailable for a romantic involvement. When your wife removed her ring, the message she was sending out is that her marriage is over — whether you two are officially divorced or not. Now you need to do what is comfortable for yourself. Because you want to reconcile, give her a deadline to make up her mind whether the separation is permanent, and suggest marriage counseling to settle your differences. After that, if she still isn't interested and wants a divorce, talk to a lawyer.

Dear Abby: I live in an affluent neighborhood where a group of us get together for drinks, holidays, etc. But out of seven women in the group, only two or three are given birthday parties every year. The rest of us are never acknowledged — not even with a card.

I'm tired of going to celebrate someone else's birthday when mine is passed over with no mention. This may seem petty, but after years of this, it has gotten old. I've thought of saying something, but I'm not sure how to express it. Or should I just keep my mouth shut? — **Overlooked in South Carolina**

Dear Overlooked: Is everyone in that group aware of when all of the members' birthdays are? Because you haven't spoken up, they may not be. I don't think it would be poor form to pipe up at the next get-together that "Jennifer," "Angelina," "Viola" and you also have birthdays coming up and when they occur. If none of them are acknowledged after that, speak up as a group and say humorously that your feelings are hurt. However, if still no effort is made, the four or five of you should consider celebrating your birthdays separately.

Dear Abby: In the last few years, a good friend has grown increasingly radical in his political views, which caused a severe rupture in our friendship. I am still hurt by what transpired because it turned personal at one point.

My friend has now written an apology for his extremism and asked for my forgiveness. I can't help but wonder whether, if the political climate hadn't changed, he would be apologizing now. How do I forgive my friend, and perhaps open a path to a renewed friendship, while I still feel this way? — **Nervous About This in New York**

Dear Nervous: You can (possibly) manage it by concentrating on the positive aspects of the relationship you shared rather than dwelling on the pain of the rupture. It can be done. It's called selective memory.

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.