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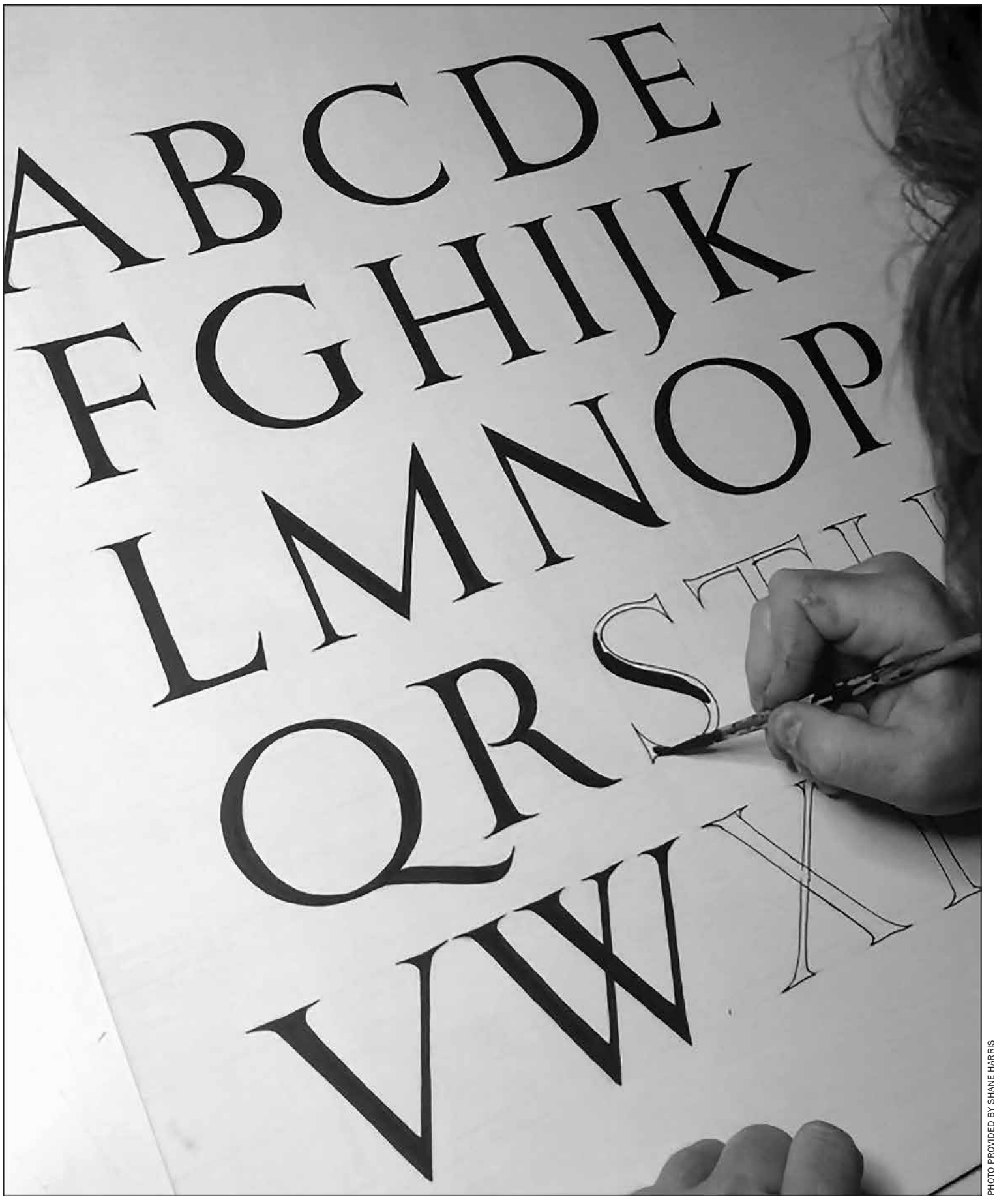

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Shane M. Harris strives for excellence in hand lettering, logo design, and traditional sign painting—something of a lost art. His hand-painted lettered signs can be found around and about Shepherdstown.

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Born to Run…to Nutter's

Stephen Altman

The highway's jammed with broken heroes
on a last chance power drive
Everybody's out on the run tonight
but there's no place left to hide.
—Bruce Springsteen, "Born to Run"

PHOTO BY STEPHEN ALTMAN

I walked down to the post office a few weeks ago to drop a check in the mail. Forty dollars, payable to Washington County, Maryland. Seems I'd been speeding on the road back from Sharpsburg, where I'd gone after supper for my customary chocolate almond kiddie cone at Nutter's.

Without informing me personally—which, don't you think, would have been the considerate thing to do?—the authorities had installed speed cameras in front of the elementary school on Sharpsburg Pike. I was alone on the evening in question, cruising back to Shepherdstown in the early dusk, wearing, you can be sure, a dreamy post–ice cream cone look on my face, when the camera caught me doing 40 mph in a 25 mph zone.

It's hard to argue with a photograph of your honey-colored RAV4 rolling blithely past the camera. So while I may have expressed a tart thought or two as I wrote the check, I would never deny that the law's the law. Speed limits are a matter of public safety. A public-spirited fellow such as I thinks first of the welfare of our precious freckle-faced schoolchildren (who by dusk have been gone for hours, but no matter). I dropped my fine down the chute and went to check my box for mail and found…another envelope from Washington County.

They've put me on a mailing list, I thought. But no. It was another ticket, same location, three days later. This time, I'd been doing 41 mph. The same RAV4 is seen from behind, the same plates, in the background the same azaleas in front of the same house alongside the road, all begging for the caption, *He's baaaaack…*

At this point we move from law to economics. A kiddie cone at Nutter's costs $1.39. Add a $40 speeding ticket and that's $41.39. Nutter's or not—and Nutter's is great—$41.39 is a lot for a kiddie cone. I buy a lot of kiddie cones. Some basic cost-benefit analysis tells me that I ought to either (a) cut back on my trips to Nutter's, or (b) slow down, dummy.

An easy choice, right? And yet, just as the law's the law, we humans are humans. We all harbor variations from the norm. In my case, I drive too fast.

My friend Ed and I frequently make these Nutter's runs together, and we alternate driving. Ed's forever suggesting that I might want to touch the brakes as we approach Sharpsburg Elementary School, where the half-hidden driveway has been known to harbor a patrol car. But now I'm faced not with the hit-or-miss possibility of some trooper who may or may not be lying in wait but with that constant, pitiless, unblinking electronic eye.

I have a flea's attention span. And no memory. Ed can remind me to slow down every time it's my turn to drive, yet I still cruise into Sharpsburg without a thought in my head about that 25 mph speed limit. I wish it were different. But heading to Nutter's after dinner is a lark, a merry little outing with a treat at the end. And later, there's that kiddie-cone high and a carefree ride back to my charming town across the river. Technically, I'm breaking the law. But, viewed more indulgently, I'm just mellowing out.

It's not as if I'm crushing the gas pedal. I have the documentation right here: 40, maybe 41 mph. This is not wild abandon. So what's the motive? There is no motive; my clock's just set that way. It's my inbred variation from the norm. Suppose there were some reason other than Nutter's for driving to Sharpsburg—say, the meaning of life could be found there, or my own true love, or a good cheese store. I'd probably still go too fast. Slow makes me cranky, less slow makes me less so. You could send me a hundred speeding tickets and I'd still need Ed to remind me not to drive so fast.

While we're on the subject of cranky, how about this? That camera bugs me, whereas actual police officers don't. If you exceed the speed limit here in Shepherdstown, sooner or later you're going to get caught, as sure as the turning of the Earth. But at least it's a person who'll do the catching, and that makes it—if not a happy event—at least a human one. But to be monitored and contacted afterward by an automated system? That's cold.

I'm serious. I don't expect a trooper who's writing a ticket to give me a hug. But it *is* an interaction, a human encounter. Officers of the law are the human face of the state. They are supposed to show respect and, if you're lucky, at least some tacit recognition that you're a person. You do the same for them; it's civil and it's smart. If you're even luckier, they may not have even caught you in the first place, or now that they have, they'll cut you some slack.

On the other hand, a speed camera has nothing to do with "human." If you drive too fast, it's absolutely, positively going to catch you, and you won't even know for days that it's happened, and then you'll be told by mail. It's all as cold as a break-up text.

I deserve every ticket I get. The law's the law. But—however much it may be in the interest of public safety (or public revenue raising)—it's not in our *human* interest to be watched and caught by robots. It feels like something more dicey might be on the way.

Meanwhile, for obvious reasons, I'm a little hesitant these days to check my mail. I know what you're gonna say: "Next time you're driving to Nutter's, call Ed!"

Stephen Altman *can be reached at shepherdstown.gnp@gmail.com.*

Officer Todd Epperly and Apollo

Shepherdstown's K9 Team

Claire Stuart

Shepherdstown's K9 Officer, Todd Epperly, describes his partner, Apollo, as a high-energy dog who is always eager to play. But when he's working, he is laser-focused on his duties.

K9 Apollo has been Officer Epperly's partner since January 2017. A veteran of the West Virginia State Police, Epperly had been with the Shepherdstown Police for about a year when the previous K9 officer left, and Epperly applied for the position. He was eager to have an opportunity to work with a dog because, he said, "It's awesome what they are capable of."

Apollo is a handsome all-black German shepherd, weighing about 65 pounds. He'll be four years old in August. He arrived in December 2016 as a two-year-old and was trained by Deputy Kilmer, a highly-experienced K9 officer in the Jefferson County Sheriff's Office.

Apollo makes his home with the Epperly family and enjoys the company of their two mixed-breed dogs. "He's a happy-go-lucky dog, and he wants attention all the time," said Epperly. "He loves to play fetch—but he doesn't want to give up the toy!"

Off duty, Apollo is friendly and affectionate and might beat you to death with his wagging tail or lick your face off! He is approachable in public, and Epperly lets people pet Apollo when they are out walking around town. When called on to work, Apollo is a different dog. He knows the difference between work and play and concentrates on the job.

Epperly and Apollo are headquartered in Shepherdstown, where they work the night shift. Ordinarily, they are on routine duty in town—answering calls, doing traffic stops in the car or walking around on patrol. Apollo's nose is always alert for suspicious odors. If requested, the team will assist other police units elsewhere, including Shepherd University's campus, even though SU has its own police and K9 unit.

Apollo is trained as a narcotics-detection dog, sniffing out street drugs. He is also trained for tracking. As a working police dog, Apollo is required to take 16 hours of "continuing education," training monthly to keep his skills honed. Epperly noted that Apollo would not be used to track criminals—but he can track missing children and adults.

Epperly explained that there are different ways a tracking dog can work. The best-case scenario is if a missing person dropped some item that carries the person's scent. The dog picks up the concentrated scent and knows exactly what he's looking for. In the case of someone wandering from home, the dog can start tracking at the door. He will get familiar with the scent of the person, but it might be more difficult and confusing to do so because other people also live in the house. Or he could be provided with the scent of a missing person and then try to pick up the scent in the general area where the person was last seen.

Since Epperly has worked with Apollo, he says that they haven't yet had to work any missing persons cases. "We were called once for a missing child, but when we were still en route, they found him."

When it comes to sniffing drugs, Epperly reports that it is virtually impossible to fool a dog. People try to mask drug odors in many ways, even enveloping them in food trash. "Wherever people can hide drugs, they do, but sometimes [in a traffic stop] they'll have them right out in the open on the console of a car."

PHOTO BY CLAIRE STUART

Apollo the police dog

Asked about the most unusual place that they've found drugs, Epperly said, "Inside a person! Apollo sat on the seat the person was sitting on."

Epperly reports that the biggest drug problem in our area, like the rest of the state, is heroin and other opiate addiction. "We lead the nation in overdoses. We've got to get this off our streets."

He noted that Shepherdstown, fortunately, does not have the serious hard drug problems encountered in nearby Ranson, Charles Town, and Harpers Ferry. "We have the college and students, so it's mostly marijuana and party drugs."

He explained the need to be careful with Apollo when he sniffs for heroin and other powdered drugs. "A dog can overdose, just like a person. It's rare but it does happen. It's important to watch him constantly because he would stick his face right in it."

Epperly described the two basic ways that drug-sniffing dogs alert. There is the "aggressive" alert when the dog scratches at the place where the drug scent is found and the "passive" alert when the dog sits with his nose pointed at the source. If the source is low to the ground, Apollo simply sits. If it is high, he stands up on his hind legs. "He finds the strongest source of the odor and keeps his nose right on it," said Epperly. Apollo's reward for a successful find is always a toy.

Several months ago, Epperly learned about Vested Interest in K9s Inc., an organization that donates bullet-and-stab protective vests to police dogs. It's a Massachusetts nonprofit dedicated to the protection of police K9s. Life-saving vests, worth around $2,000 each, are available for free through private and corporate donations, and they have provided over 2,700 vests to dogs in all 50 states. In addition, they provide medical insurance for the dogs. Earlier this year, Apollo received a vest, sponsored by a Kentucky man named Guy Leach. Epperly was happy to say that nobody has ever threatened Apollo's life, but now he is protected, just in case.

Apollo is extremely devoted to Epperly, and they are an inseparable team. Says Epperly about working with a K9, "It's challenging, but it's fun!"

Claire Stuart *has always loved dogs and says Apollo is a most lovable dog!*

Summertime Means "Teen Week"

Hannah Cohen

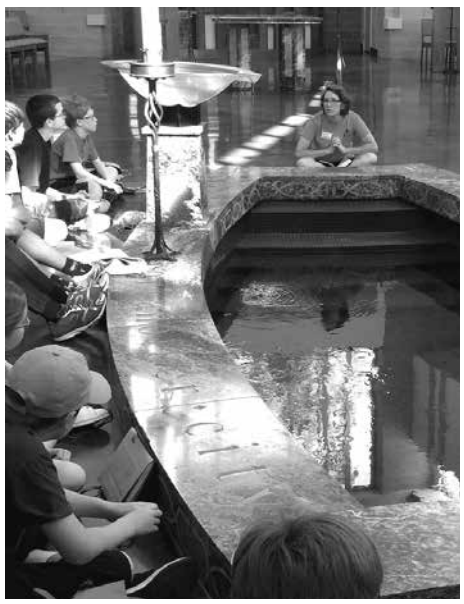
Remember your teenage years? What were you doing in the summer? Thinking about global issues and the ways you could be an advocate of love for the planet and its inhabitants? No?

Preparing teens to be tomorrow's leaders is not breaking news, but it's definitely something to talk about. We are lucky to live in a community that is pondering ways to ready our youth to care for the world. For one week this summer 20 to 30 teens from the Shepherdstown area will apply their faith to the needs of today and tomorrow. It's called Teen Week.

Karen Erskine-Valentine, pastor at St. Peter's Lutheran Church, is one of the moving forces behind Teen Week, which is sponsored by the Shepherdstown Ministerial Association (which, by the way, also sponsors the *Good News Paper*). Other organizers are Dee-Ann Dixon, pastor at New Street United Methodist Church, and Brigitte Schmidt, coordinator of faith formation at St. Agnes Catholic Church. The camp started in 2017, so this will be its second summer.

The idea for Teen Week evolved after the organizers realized they could not extend to teenagers the format of Vacation Bible School for younger children. Instead of Bible stories and crafts and skits, the learning and discovery for these youth is amplified in Teen Week's "service oriented experience."

The mission of Teen Week is to explore an issue that is of global significance but see it in its local manifestations. Last year the week focused on food and poverty. To learn how poverty affects our community, the teens visited Jefferson County Community Ministries. There, each young person assumed the role of someone seeking help. In the presence of JCCM staff members, each teen was evaluated for the types of assistance for which he or she qualified, based on individual life situations. Roleplaying helped the teens understand the feelings associated with needing financial or other assistance. At JCCM, families who have received support gave testimonial to the daily challenges of living in poverty in this county.



Reflection at the baptismal pool in St. Agnes Catholic Church

Planting in the Ranson Community Garden

PHOTOS PROVIDED BY DEE-ANN DIXON

Later that week the teens traveled to the Heifer Global Village, located at Shepherd's Spring in Sharpsburg, Maryland, to learn about global poverty. At the Heifer Global Village, groups were assigned both a country and a socio-economic status. The intent was to make more real for them the comparative food and housing problems experienced by the poorest people in different countries, including the United States. Erskine-Valentine describes facing poverty firsthand as a "sobering" experience. The group compared the reality of poverty in one country versus poverty in another.

But Teen Week does not focus on despair; nor does it teach mere acceptance of the world as it is. Erskine-Valentine explains that Teen Week activities challenge youth to consider what they might do when they are called to act and how they might apply their faith to solving our world's needs. Each morning starts with reflection and discernment, as participants gather around the peaceful waters of the baptismal pool inside St. Agnes Catholic Church.

Beyond learning, reflecting, and applying faith, Teen Week is also about having fun. Last year's group soared through a ropes course at Cedar Ridge Adventures and spent a day planting in the Ranson Old Town Community Garden. Tying in to the week's theme, garden activities demonstrated the ways in which people can enhance their own food sources.

Reverend Dixon suggests the value in these activities: "At Teen Week the teens are actually interacting with the environment and looking their peers in the eyes. They get firsthand knowledge through hands-on experiences."

During the week, activities are scheduled all day and lunch is included. Each camp offers an overnight; last year's was held at the Heifer Global Village.

Teen Week 2018, July 16 through 20, will explore environmental issues, and what better way to do that than by going outdoors? Each day of the week teens will explore a different earth "sphere" (lithosphere, hydrosphere, biosphere, and atmosphere). Planned activities include soil examination, forestry, water testing, a watershed study, exploration of solar energy, and examining how current threats to the butterfly's natural lifecycle and needs are representative of the dangers climate change poses to species survival.

Environmentalists from the community will lead each of these areas of discovery. Local environmental groups, including the Potomac Valley Audubon Society and the Nature Conservancy, will provide educational aid. Erskine-Valentine says that these activities, led by mentors who have chosen to devote their work to the care of the earth, are intended to encourage thought and discussion of the ways teens may find their calling. She says it's up to adults to provide opportunities for teens to learn "where their passion meets the world's need."

Dixon adds: "We want Teen Week to be a week of relationship building with one another and with God's creation. It is our hope that our teens will know the presence of God through the experiences they have with each other and through really being in nature."

Though the camp is faith based, participants do not need to be affiliated with a particular church. Teens are required to have completed sixth grade to participate, and the age range extends to recent high school graduates.

At the end of the week, Erskine-Valentine says, success is hearing a teen say, "My faith compels me to be a good steward of this planet."

To register, call St. Peter's Lutheran Church at (304) 876-6771. The cost of Teen Week is kept to a bare minimum and scholarships are provided. Financial donations are accepted and applied to the direct costs of the week. St. Peter's mailing address is P.O. Box 2008, Shepherdstown, WV 25443.

Hannah Cohen *lives in Shepherdstown. She has an abiding interest in the environment and the future of environmental stewardship.*

Eddie Landrum

Metamorphic Man

Marc Briod

Eddie Landrum and his wife, Theresa Trainor, came to Shepherdstown by a circuitous route, as so many others have done before them. In 2005 they were living and working in Northwest Washington. Then they bought a farm not far from Hedgesville, West Virginia. On weekends, they worked to restore its dilapidated old farmhouse, planning to bring the neglected orchards back to productivity. But petty thievery put a stop to their plans. It became impossible to keep a watchful eye on the place while they lived and worked weekdays in D.C. Then luck turned in their favor. They learned about Shepherdstown and found just the place, a historic old house on Princess Street, only a stone's throw from the Potomac River.

Recently, Landrum and Trainor have been making discoveries of a different sort—a pair of restaurants not far away. Brix 27, in Martinsburg, is the newer of the two, spacious and fashionable, with an enticing menu that features braised meats and vegetables, a range of sweet and savory sauces, and other tasty choices. Arisu, in Hagerstown, is a Korean restaurant with an informal ambience and strange-sounding dishes like dolsot bibimbap, bulgagi, gol bi, and a variety of kimchis. As both a seasoned field geologist and kitchen connoisseur, Landrum knows an earthen substance when he sees one, especially of the edible kind.

At home, Landrum takes great pleasure taking organic materials through transfigural changes, whether by heating, frying, fermenting, distilling, infusing, cooling, or other methods of energy conversion. Outdoors, he loves to scrounge and forage for creatures that are "of the earth" (especially on water), whether by duck hunting on the Shenandoah, gathering weirdly shaped driftwood along the Potomac, or traveling all the way to Wyoming in search of fossils that lie hidden in the sedimented flats and slopes of the Green River.

Any task of extracting, garnering, or transporting organic substances is a welcome challenge to Landrum. This would help to explain a large delivery at their house several years ago. It was a motherlode of succulent shellfish hauled in large barrels on the back of his pickup truck. For two days he drove those spiky delights from oyster beds in the bayou region of his native state, Louisiana, to Landrum and Trainor's home on Princess Street. Some of the meats and juices from those oysters quickly made their way into large pots and soup tureens, simmering with shitake mushrooms and spinach greens. Family, friends, neighbors, and Ruby (Landrum and Trainor's delightful canine companion) joined the couple in a gustatory adventure that lasted the better part of two days. Even now, some of the calcified matter from those oyster shells remains strewn across the top of their driveway.

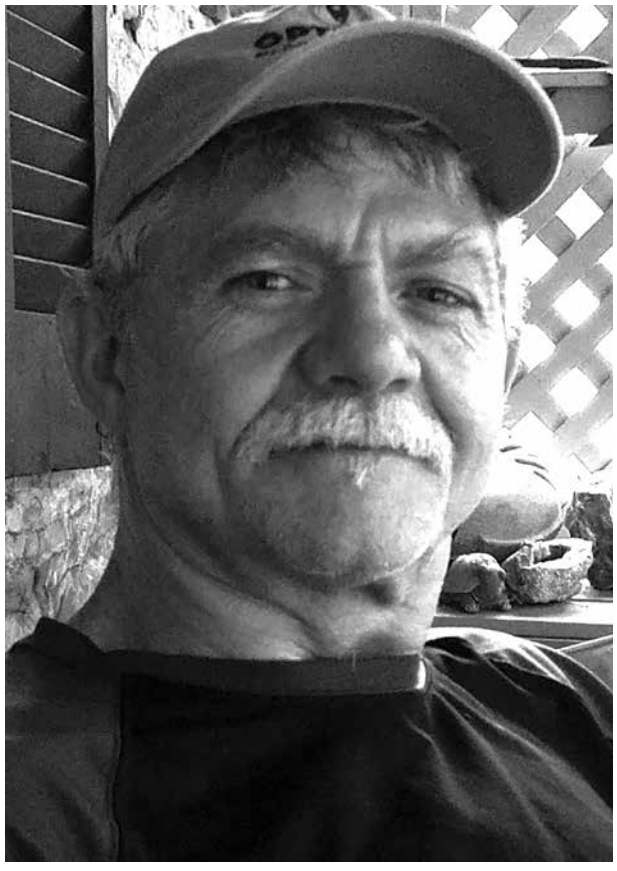


PHOTO BY THERESA TRAINOR

Eddie Landrum

Landrum likes to stage feasts and other special events for a close-knit group that Trainor dubbed the "Princess Street Gang." A recent venture took them by kayaks to the old stone bridge abutments in the middle of the Potomac River, where they found pieces of strangely twisted flotsam—just the material they needed to form the base of a stunning display of flowers for the Philadelphia Flower Show under the creative hand of Shepherdstown's own florist, Mark Harding.

Landrum's extractive and transformative impulses would help to explain the artful installation of recycled hardwood on the kitchen and dining room floors. Those precious boards were salvaged from timbers of a collapsed West Virginia bank barn (permission granted, of course). Most recently, his energetic stirrings resulted in the appearance of plastic containers and tubing attached to sugar maple trees around the house. He deployed the equipment late last winter in order to capture gallons upon gallons of the precious sap. But with no sugar house nearby to help speed up the reductive process, how to boil off all that liquid? Not a problem. Given the approximate 50-to-1 ratio of sap-to-syrup, and after many hours of evaporating the sap on his kitchen stove, he was able to generate a modest but delectable amount of "pure West Virginia" maple syrup, enough for at least several robust helpings of pancakes for the Princess Street Gang.

Landrum the geologist holds a doctorate from Tulane University. His dissertation was part of a study to identify chemical pollutants embedded in muddy soils throughout the bayou region. Today, he does consulting work for the State of Louisiana as well as for companies in that area. Trainor is certainly a force in her own right, as chief of training at the National Conservation Training Center.

What about those fossils that Landrum found near the Green River? Most of them came from an area known for its abundance of ancient plant and animal remains. Those fossils, in turn, are not far from rich deposits of invertebrate animal fossils in what is known as the Burgess Shale. Stephen Jay Gould brought them to the public's attention in his book *Wonderful Life*, in which he pointed out that they are traces of a "Cambrian explosion" of bizarre life forms, now mostly extinct, found in British Columbia, China, and a few other places around the globe.

Some of Landrum's fossils and precious stones are now proudly displayed in cases in his living room. Others remain buried in the dark niches of his basement, where they await cleaning and extraction from their limestone footings. Landrum is what you might call a metamorphic man. For him, all the things of the earth—edible and inedible—can be transformed and savored.

Marc Briod *lives in Shepherdstown with his wife, Judith. A retired professor of education and philosophy, he had a long career at Oakland University in Michigan. He taught interdisciplinary courses for programs at every level, undergraduate to doctoral. His scholarly work is on the phenomenology of childhood, selfhood, imagination, and time. His current project is titled "Restless Cosmos: Reflections on Death, Time, and Nature."*

CASA Means Court Appointed Special Advocate

It Also Means Home

Lee Doty

PHOTO BY LEE DOTY

Valerie Smith

PHOTO BY LEE DOTY

Vicki Barnard

PHOTO PROVIDED BY SHAWN VALENTINE

Shawn Valentine

Volunteers for CASA respond when courts remove children from their homes because their parents can't or won't take care of them. CASA investigates to determine the needs of these children and the resources available to help them, enabling the assigned judge to make informed decisions for their welfare and placement.

Sometimes these children have been found rooting through trash cans for food or living in a shed all winter because their mother's boyfriend doesn't want them in the house. Sometimes they've been sexually abused, sometimes simply forgotten while the parents go in search of drugs. These scenarios are not drawn from a faraway evil empire but from Morgan, Berkeley, and Jefferson Counties, where affected children are covered by CASA of the Eastern Panhandle Inc.

CASA-EP, a nonprofit 501(c)(3) organization, was formed in 2003 by Valerie Smith and Joan Erdham, both longtime Shepherdstown locals. They had been CASA volunteers themselves until the preceding local CASA agency closed. According to Smith, a petite, vivacious woman ready to muster all forces on behalf of CASA-EP, these children come from all socioeconomic, racial, religious, and ethnic backgrounds.

"A member of law enforcement and a social worker remove the children from their homes without warning," explains Smith. "They leave carrying nothing more than a trash bag of a few belongings. They are placed with relatives or in foster care with a stranger." Siblings may be placed together or not. Generally within a period of months, a judge determines whether the parents may be given another chance or whether formal adoption is necessary.

To ensure the best decisions for these children, social workers and guardians *ad litem* (guardians appointed by the court to protect the children's interests) assist the courts, pending final placement. Unfortunately, this system is overwhelmed, in no small part because of the opioid crisis. CASA-EP's executive director, Vicki Barnard, says, "Every case has a substance abuse component." But too often domestic abuse, untreated mental health problems, sexual abuse, and other forms of human suffering accompany the drug or alcohol problem.

Barnard projects a combination of warmth and professionalism. She originally trained as a graphic artist but found her way to CASA in 2012 after serving as director of the Harrisonburg and Rockingham County Victim Witness Program in Virginia. She was especially drawn to CASA's nongovernmental status. Because it is independent, it is able to remain nimble and creative in solving problems.

She explains that in the tricounty region, approximately 500 children in "care" have been removed from their homes. People who work for government agencies that serve these children don't always have enough time to do their jobs thoroughly, which is where CASA steps in. Each CASA volunteer serves one or two children at a time, for as long as it takes to permanently place the child and close the case, generally six to 18 months. A CASA volunteer follows a child, two to four hours a week, visiting the child each week and preparing reports for the court. CASA volunteers are given rigorous training so they may identify resources—for example, the local Boys and Girls Club, a dentist, psychiatric help, a reading specialist—and make sound recommendations. Paid government agency employees, dedicated as they are, come and go, but the CASA volunteer is the single familiar face who stays with the child every step of the journey to a safe, permanent home.

Under Barnard's leadership, CASA's physical space and capacity to serve have expanded. Originally headquartered in a small room at the Martinsburg train station, where privacy was nonexistent and the filing system was mostly vertical, CASA has moved to spacious, welcoming quarters on the second floor of the Saint Joseph Parish Building on South Queen Street. The move, along with grant funding, allowed Barnard to add two more volunteer coordinators to its staff of two. With only 100 CASA volunteers in its pool, however, that still left the problem of too many cases, too few volunteers.

Barnard recognized that even if CASA couldn't provide each child a CASA volunteer right away, it could still positively influence the outcome for each child. By monitoring the progress of the child's case and remaining current on its status, CASA could ensure a good match when a volunteer became available and see that the volunteer was well prepared to meet the child's unique needs.

Shawn Valentine, CASA's director of programs, started with the agency in 2006. She conveys a fresh, optimistic outlook, even though she has been a longtime witness to troubled family situations. She says that CASA-EP currently serves 267 children and is seeking 200 more active volunteers. Volunteers do take vacations, and some volunteers partner with other volunteers, providing more flexibility and support as needed.

Barnard says that CASA has other needs for volunteers, including monitoring cases, joining the Friends of CASA Auxiliary, helping with fundraisers and receptions, and serving on the board of directors. Funding for CASA comes from foundation grants and corporate and individual donations.

Aside from the compelling humanitarian reasons to help these children, there is a practical side to doing so. Children touched by CASA are less likely to be involved in future juvenile delinquency. And children served by CASA volunteers remain in foster care for a much shorter period than those who aren't—a dramatic savings for taxpayers.

Smith was proud to report that CASA-EP has helped to find homes and advocated for 1,200 children. If a society is judged by how it treats its weakest members, CASA-EP weighs heavily on the positive side of the scale.

For more information, visit the CASA-EP website at: http://www.mycasaep.org/.

Lee Doty *is a retired lawyer and murder mystery writer who believes there are no organizations more worthy of our support or in need of it than CASA-EP.*

Lonely Writer Seeks Motivation?

Try a Local Writers Group!

Barbara Cupp

They say everyone has a novel in them. It may be difficult, though, to imagine your writing could make it through some weary-eyed agent's slush pile and then become a best seller. A potential novelist or poet may decide it's just not worth the effort. But writing is a creative expression of the soul that keeps calling you back, and in this day of self-publishing, it's more worthwhile than ever to finish your masterpiece and put it on the market. Writers groups may be an excellent way to begin writing regularly and polishing that final draft.

Shepherdstown author Pat Donohoe, with her husband David Borchard, began a writers group five years ago, and she recommends writers look for a group that is "a good fit" personally and stylistically. The synergy of the group is the foundation for the commitment to meet the group's requirements. Donohoe's group meets monthly, and each member is expected to submit material for critique as well as provide a written critique of the others' works. Accountability provides the motivation to get a chapter finished for the group's deadline. Trust is an essential element of a good group. Accepting criticism can be difficult, but that becomes easier when you trust your fellow group members to provide useful feedback.

Tom Donlon facilitates the Bookend Poets, a poetry writers group that has been meeting almost continually for over 40 years in Shepherdstown. With 10 active members, many of them acclaimed writers, the Bookend Poets read their poems aloud and receive constructive critiques. For many, this monthly gathering gets them out of the house and allows them to share their most personal memories, thoughts, and feelings through their art. They provide information on upcoming events (poetry readings, book signings, open mic nights), especially ones they are participating in, and the group members come out to support each other. It's a sense of community and family—similar in some ways to a quilters bee—that brings them back each month.

Another group, the Mountain Scribes, meets biweekly in Kearneysville and more informally on off weeks in Ranson. Becky Muth, who heads the group, says she notices that her own writing suffers if she has to miss group meetings. Group members learn not only from their own writing and critiques but also from the discussions about one another's work. Muth recommends writing in other genres and stretching outside your comfort zone. This close-knit group of 10 attends writer's events, teach classes on the business of writing, and share "a love of the craft." They enjoy the quick turnaround available for garnering advice and suggestions as they upload to a shared server. Writing can be an isolated endeavor, and this group recommends not having family and friends be your only sounding board. Often those closest to us may not have the experience or the will to properly critique. Even though the Mountain Scribes are each working on very different genres, they respect each other and honor the writing process each must face.

Chris Kaye hosts a writer's group at the Martinsburg Library, meeting every other Tuesday, 1 p.m.–4 p.m. This is an open group, where attendees bring copies of 10 pages of work for critique. A core group of writers attend regularly, but they enjoy new writers coming in to learn and receive guidance. Kaye acknowledges that a writer may know what she means to convey in her story, but it helps to hear others' views on how they understood it.

Finding a group that meets your availability and personality may take a few tries. Most current groups are closed to new members or may only be seeking a select few. If a group gets too large, then time is too limited to give each submission its due. Look for writers groups on line. A Google search will help you find ones in your area. Many writers groups have a Facebook page and can be found using a key word search. Meet Up, a free online site, may help connect you to fellow writers near you. If you find a closed group but you'd like to apply to them, see whether they host any writing competitions. There will be a link on their website or Facebook page and instructions for your submission. Participating in a competition may help you get an introduction.

When trying out a new group, look for a few key factors. A good writers group gets started quickly into the material and doesn't allow idle chatter to monopolize the time. Participants are kind but honest and competent in giving feedback. The entire group participates, both in submitting writing and providing worthwhile critiques. Over time, they become better writers. They support each other at marketing events, such as book signings or submitting reviews. There's an atmosphere of camaraderie that makes it comfortable to share your work.

If you're having a hard time finding a good group in your area, consider starting one. Look for like-minded people with goals similar to yours. Taking a writing class or attending a writing convention may help you meet interested group members. As facilitator, you'll want to define the group guidelines or requirements. Having written ground rules establishes good routines and helps new members acclimate quickly. Who knows, it may just be time to start that novel or dust off your old manuscript!

PHOTO BY BARBARA CUPP

Lee Doty, Chris Duewel, Chris Kaye, and Pat Barnes from the Martinsburg Library Writers Group

Barbara Cupp *loves life in the Eastern Panhandle and is half of the writing duo NB Cupp (NBCupp.com).*

ShepRobo Fest, 2018

"That's what robots do on Mars."

Ed Zahniser

Townies mostly know Shepherd University's Butcher Center gymnasium as the venue for basketball, volleyball, and multiple town traffic-snarling spring graduations. So what happens when the gym floor is covered with a tan, flexible fabric and there are three, 40-foot-long rows of side-by-side tables and small mazes set up on the floor, along with a 20-foot-square booth with picture windows that enclose it?

ShepRobo Fest.

Engineering, computer science, and math students from Spring Mills and Hedgesville middle schools, area high schools, and Shepherd, Penn State, and Princeton universities showed off robotics projects this past April in three main events: Firefighting, Mech Warfare, and Sumo.

"We call the tables area, 'The Pit'—like at NASCAR," one of the guys from Welch Sound explains during set-up the night before. The Welch crew doesn't just run the sound system. They also provide IT support, because most everything that transpires comes down to computer programming.

Back in 2010 Shepherd's Computer Sciences, Mathematics, and Engineering Department, CME for short, won a three-year, $100,000 Research Trust Fund grant to provide research, teaching, science, technology, engineering, and math (STEM) experiences for undergraduate CME students. The grant provided for an annual ShepRobo Fest for elementary to college-level students.

Preston Williams (at computer) and partner Landon Neighly from Spring Mills Middle School test their robotic, which competed in the Sumo competition.

Preston Williams is a sixth-grader from Spring Mills Middle School. He got started with robotics using LEGO products. His mom and dad, Patrick and Prudence, and his sister, Payton, in the eighth grade, are here to cheer for Preston and his school-mate partner, Landon Neighly.

His parents like how robotics projects "get Preston involved in teamwork with like-minded kids. We bought him a robot at home," Patrick says. "This is definitely his thing. This is what he's enthusiastic about."

"It's nice of Shepherd to do this here," Prudence says. "The first event we went to was at James Rumsey Technical College, and the space was a bit tight."

Preston's sister, Payton, is more into art, "mainly drawing," she says, as though to emphasize the family's balance between the sciences and humanities.

Dad Patrick has also seen robotics dig precise trenches in real-world construction projects, so he appreciates that this robo fest isn't like a video-game convention. At a fall robotics festival sponsored by NASA, Patrick says, "you had to run the course, push the lever, and pick up a block. That's what robots do now to pick up rocks on Mars."

PHOTOS BY STEPHEN ALTMAN

Hedgesville Middle School's Robotics Team prepares for the Sumo competition, in which robotics try to push each other out of the ring.

Was your concept of robots molded by sci-fi in the 1950s? Were they like humanoids with standard-issue arms and legs who walked about the house doing the chores that have grown technologically beneath you? Admittedly, you'd be disappointed with the ShepRobo Fest robotics.

The Sumo competitions—yes, named for the room-shaking Asian wrestlers—for example, include a Micro-Sumo category. In both Sumo competitions, your robotic must overwhelm and push its opponent out of the "ring." But in Micro-Sumo your robotic is limited in size to four inches square and in weight to 500 grams—approximately one pound.

Professor Reza Mirdamadi chairs the CME Department at Shepherd University. He is an engineer and graduate of Penn State University. "The students really develop this festival," he says and then smiles: "This is our trick to get the students excited."

ShepRobo Fest is also a good recruiting tool for his CME department. A good number of the 2018 participants from Shepherd have created their robotics as senior capstone projects. That's great, but it also means they will graduate this year and move on. So it's nice to create this STEM-curriculum enthusiasm—even if LEGO-inspired originally—in area middle schoolers and high schoolers. They might later register at Shepherd University.

As for teamwork, Brandon Owens, Dallas Giannini, Christian Burns, and David Cookerly created a robotic that can solve the Rubik's Cube in 2.8 seconds. No, it doesn't have legs and arms, nor will it ever vacuum your rugs. But how'd you like to go up against it for solving your Rubik's Cube? Remember, that's 2.8 *seconds*.

Owens comments that the great thing about the robo fest is that "you have to prove that you know what you're doing."

After graduation, Burns will be doing work with the National Information Solutions Cooperative (NISC) in the area of cyber security for industrial robotics.

Many Shepherd students at the robo fest wore T-shirts reading "IEEE." It stands for the Institute of Electrical and Electronics Engineers—that's "Eye-triple-E" in members' lingo, and the letters are its full legal name. Shepherd has a student chapter of the organization.

IEEE was formed in 1884 but is rooted in the 1840s, as electricity began to become influential in society. In the 1840s, the only electrical industry was the telegraph. Back then, a telegraph message was "faster than the speed of transportation." You almost need to read that factoid twice to let its significance for that day and time sink in.

Asked whether their Rubik's Cube robotic could actually choose how it wanted to solve the cube, Owen said, "No. You have to tell it. For it to choose would involve AI, Artificial Intelligence. That's a whole other thing."

Indeed, that's the next thing: Robotics and AI. ShepAI Fest. Maybe next year?

Ed Zahniser *is a co-founder of the* Good News Paper *and member of the editorial board. His books of prose and poetry are available at Four Seasons Books in Shepherdstown.*

Neighbors Helping Neighbors

GSIVC Thrives With Community Support

Rebecca Grace Jones

LuEllen Broaddus, a small woman with a bright smile, turns her face up to her friend Susan Lovell and says, "I love you." Lovell, a volunteer with Good Shepherd Interfaith Volunteer Caregivers, just brought Broaddus back to her home after a dialysis appointment. They know each other well, having shared many hours traveling back and forth from the medical center and sharing stories of family and news of their lives. Lovell is comfortable in Broaddus's home and could be a part of her family, entertaining both Broaddus's great granddaughter and her fluffy little dog on her lap. "It certainly is rewarding," she says, "especially working with LuEllen, because she is so appreciative."

"Good Shepherd and their volunteers are my lifeline to life," Broaddus says. "If it were not for them I would either be in a nursing home or not here at all." Ten years ago Broaddus suffered a fall that broke her back, leaving her with vision problems and renal disease. Three times a week she needs to go to dialysis. She says, "God bless the drivers that pick me up at a quarter to five."

Broaddus contacted Good Shepherd Interfaith Volunteer Caregivers when she knew she needed help. She filled out its application form and was approved. For eight years she has depended on GSIVC volunteers to take her to her life-saving appointments.

Many Jefferson County residents are familiar with GSVIC. The organization has been serving the needs of Jefferson County's elderly and homebound since 1990, when it was established by a small coalition of churches and individuals. The nonprofit exists to provide independence, dignity, and security to those in need, regardless of income or living situation.

The services GSIVC offers are many. Its core of volunteers not only drive people to medical appointments but also to the grocery store, for example. They assist with computer issues and paperwork, do yard work and fix-it projects, and make friendly visits and reassuring phone calls. It is possible to borrow medical equipment from GSIVC and it has recently started a program, The Savvy Caregiver, for people who care for family members with dementia. And all of these services are free.

Paula Marrone-Reese, director and CEO of GSIVC, explains, "The reason we do not charge fees is because the people who use our services are already vulnerable. Most are dealing with health issues, theirs or those of a relative living with them. They are usually living on a modest income, often social security or disability, and they have difficulty making ends meet. If someone is already struggling with finances, we do not want them to have to choose between filling prescriptions, paying for transportation, paying utility bills, buying groceries, or other necessary monthly expenses."

Of course, it takes considerable funds for GSIVC to continue to serve the community. "The public has a perception we are always fundraising," Marrone-Reese says. "That is true since it takes money to operate the business. We do not have a regular income. Our funds come in from small grants and donations from individuals, churches, and corporate and small businesses. Normal businesses have some form of income that they can expect to come in monthly. At Good Shepherd, we depend on the generosity of the community in order to operate."

The Potter's Bowl, held every April, has been going on for 18 years. It gives the community an opportunity to support a valued organization, not to mention the opportunity to acquire a handmade ceramic bowl and enjoy a variety of delicious soups from local restaurants. The Duck Race is another GSIVC fundraiser. The Duck Race "Classic" is great fun for all ages. Always held on the third Saturday of July, it's a floating race of little yellow rubber duckies, which swim together down the Town Run from German Street to the Little House, where they are netted and the winners are announced. If your duck, purchased for just $5, comes in first, you can win $300! Second place gets $200, third $100, and the last duck to cross the finish line wins $50.

The success of GSIVC depends not just on funding, of course, but on its volunteers. "They give without expectation," Marrone-Reese says, "and are fulfilled and energized by helping others. Our success in filling the services requested is accomplished through having enough volunteers. As the senior population increases, so does the demand for more volunteers. Increasing the volunteer pool is the single most critical factor in determining the success or failure of the organization's plans for growth. GSIVC has established a series of aggressive volunteer recruitment, training, and retention goals for the next two years and has developed an equally aggressive strategic plan to help achieve those goals."

Good Shepherd volunteers are more than drivers and fixers of kitchen faucets. As Broaddus can attest, the folks who care for her add enormously to her quality of life. What she may not realize is that she is half of a symbiotic relationship, with her caregivers benefitting from the experience of her companionship as well. With recent studies showing the ill effects of loneliness and isolation on health and longevity, the friendship between caregivers and the people they care for is a win-win.

Last March, **Rebecca Grace Jones** *organized a fantastically successful silent art auction in honor of artist Jim Shumate, with proceeds going to GSIVC. Thank you, Shepherdstown!*

PHOTO BY R G JONES

LuEllen Broaddus and GSIVC volunteer Susan Lovell.

Shane Harris: The Creation of Happiness

Eleanor Johnson Hanold

Shane Harris was born at Offutt Air Force Base near Omaha, Nebraska; his parents both served in the U.S. Navy and were transferred often, so the family moved a lot. Beginning as a youngster, Harris drew all the time it seemed, always striving to be better. Drawing was something he could work hard at wherever the family was stationed. "Some pursue happiness, others create it," so said Ralph Waldo Emerson. Harris fashioned a happy life by doing what he loved no matter where he was.

He remembers his mom and dad encouraging him. Still Harris was a private boy and hesitated to share his creative efforts with anyone. Even in college, when required to draw in front of class for the first time, his hands trembled. He drew for himself, not for others.

Enlisting in the Marine Corps right out of high school, he did stints in Iraq and Afghanistan as a tracker assigned to the 2nd Assault Amphibian Battalion. That an armored assault amphibious vehicle transports Marines and cargo in hostile land and water operations is sufficient to understand that life for Harris was stressful. Whenever he had time for it, drawing provided solace. A future outside the military figured prominently in his imaginings. He often reminded himself that when his service was complete, he was promised four years of art school, completely paid for.

After his tour of duty, Harris settled in Sharpsburg, Maryland, where his father was living at the time. He started dabbling in hand lettering, logo design, and traditional sign painting—an "old school" art form that has almost become a lost art. He benefitted from being able to regularly observe one of the masters in the craft of race car letter painting, the highly regarded Travis Hess—better known as TuKi—a custom painting specialist at Bucky's Auto Body in Martinsburg. The more he learned about traditional sign painting, the more enthusiastic Harris became. "With hand lettering, there's always room for improvement," he says. "It's a never ending process. Typography is such a broad thing. Forming a letter and a word artistically is a real craft."

Painting a logo on glass for his wife, Pang Tubhirun, a well-known local wedding photographer, was Harris's first serious effort at traditional lettering. Soon he began asking Shepherdstown business people if he could paint something for them—a poster, a sign maybe. In the beginning, he painted for free, but with increased acumen and recognition that his work was valued, he learned about pricing. His signs now appear all around the area, and this has led to a real sense of community belonging, which, Harris says, means a lot to him, having lived a transient life for so long.

Crossing the river to Shepherdstown, Harris discovered and eventually enrolled in Shepherd University's graphic design program. Until college, he says, he was not computer savvy, but he soon found he enjoyed graphic design and even excelled at it. His prowess and drive were no doubt key factors in Snowshoe Mountain Resort's decision last fall to choose his design solution, from among others created in his Professional Practices II class, to promote its Winter 2018 Homegrown Festival.

After earning his degree this past December, he began applying what he learned at Shepherd to work that he loves at DALB in Kearneysville. DALB is one of three worldwide companies that uses a specialized high-end printing process to produce dynamic, quality screen printed graphics. Harris is part of a small high-tech team that creates three-dimensional designs. Although his job has been challenging, as a striver he finds the work exciting and satisfying. He is incredibly fortunate, he says, to be employed by a leading graphic arts company only a 10-minute commute from Shepherdstown.

PHOTO PROVIDED BY SHANE HARRIS

Shane Harris

Gifted traditional sign painters and modern designers from around the world are valued resources. David Smith is an English sign artist that Harris particularly appreciates. One group, Letterheads, holds informal gatherings around the globe to encourage those involved in the sign painting trade to swap skills and socialize. In 2017 the group met for its major event in Oslo, Norway. Harris would someday like to attend an annual convention. Closer to home, Creative South (CS) is an organization focusing on all the graphic arts. He hopes to attend a weekend of CS workshops to collaborate with others interested in the creation of ever better traditional hand painting design. Another group, Better Letters, is a great online resource. Its website is www.betterletters.co.

As his experience broadens, Harris feels he's becoming more spontaneous and creative. He gains considerable satisfaction from his efforts to mesh what he has learned in his traditional hand lettering and logo avocation with his job in graphic design. He says doing the Snowshoe Mountain designs was a good example: He combined the two skillsets and was pleased to see that the work looked completely hand done. His primary focus now is to gain greater expertise in the printing and technical side of his craft—new tools, he says, in being the best designer he can be. When asked for words of wisdom for aspiring artists, Harris stresses: "If you think you are creative and want to do something well, pursue a craft or skillset that you really love."

More of Harris's hand painted signs and logos may be found on his website, www.shaneharrisdesign.com, or at www.instagram.com/shane.m.harris.

Eleanor Johnson Hanold *is reminded of a line in Robert Fulghum's* All I Really Need to Know I Learned in Kindergarten: *"If the dream is held close to the heart, and imagination is applied to what there is close at hand, everything is still possible."*

ARTWORK

SHANE HARRIS

PHOTOS BY SHANE HARRIS

See artworks in color at shepherdstowngoodnewspaper.org

Katie Quinnelly

Old Rag Mountain and Other Poems

The End of Something

I told him I'd only ask him nicely
in fact, that's all he'd ever hear from me
but what happened was
the most familiar things in life
(a sister, the moon)
started to self-destruct

or try to, anyway

but perhaps they hit a snag
half-way between being here
and turning inside-out

skin splitting at the elbows
but one finger still in the air
saying, I'm okay

and then there was the matter of the
pillow sweat

and then the matter of the space itself
taken up

and then there were the soaking
pillowcases, soppy and tired
peeled off and slapped
across the backs of chairs

and my
my god, my daddy
saying I told you not to touch that

Hazel

Today the four-year-old Hazel
wise as she is
told me that Aria had a loose tooth
that she never ever wiggled or
messed with or
even touched with her tongue, not once
and then one day it fell out anyway!
On her birthday!
While her mom was lighting the candles!

With Hands Like These

I should have been a piano player, fingering away
existence with a ditty, luring women
and making men swoon. Tickling
the black ones
and the white ones and
the black ones
and the white ones and

the classical ones and the jazz ones. Hammering
in a way heard only through owls:
Maniacal and idiotic. Thank you for the owls.

Instead, these hands are shaking, can't they stop?
One up the backside of a dummy, oh god
while my lips quiver. The
audience laughs and the other hand
where is the other hand?

Old Rag Mountain

I stood at the belay station on the second pitch of Pedestal
listening for the voice in the wind that would tell me to climb

My anchor looked like three quarter-sized
diamonds crammed in sagging earlobes of granite

Above me a few vultures circled and screamed like old
women, their claws unfortunate, and
I remembered someone saying they throw up on you
if they want to. In their screams I thought
about how karma works and what if —

I felt immense guilt, but not as much as I felt
selfish
a string wound from collarbone to navel

I squatted down to poke a little dirt in the cracks, then stood up again

The exposure of the oldest mountain range —
that old hag, how worn down from erosion
looking so much less impressive than deserved

Then, the tug on the rope of my partner climbing faster. They always
climb so quickly toward the end

Salt Lick Rd.

When I got the chance I ran that bumpy pink organ
over the surface of a white truck like it was coconut ice cream

a white truck with suicide doors and a manual transmission
a cream Toyota with the ivory still trying to shine out through the crud
the white pushing through the earth's lips relentlessly like crooked teeth
the white exposing itself

on a hot day with road dirt kicked up on its body
road dirt now caked on my teeth and the insides of my cheeks
now raining down to settle in the hollow of my belly like moon dust
now upsetting the deliberacy of my diet, now swirling brand new cravings

Studio Apartment

when I say I live alone what I mean is I live with
stink bug carnage in the windowsill the whole year round

the living sort of stumble over the empty shells
on their way to feed

and a few hanging plants, but all they do is stare when I talk
they wear their long vines hung over their faces like angsty teenagers

I had a roommate for a few months before he moved
back to El Paso, leaving only his long black hairs in the carpet

to remember him by, plus some of his underwear
and the occasional sock, and a small fog

oh and a broom: it's one of those straw brooms with a wooden handle
not plastic, not pretty, could burn easily

it feels like a porch broom, but there's no need to
differentiate indoor brooms from outdoor because

the spiders are in here anyway, and the deer cut through and leave
their fawn, and mushrooms grow in the washer

even a bird! I found once, fluttering around in the woodstove

and one time a few minnows made their way up the pipes
into a glass jar in the dish sink, gave me a scare

the water is from the well is from the river
the lighting is from outside — there's no roof!

some cloudy nights I walk to my bed and I bump into things
then other nights I walk to my bed and the path is clear as day

other nights, The Moon

PROVIDED BY KATE QUINNELLY

Katie Quinnelly *hails from Charleston, West Virginia. A 2017 Shepherd University graduate, she is a climbing instructor at Climbing New Heights in Martinsburg and also works at Four Seasons Books in Shepherdstown. "Hazel" appeared in* Five:to:One Magazine *and "Milk Mother" in* Moonchild Magazine*. "Old Rag Mountain" will appear in her forthcoming chapbook* Sparrow Pie *from Eggtooth Editions.*

Paint Night in the Ram's Den

"I love painting, and it's free. I love how they offer this."

Ed Zahniser

Regular denizens of the Ram's Den in Shepherd University's Student Center expect random activity here. Some chow down on cafeteria creations, commuter students hang out between classes, or students study and maybe cram, but not on Paint Night. The *Good News Paper* was on the scene in late March for the fifth and final of the popular Paint Night events of the 2017–2018 school year.

Budding artists sit at tables in neat rows as carefully laid out as tulip plantings in a Holland tourism promotion. In the Ram's Den tonight, the bright colors emanate from water-based acrylics.

Graduate Assistant Megan Kennedy heads up tonight's program. She explains that water-based acrylics "are very beginning-user friendly." With an undergraduate art degree from Pennsylvania's Millersville University, Kennedy is enrolled in Shepherd's master's degree program in college student development and administration.

"User-friendly" acrylics are important, because Paint Night is for all and sundry students.

Paint night is a Program Board event. The board is a subcommittee of Shepherd's Student Life Council. Board members are student leaders who create programs to educate, entertain, and engage fellow students. In the process, the board's executive leadership team members learn how to plan and market cultural, recreational, and community-building programs.

You need not arrive for Paint Night as an artist. You become one by taking part, in the participatory spirit of the 1960s and early '70s, when none of tonight's budding artists was yet born.

Everything for Paint Night is supplied: a stretched canvas, a paper-plate palette with healthy globs of four or five colors of acrylics, and brushes of several widths. Did we mention free snacks?

Students feel supported and taken care of. Tonight that means all 65 painters. Paint Night participation ran as high as 100 students at one session this year. It's free with a swipe of a Rambler student ID card.

Graphic design major Rachel Sweeney displays her original model painting. The color steps were projected sequentially on a screen up front.

Drawing major Taylor Seitzinger opts out of the model for her still life of sunflowers and blue hydrangeas.

Computer science major Heziki Ross (foreground) works for Hagerstown's BES Technology. To his left, accounting major Darius Bowie paints for stress reduction and creativity.

PHOTOS BY MELINDA SCHMITT

Undergraduate graphic design major Rachel Sweeney spiritedly explains the evening's drill, despite losing her voice when the microphone quits working. The first suggested image for tonight's painting is projected on a screen. The canvas is horizontal with the top half yellow and the bottom still blank, blanc, white. You paint not by numbers but by broad fields of color. Think gesture drawing. "The yellow is your sky," Rachel explains.

Shepherdstown experienced the snowiest official opening of springtime on record in March, and this bright yellow paint sky looked and felt like art therapy for lingering winter blahs.

Noelle Jeffery, biology major from Charleston, West Virginia, was attracted to Shepherd at her high school college fair. She liked that it was in a small community. She wants to work in virology or conservation ecology. This is her second Paint Night. "The first night we did a field of flowers," she says and adds that hers "were not super realistic but more like dots." You mean pointillist style? "Maybe!"

Sarah Murphy, from New Oxford, Pennsylvania, was attracted to Shepherd's "good art program." She borrows some darker blue acrylic from Jeffery's paper-plate palette "because my mountains are too green"—more like Vermont's mountains than our Blue Ridge.

Program Board member Antoinette Wimbish, from Washington, D.C., has no stretched canvas; she's here to support and aid Paint Nighters. Wimbish pursues a social work degree and thinks she may do elder or hospice care. She says that we "need more reliable social workers in schools," a hot topic the week before in a meet-the-candidates event in town.

Wimbish was also accepted at Cornell University, but she found Shepherd's "more open and involved community" attractive. She did admit that "the winters in Ithaca, New York," influenced her choice. Later in the evening, Wimbish worked on a painting of the backs of her left hand and its fingers with controlled, stylish, crisp sideways Vs, nearly meeting at their points.

Andres Silva, from Frederick, Maryland, came to Shepherd for football, but injuries ended his stocky field presence. You still wouldn't want him to block you. Silva majors in sports marketing. He paints in the mountain ridgelines that just showed up on the tutor screen up front.

Two Shepherd fast-pitch softball-hurling women devote dominant hands to Paint Night. Jessica Robinson from Glen Burnie, Maryland, majors in physical education with plans to teach. Kaitlin Munda from Nokesville, Virginia, sees her sociology major as a prelude to law. And, no, she will not go after the umpires who made lousy calls, she says.

Computer science major Hezeki Ross from Bowie, Maryland, already works for BES Technology—in development. He wants his own company eventually and adds, "If I do good, I'll become an artist." Ross's table-mate Darius Bowie, accounting major from Hagerstown, Maryland, chuckles at that. Bowie says he painted in high school. "It's a good stress reliever," he says. "I can display my creativity."

Up front, closest to the screen, Taylor Seitzinger, whose aunt went to Shepherd, opts out of painting the suggested image. She paints a vase of sunflowers and blue hydrangeas from a photo on her phone. Seitzinger studies drawing at Shepherd. "I prefer charcoal," she says. She is on her way to teaching art in elementary school. Reflecting on the school year's final Paint Night, she says, "I love painting, and it's free. I love how they offer this."

Cooking in Life, Part 2

When We Take the Plunge To Do It—or Don't

Pat Hamilton

Sourcing much of your food locally and cooking it at home is a healthier way to eat than dining out or buying processed foods to take home. There is no magic to a better diet; you must change what you eat. Making changes takes time and requires an attitude adjustment about shopping, cooking, and cleaning up. If that sounds daunting or even downright scary, then an initial step may be to ask yourself whether your definition of eating better includes cooking your own meals.

If you already hate the idea of abandoning your favorite foods and fear being trapped in the kitchen, take heart in some terrific suggestions from your neighbors in support of your new journey. The home cooks who offered us their advice shared the following food for thought:

- What if you could reduce your daily medicines with a healthy diet and save money?
- Invest in Community Supported Agriculture (CSA): Buy directly from a farmer (whom you meet at the markets), and buy vegetables when they are plentiful; freeze or can if you are able.
- You took the long view and invested in your IRA. Your investment in what you put in your body is important too.

PHOTO BY PAT HAMILTON

Artful signage points the way to local meats at the Marketplace of Sharpsburg.

- Meat is expensive, so eat less of it. Treat it more like a condiment. Buy cheaper cuts of meat and prepare the protein portion of your meal for a whole week. (Visit the *Good News Paper* Facebook site for The Whistle Punk Farm recipe for the Five-Night Pork Solution.)
- Tap into your family's cultural food history. If a family member cooked great Italian or Thai food, try to find out more about those ancestral culinary roots.
- Consider buying local food and connecting with farmers as a political statement: support soil sustainability, keep dollars in the local economy, provide local employment, and reduce corporate control of your life.
- Visiting farmers markets and farms can be a great way to have an outdoor afternoon with kids and teach them about animals, all things that grow, and where their food should come from. And it's not a bad way to socialize.

Local Food and How to Buy It

The terms applied to buying locally are often confusing: local, sustainable, organic, pesticide free, grass fed, grass finished, artisanal, cage free, free range, pastured, heirloom, to name a few. The best advice is to chat with the farmer or someone in the market about the food you are buying. Local might mean North Carolina (which is okay for tomatoes in April). All cows eat grass to start, so technically all cows are grass fed. But if you are paying a higher price for grass-*finished* beef, then the cow should never have eaten grains. Grass-finished beef is lower in total fat and higher in omega 3 fatty acids and antioxidant vitamins. A pastured chicken is

WHERE TO FIND FRESH LOCAL FOOD

FARMERS MARKETS

Shepherdstown Sunday Farmers Market
April–December
Sundays 9 a.m.–1 p.m.
5 King St., Behind the public library
Shepherdstown, WV 25443
www.facebook.com/ShepherdstownFarmersMarket

Boonsboro Farmers Market
May–October
Tuesdays 4 p.m.–7 p.m.
Shafer Park, 37 Park Dr.
Boonsboro, Maryland 21713
www.facebook.com/pg/BoonsboroFarmerMarket/events/

Shepherdstown Thursday Farmers Market
May–September,
Thursdays 3 p.m.–7 p.m.
Town Run Tap House and Community Pub
202 E. Washington St.
Shepherdstown, WV 25443
www.facebook.com/pg//TheThursdayMarket

Martinsburg Farmers Market
May–September
Fridays 4:30 p.m.–7 p.m.
Main Street, Martinsburg
www.facebook.com/MartinsburgFarmersMarket/

Charles Town Farmers Market
April–October
Saturdays 8 a.m.–12 p.m.
100 S. Samuel St.
Charles Town, WV 25414
www.facebook.com/Charles-Town-Farmers-Market-WV-198296286944643/

MORE LOCAL MARKETS AND STORES

Bushel and Peck
100 W. Washington St.
Charles Town, WV 25414
(304) 885-8133

Community Garden Market
207 S. Princess St.
Shepherdstown, WV 25443
(304) 870-4230

Jefferson Food Co-op, a Natural Foods Buying Club
Bulk grains, oils, pantry products and frozen foods at lower prices
Contact Carol Sanders
carol.ann.sanders1@gmail.com

Crestview Meat Market
1948-C Shepherdstown Rd.
Martinsburg, WV 25404
(304) 260-6500

South Mountain Creamery
Ice Cream, Farmers Market
8305 Bolivar Rd
Middletown, MD 21769
(844) 762-6455

JCCM Jefferson County Combined Ministries Food Pantry
238 W. Washington St.
Charles Town, WV 25414
Open 9 a.m.–12 p.m., M–F
(304) 725-3186

MARKET LISTINGS

The Observer Market Guide
https://wearetheobserver.com/farmers-market-guide-2017/

Agritourism Washington County App
Go to GooglePlay and download for free to see all Farms in Washington County, Maryland

Maryland's Best Agricultural Guide
http://marylandsbest.net/

Alexis Holland of Whistle Punk Farm knows lots of tricks for economical and efficient cooking. Look on our Facebook page for her Five-Night Pork Solution.

Dr. Maddie Humerick and Scott Anderson present a cooking demonstration at Jefferson County Community Ministries.

PHOTOS BY PAT HAMILTON

Some local markets double SNAP benefits.

one that moves about grass fields and eats grass and bugs, which is not necessarily true for free-range or cage-free chickens. If you do not want pesticides in your food, ask the farmer how she manages pest control; food does not have to be organic to be sustainable or pesticide free.

Check out the box headed "Where to Find Fresh Local Food." The sources listed there should get you started. They have true connections to our region. Don't forget that growing food in your own yard or a public garden, such as the Ranson Old Town Community Garden, is a very good option.

How to Afford What Seems So Expensive

Local farmers are usually fair. The prices of food from the local farmers markets almost always reflect the actual cost to grow and produce it. Two things to remember about local agriculture are scale and corporatizing of food. Small farmers have some of the same costs as industrial farms (such as regulatory requirements and processing costs) but fewer cost-saving benefits (such as subsidies and the scale of mechanization).

Farmers market food is not only for wealthy people. Simply buy a lot of what is plentiful and freeze or can it. (Think zucchini in August—the farmer may be selling it for less, and it will certainly be less expensive than in winter months.) Select cheaper, long-cooking cuts of meat. Join a CSA or a market debit program for discounts and, if you have SNAP (Supplemental Nutrition Assistance Program) benefits, go to markets that double your dollar value. Shop wherever you can get the best deal on a single product and keep a cooler in your car. If you are concerned about waste, don't forget that fresh food is nutrient dense and will fill you up faster and last longer in the refrigerator.

I NEED HELP!

Do you have some odd-looking vegetables and an unfamiliar cut of meat? Not finding anything in a cookbook or online that works for you? Are you just stumped or in a slump? Email for help. These farmers, foodfolk, and cooks have volunteered to field a few cries for help—to solve a specific problem or even give a pep talk on how to get going on your cooking adventure.

Scott Anderson
Co-owner and culinary director of the Community Garden Market of Shepherdstown, chef, instructor and advisor to WVU MedChefs and Jefferson County Combined Ministries food pantry
sharpsburg@frontiernet.net

Carol Sanders
Caters for events, whips up great fresh food in her kitchen, and operates the Jefferson Food Co-op, a natural foods buying club
carol.ann.sanders1@gmail.com

Sarah Scolaro
Dedicated home cook, mother of two, and midwife assistant who cooks for friends, friends in need, and friends in trade
doula.scolaro@gmail.com

Diane Blust
A member of Sustainable Jefferson County who offers advice on simple meal preparation, canning and fermentation
dblust73@gmail.com

Alexis Holland
Farmer and owner of Whistle Punk Farm
whistlepunkfarm@gmail.com

I Don't Know How to Cook

Yes, you do. Home cooking is not what you see on *Iron Chef* or *Chopped*. It can be using fresh ingredients prepared any way that's easy for you: with a Crockpot, InstaPot, stove, microwave, toaster oven, or hot plate. It does not have to be fancy. But it will take practice. Children's palates are difficult to educate if they have been accustomed to processed food. Fast food is designed to confuse the taste buds, so that you become addicted to salt, sugar, and fat. Local food may at first taste odd to adults too. Chickens may not have huge breasts, fruits may be bruised, and some unfamiliar vegetables may seem like creatures from another planet. Fear not: Help is on the way. See the box headed "I Need Help!" (We'll also post on Facebook the Great Ramen Noodle recipe that Dr. Maddie Humerick of WVU MedChefs and Scott Anderson developed for Jefferson County Combined Ministries Food Pantry. It's easy, inexpensive, and nutritious.)

Give home cooking a try as often as you can, and be patient. If you calculate the time sitting in the drive-thru, plus actual dollars spent in various eateries, you should find home cooking more efficient and cost effective in the end. Don't despair about small setbacks. An evening will arrive when you fix a meal for the family, feed a friend, or prepare yourself a dynamite dish that will make you feel that your efforts in the kitchen were all worthwhile.

Pat Hamilton *is a marketing consultant on recess, preferring instead to write about healthy food and faraway places. Her "Cooking in Life, Part 1" appeared in the* Good News Paper *Spring 2018 issue.*

SkyTruth

A Different Kind of Shepherdstown Storyteller

Lee Doty

John Amos, a gregarious geologist in his mid-fifties, began his career as a Washington, D.C.–based consultant who examined satellite images for fossil fuel clients. He realized the satellite images revealed something even more compelling than fossil fuel sources. The pictures told the story of a planet in trouble.

One can imagine the initial reaction of Amos' wife, Amy Mathews-Amos, to his big idea. He had quit his job and set up shop in the basement to study satellite images and report his findings to the public for free. Amos says, "I knew other environmental groups studied satellite data, but they used it to develop policy rather than share it with the public." The credibility of his findings would be strengthened by eliminating the need to *market* the truth. He'd just give it away and hope that grants and donations would cover the costs. He must have been convincing. His wife bankrolled the start-up, formed in 2001.

These days, the watchdog organization John Amos founded and runs as its president is called SkyTruth. Located in Shepherdstown, SkyTruth analyzes satellite imagery for environmental threats and shares its information with the public. And yes, all for free.

SkyTruth helps people visualize how their daily decisions—to leave a light burning rather than turn it off, for example—affect the earth's environment. It also frames for us the lives of locals affected by the mining that produces coal to supply electricity for that burning light. Amos says, "The satellite images and reports may move people to change their habits, or not. At least they'll know the true consequences of their decisions."

Some of SkyTruth's 12 staff members live as far away as Peru or Indonesia, and a year ago Amos and Mathews-Amos moved to New Mexico, a place they've always loved. But Amos credits Shepherdstown for providing the character and strength of SkyTruth: The core of its staff and board members are drawn from this community. Despite the additional travel and telecommuting involved, SkyTruth's headquarters will remain in Shepherdstown.

For its first nine years, SkyTruth was a one-man show. The turning point came in 2010, Amos says, when he received a two-line communiqué about an explosion and fire on an oil platform in the Gulf of Mexico. Because of his experience working with the oil and gas industry, he feared that an oil well was out of control.

SkyTruth enlisted the aid of locals along the Gulf and built a website where they could post photos and videos of what they observed. With that information, NASA's earth-observing images, and SkyTruth's analysis, British Petroleum (BP) and regulatory agencies were compelled to see that the spill's impact had been grossly downplayed. The official estimate of 1,000 barrels of oil turned out to be nearly 50,000 barrels (2.1 million gallons), gushing into the Gulf every day for days on end. The true story forced the players to marshal necessary resources to cap the well and help restore Gulf communities that otherwise wouldn't have been saved.

SkyTruth frequently partners with the public, scientists, Google, and other environmentally minded groups. Using crowd-sourcing, it launched a study of fracking sites in Pennsylvania, training two hundred volunteer "FrackFinders" online to analyze aerial photos cloud-stored by Google Earth. The idea was to locate wastewater impoundments—holes in the ground containing fracking's residual stew of chemicals, some carcinogenic or otherwise hazardous to one's health—and note their proximity to populated areas. Amos reports that Maryland banned fracking partly on the basis of the FrackFinders' results in Pennsylvania.

SkyTruth's mountaintop removal mining database project is something to get excited about. A small environmental group, Appalachian Voices, sought SkyTruth's help in identifying all the mountaintop mining operations in Appalachia. Mountaintop mining is an extreme form of strip mining with public health and ecological implications. Since federal law requires companies to obtain a permit before conducting surface mining, the information should have already been available through permitting records. It wasn't.

PHOTO BY LEE DOTY

John Amos

"There was only a 60 percent match between the permits and the actual mining," Amos says. That meant both policy and permit decisions were based on flawed data. In 2013, with the help of SkyTruth's analysis, the Environmental Protection Agency rejected a mining permit, a move that sent shockwaves through the mining industry. Despite legal challenges all the way to the United States Supreme Court, that rejection held. Today, with Google's database of images, SkyTruth provides an annual composite map of active mountaintop removal mining in Appalachia, from 1985 forward.

With funding from Oceana, a nonprofit group dedicated to protecting and restoring oceans, and Google's tools, SkyTruth has also developed the Global Fishing Watch. This system tracks the movement of ships worldwide to monitor that precious natural resource, fish.

To avoid collision, larger boats must repeatedly signal their location, direction, and speed through the "automatic identification system." These radio broadcasts can be collected by satellites, allowing SkyTruth to analyze how ships are moving across the ocean. Amos says, "Cargo ships are easy to spot: They beeline to their destination to conserve fuel. Fishing boats move slowly and turn frequently." These types of distinctions allow SkyTruth to monitor fishing holes all over the world. It is able to observe illegal fishing practices such as the use of driftnets to catch tuna and to detect the use of "sea slaves," people forced to work on fishing ships for months at a time. When we know that our food may be served at the cost of someone's freedom, it changes the taste.

Amos believes that true stories like his, based on good science and provided free to the public, are necessary for sound decision making and a thriving democracy.

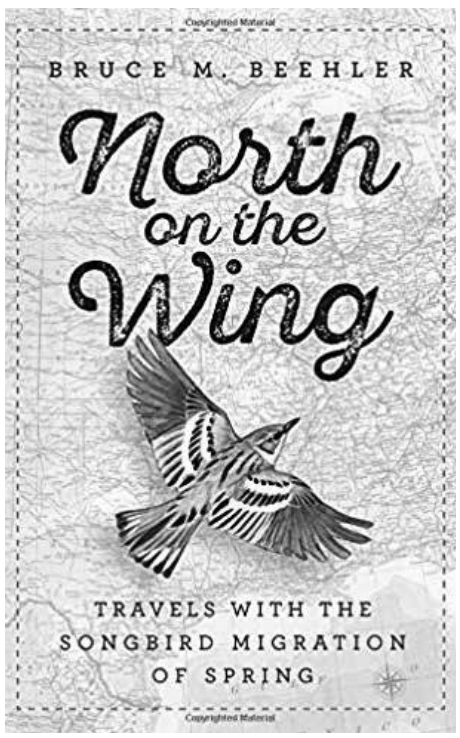
For additional information, go to https://www.skytruth.org.

Migrating With Spring Songbirds

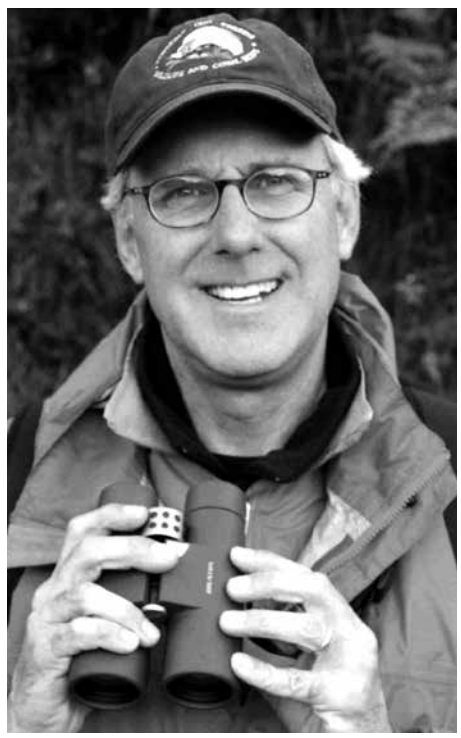
An Interview With Bruce Beehler

Mark Madison

In late March 2015 Smithsonian ornithologist Bruce Beehler set off on a solo four-month journey to track songbird migration across the heart of North America. He chronicled his experience in his book *North on the Wing.* The *Good News Paper* interviewed Beehler in Shepherdstown this past March. What follows is an excerpt of the interview, lightly edited for length and clarity. (See full interview at: https://training.fws.gov/history/index.html.)



North on the Wing, *Beehler's book about bird migration, was published in February.*



Bruce M. Beehler

PHOTOS PROVIDED BY MARK MADISON

MARK MADISON (Q): Why study this particular bird migration?

BRUCE BEEHLER (A): The motivation was Edwin Way Teale's *North with the Spring,* a book he published in 1951 about a trip he and his wife took in 1947 from south Florida up the Appalachians to northern New England to the summit of Mount Washington.

Q: How does your book differ from Teale's classic?

A: Teale was not a biologist. I'm a biologist, and so I felt an obligation to my audience to really tell three stories. One is a fabulous trip out in nature, which is just fun, and it basically encourages everyone to do that. The second is the research story. And that's the songbird migration. I wanted to tell a scientific story, threaded within the story of a trip. The third is the story of the people who are out there every day doing nature study, doing research on bird migration as well as the nature conservation that is necessary to protect the migration phenomena. This tends to be an upbeat book, but I can't hide the fact that these migrant songbirds that go back and forth between the tropics and North America have declined substantially over the last 50 years, since Teale was out there.

Q: Why and how did you travel across North America?

A: The scientific story that I want to tell is one related to these migratory pathways that go from the Yucatan north across the Gulf of Mexico and up the Mississippi, right up through the heartland of the U.S. into Canada. For songbirds this is the most fantastic and most fulsome, the most sexy migration pathway for those birds. The trip was 100 days. I camped in a tent and entertained myself by walking, hiking, following trails, paddling in a kayak, and spending a lot of time on the bike. A bike is a great way to get around in the backwoods if there are at least pathways to chase down nature and wildlife.

Q: Do the birds migrating north ever get in trouble and migrate back south?

A: Yes. I visited with two people, a couple, who are among the local experts in Duluth, and they told me the story of a reverse migration. It was around the 31st of May 2013, when there was a big push from the southwest up the Mississippi, songbirds coming north, and then they ran into a huge nor'easter and tens of thousands of birds had to turn around and migrate south to escape from this freezing cold and sleet. I am sure many of the birds died. But the people in Duluth were just deluged with birds that fell into their backyards, all around the shore of Lake Superior, kind of a fantastic and horrifying thing, birds all over the lakeshore.

Q: Based on your epic journey, what are some conservation challenges for bird migration today?

A: Unfortunately there are more than there used to be. Cell phones produce cell towers. TV and cable produce more towers. Lit towers attract migrating birds at night that strike the towers and get stunned or killed. Lighted buildings in cities attract birds that fly into the windows and are stunned or killed. Wind farms are often placed on the tops of high ridges, areas that catch the wind that are good for migration. This can lead to mortality for migratory birds as well as migratory bats. So a lot of the human artifacts are posing threats. The cats that we love and care for—if we let them go out—they're natural hunters of birds.

Q: I guess you navigated with GPS.

A: I did.

Q: How do warblers navigate?

A: A Tennessee warbler can go from its tropical woodland patch, a little patch of an acre or so where it spends the winter, all the way up through Central America, across the Gulf of Mexico, up the Mississippi, into Ontario, and find that patch of woods where it was born—again, a patch of an acre or so. It goes back there. How does it do that? That's the question you're asking that I don't have a perfect answer to.

Q: Do you have any speculation?

A: Birds have magnetite in their head, in their brain. They use that to tell north and south. They use that ability to actually read the magnetic compass lines of the earth. Remember, these birds are migrating at night. They are able to actually develop a star map and identify the North Star and thereby find another redundant way of telling north and south. They can hear ultrasound and infrasound, like elephants. They can hear the sounds of the mountain ranges, the rivers. These movements are perfected over their three or four trips back and forth—knowledge they actually can remember hearing. It is like we have knowledge when we're driving; we have all sorts of cues that we're not even paying attention to. Birds have those as well.

Q: Are there good places in the Mid-Atlantic to witness spring migration?

A: Absolutely. For songbirds you want to get to a patch of oak woods in late May. Between the 10th and 15th of May is the height of the songbird migration. What you want to do is get into the woods, ideally with someone who knows the birdsong. Go after a southwest wind that brings birds up into our area. You'll see amazing things.

Mark Madison *is the historian for the U.S. Fish and Wildlife Service.*

All Politics Is Local—Even Now

Ray Smock

Thomas P. "Tip" O'Neill Jr., speaker of the U.S. House of Representatives from 1977 to 1987, made famous the statement "all politics is local." People use it even when their meaning is not totally clear. He meant that for candidates for office, whether they are running for a local or county office or running for a seat in the House of Representatives or the Senate, the focus should be on listening to the issues and the concerns of the people who elect you. O'Neill said the only election he ever lost was for a seat on the Cambridge City Council, where he lost by 160 votes because he took his own neighbors for granted.

O'Neill's advice was to take care of your own backyard first. You cannot become a "national" Congressperson, he said, and vote for legislation for the good of the whole country, without first paying attention to the needs and the issues that affect the people in your district, the ones who elect you. The same can be said of our local and state elections, where if you don't know what your own neighbors think, and if you haven't actually asked them to vote for you, you may be in serious trouble.

Outside money in electoral campaigns is now so common that we often take it for granted. We shouldn't. We should always know where the money is coming from. Outside money represents outside interests that may not give a hoot about the issues important in, for example, West Virginia. Outside money "nationalizes" our local and state elections to fit some agenda that may be of little concern to the elections here in the Eastern Panhandle for our state delegates and senators or our elections for the U.S. Senate and House.

Members of the U.S. House of Representatives have to run for office every two years. They must pay attention to the local concerns and keep them uppermost in their campaigns. In West Virginia, as in many states, voters' interests and passions tend to vary along regional and even local lines. This can create problems for those running for office.

Here in the Eastern Panhandle, where no coal is mined, we may be less inclined than voters elsewhere in the state to worry about the "return of coal jobs." But both major parties say they are "for coal" if they expect to get elected. Genuflection toward the coal industry is a hollow exercise unless it is tied to some specific proposals that make sense to the actual voters who will be voting for you. The question is not whether you are "for coal" or not, but what proposals do you have to help coal miners in a rapidly changing energy market.

Similarly, the issue of opioid addiction is a local issue in every part of West Virginia, but also a truly national crisis. What can be done locally, right now, to address this epidemic?

Take the recent special election in Pennsylvania's 18th District covering the southern suburbs of Pittsburgh, a solid Republican district in recent years.

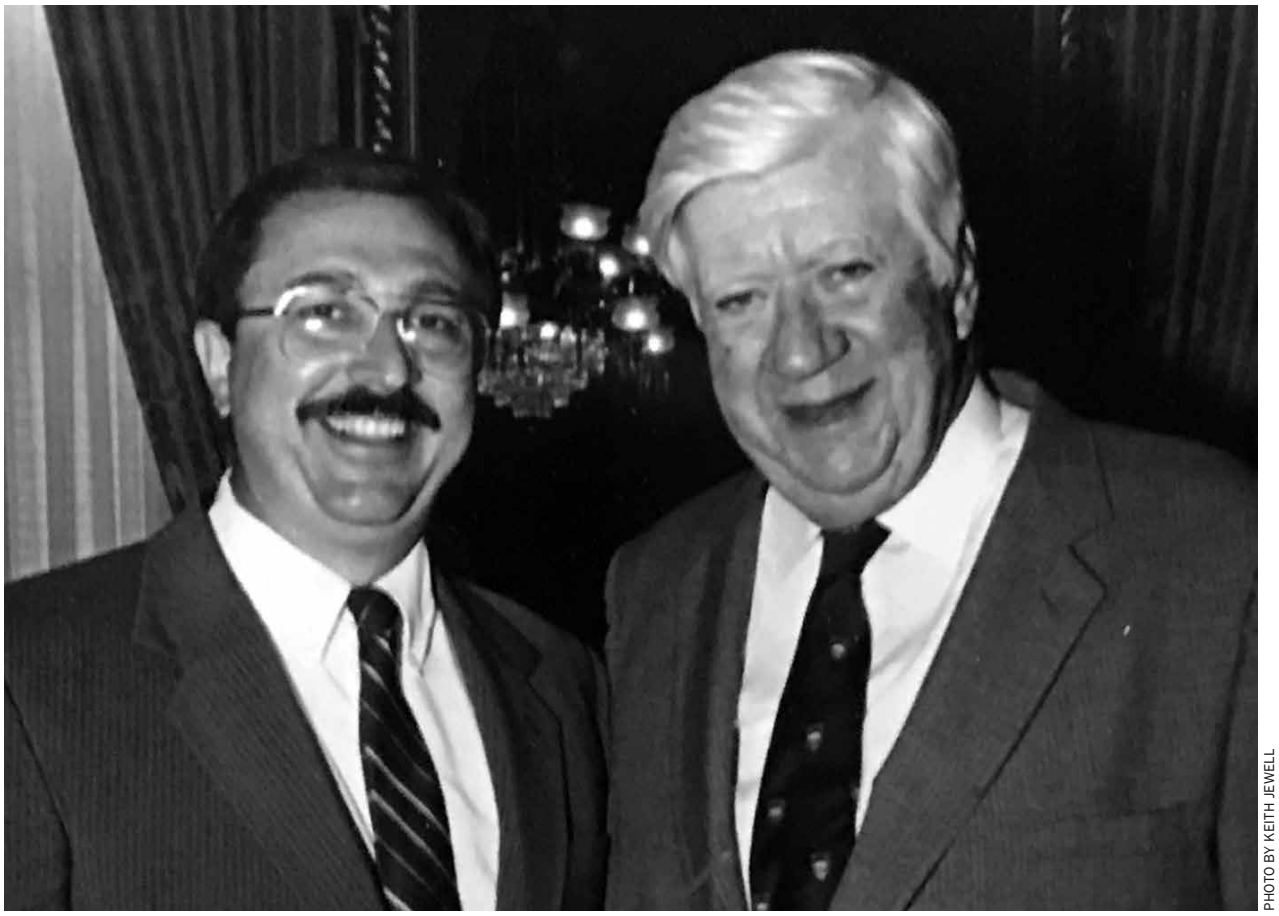


PHOTO BY KEITH JEWELL

Ray Smock with Speaker of the House Tip O'Neill, 1987

The Republican Party spent more than $13 million to elect Rick Saccone, a state representative and supporter of Donald Trump, who was running against a young, first-time Democratic candidate, Conor Lamb, who spent about $2.5 million. Top Republican officials, including President Trump, stumped the district for the Republican candidate. The Democrat won the election in a squeaker, overcoming a 20-point underdog status in this district that voted heavily in favor of Donald Trump in 2016.

Analysts have said that the secret of Conor Lamb's success was that he ran as a Democrat who was in touch with his district. He stayed local. He was critical of the national face of the Democratic Party, Nancy Pelosi. He kept his own district in mind and enough voters in this Republican stronghold voted for the candidate that had the best local appeal.

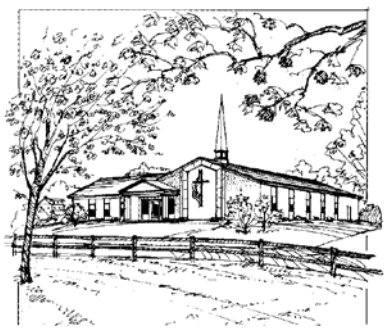
The candidates who can stay tuned in to their district voters, and not go off chasing rainbows of national interest, just might do better this time around. Voters in both political parties seem to be making up their own minds about Donald Trump. By this November, we will have had almost two years of his presidency. While the tendency of Democrats might be to jump on Trump's many faults and ride them to victory, a better strategy might be to focus on issues that mean something in West Virginia and in their own districts.

If you're a Democratic candidate, you might want to define what it means to be a Democrat in your state or district, not what the Democratic National Committee might want you to say. Republicans might want to follow the same game plan. If your constituents want you to support and defend President Trump and his policies, do it. If they would rather hear your ideas for local and state jobs and economic growth, then don't defend Trump or the national agenda of the Republican National Committee. Instead, defend local Republican values and what they mean to you and your constituents.

If both parties would listen to their own constituents and position themselves accordingly, they would be following the Tip O'Neill formula, laid down by a wise old pol of the old school. Such a strategy could mean that all of us in both parties would end up with a better Congress and better state government too. This would make all of us proud and help restore our faith in government.

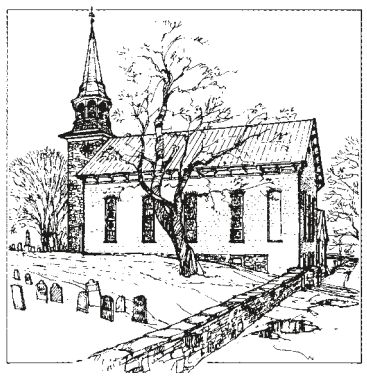
Ray Smock, *director of the Robert C. Byrd Center for Congressional History and Education at Shepherd University, was appointed by Speaker Tip O'Neill to be the first official historian of the U.S. House of Representatives, where he served from 1983 to 1995.*

Religious Worship and Education Schedules



Asbury United Methodist Church

4257 Kearneysville Pike
Dr. Rudolph Monsio Bropleh, Pastor
Telephone: (304) 876-3112
Sunday Worship: 8 a.m., 9:30 a.m.
and 11 a.m.
Mid-Week Mingle: Wednesday, 6:30–8:00 p.m.
Real Recognized Real Teen:
1st & 3rd Sundays, 1:15–2:30 p.m.
E-mail: info@4pillarchurch.org
www.4pillarchurch.org

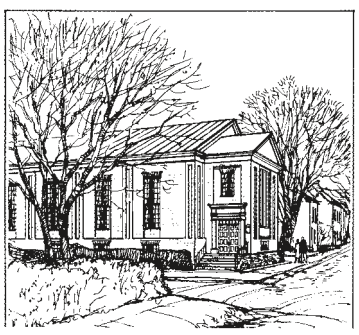


Christ Reformed, United Church of Christ

304 East German Street
Rev. Gayle Bach-Watson
bachwats@comcast.net
Sunday Worship: 11:00 a.m.
www.christreformedshepherdstown.org

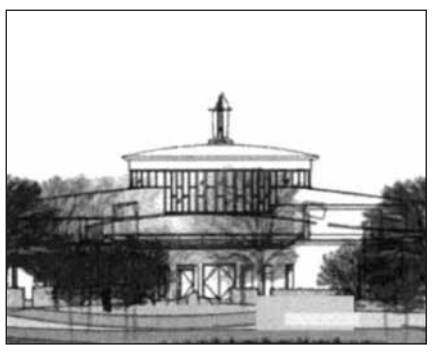
Religious Society of Friends (Quakers)

Shepherdstown Monthly Meeting
for Worship and First Day School
Sundays at 10:00 a.m.
Shepherdstown Railroad Station,
Audrey Egle Drive
Contact Clerk, Neal Peterson, (304) 584-3126,
rnealpeterson@gmail.com
http://shepherdstownfriends.org



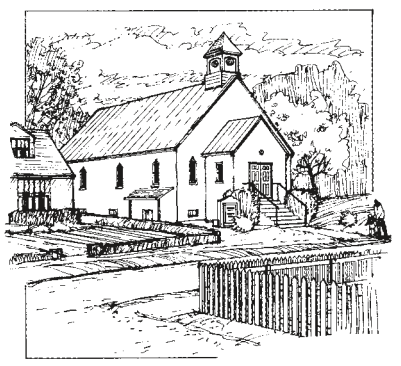
New Street United Methodist

Church & New Streets
Dee-Ann Dixon, Pastor
Telephone: (304) 876-2362
Sunday Worship: 10:00 a.m.
Sunday School: 10:00 a.m.
Youth Faith Class: 10:00 a.m.
nsumc@frontiernet.net
www.newstreetumc.com



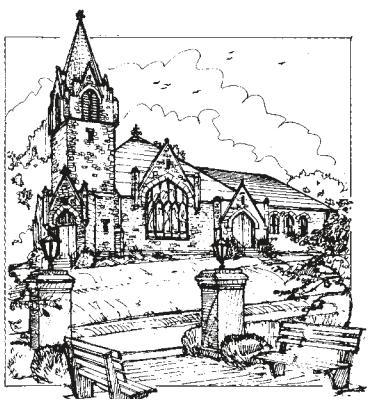
St. Agnes Catholic Parish

106 South Duke Street
Father Mathew Rowgh
Telephone: (304) 876-6436
Sunday Eucharist: 8:00 a.m. & 10:30 a.m.
Saturday Eucharist: 5:30 p.m.
Sunday School: 9:15 a.m.
www.StAgnesShepherdstown.org



St. John's Baptist

West German Street
Rev. Cornell Herbert, Pastor-Elect
Telephone: (304) 876-3856
Sunday Worship: 11:00 a.m. & 7:00 p.m.
Sunday School: 9:30 a.m.

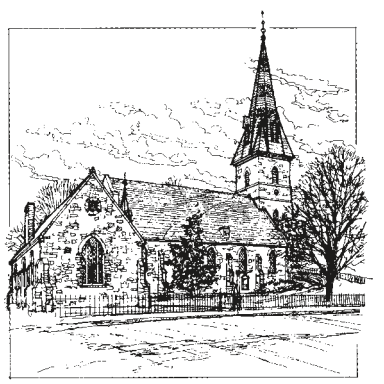


St. Peter's Lutheran

King & High Streets
Karen Erskine-Valentine, Pastor
Telephone: (304) 876-6771
Sunday Worship: 11:00 a.m.
Children/Adult Sunday School: 10:00 a.m.
(located in grey house adjacent church)
www.Shepherdstownlutheranparish.org

Shepherdstown Presbyterian

100 W. Washington Street
Telephone: (304) 876-6466
Sunday Worship: 8:15 a.m. & 10:45 a.m.
Sunday School: 10:45 a.m.
Nursery year-round
www.shepherdstownpresbyterian.org



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Danske Dandridge

Shepherdstown Poet, Garden Writer, and Historian

Vicki Smith

Caroline "Danske" Bedinger Dandridge (1854–1914), a writer with roots deep in Shepherdstown, published *Joy, and Other Poems* 120 years ago. She would publish another book of poetry, 200 articles on gardening, and three books on Revolutionary War–era history, *Historic Shepherdstown; George Michael Bedinger, Kentucky Pioneer;* and *American Prisoners of the Revolution*. Her father, Henry Bedinger, called her Danske, because she was born when he was the first U.S. ambassador to Denmark. Her forebears included early German settlers prominent in Shepherdstown's history. Her poem "Wings" is from *Joy and Other Poems*, New York: G.P. Putnam's Sons, 1900.

Vicki Smith *is on the Historic Shepherdstown Commission board as well as its museum committee.*

Wings

Shall we know in the Hereafter
All the reasons that are hid?
Does the butterfly remember
What the caterpillar did?
How he waited, toiled, and suffered
To become the chrysalid.

When we creep so slowly upward;
When each day new burden brings;
When we strive so hard to conquer
Vexing sublunary things—
When we wait and toil and suffer,
We are working for our wings.

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