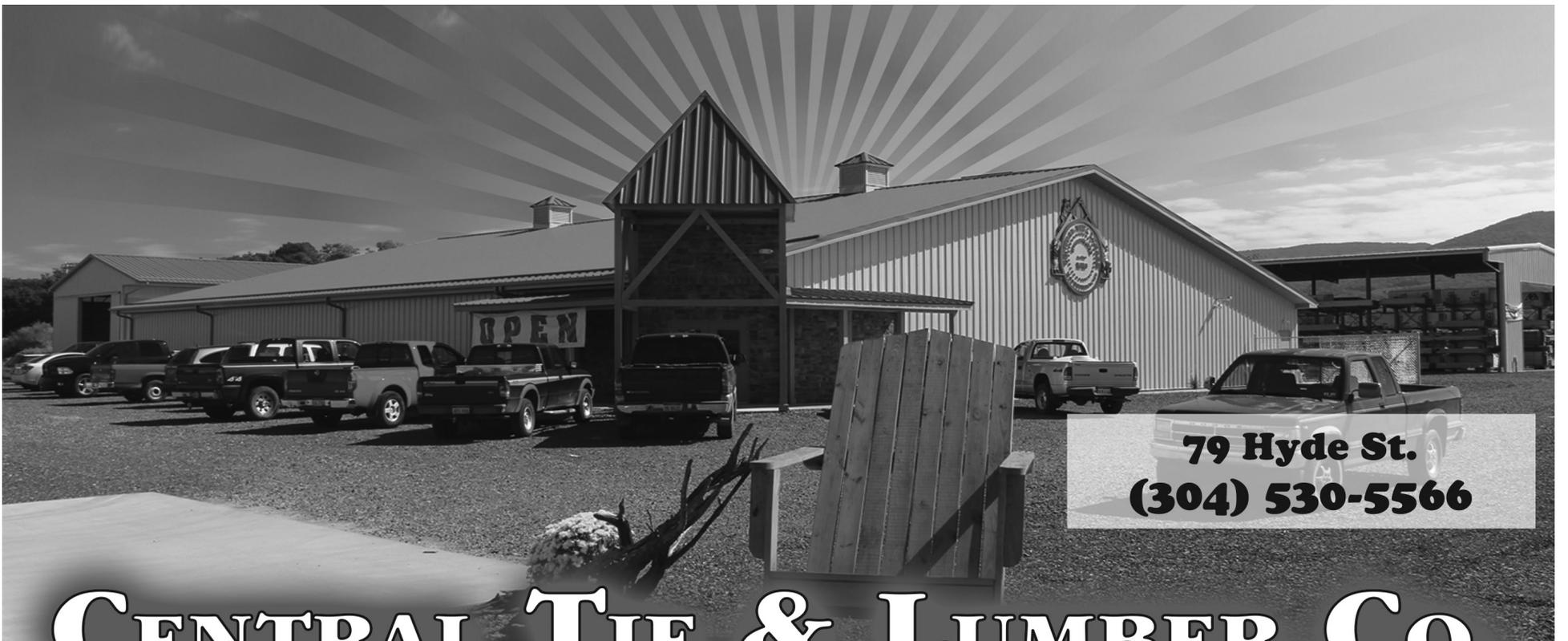




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# Autumn is Here!

Weather is often the first indicator that the seasons are changing. For many people across the globe, the hot days of summer will soon be giving way to the more crisp days of fall.

For those who live in regions where summer only subtly gives way to fall or is seemingly gone before the end of August, the 2019 autumnal equinox occurs on September 23. That marks the official beginning of fall, also known as autumn. In fact, that the season the follows summer seemingly goes by two different names is just one of many interesting facts about fall.

• A season by any other name ... Fall is the term most often used to reference the season succeeding summer in the Unit-

ed States. But the season is referred to as “autumn” in other parts of the world, including Great Britain. Fall was once even known as “harvest” because of the harvest moon, which appears close to the autumnal equinox.

• The colors of fall foliage are actually present year-round. Fall is known for its colorful foliage. But the pigments responsible for those colors are actually present year-round. According to the SUNY College of Environmental Science and Forestry, green, yellow and orange pigments are present year-round. However, during spring and summer, the leaves serve as factories where many foods necessary to help the tree grow are manufactured. That

process takes place in the leaf in cells containing chlorophyll, which gives the leaves their green color. This process ceases as hours of daylight decrease and temperatures drop. As a result, chlorophyll breaks down, the green color disappears and the vivid colors of fall foliage begin to appear.

• Squirrels have a (sophisticated) plan out there. Squirrels hiding food in autumn for the upcoming winter is a familiar sight. And squirrels are more organized than many people may know. Ground-breaking research released in 1991 found that, even when squirrels bury that stash of nuts closely to one another, they will each return to the precise location of their personal cache. Recent research also has

shown that squirrels bury their stash based on certain traits, such as the type of nut being buried.

• Babies born in fall are more likely to see the century mark. Researchers at the University of Chicago studied more than 1,500 centenarians born in the United States between 1880 and 1895. They then compared birth and death information with those centenarians’ siblings and spouses so they could compare their early environment and genetic background and their adult environment. Their research found that most centenarians were born between September and November.

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# Home Improvement

## Foliage Frustration? Get Use Out of Fallen Leaves



By the time autumn hits full swing, many trees will have shed their leaves for the season, and the last vestiges of red, yellow and orange magic will have faded to brown. Raking, blowing and collecting leaves becomes the primary chores of lawn and yard maintenance, and presents most homeowners with large piles of gathered leaves to tend to.

### Did you know?

Raking leaves may be an autumnal traditional for many homeowners, but those who want a less strenuous way to prevent their lawns from being suffocated by fallen leaves may want to consider mulching them. Fallen leaves should never be left to linger on a yard for very long, and some homeowners may be surprised to learn that waiting to rake until all of the trees on a property have shed their leaves can be detrimental to the lawn. That's because fallen leaves trap

*Continued on page 5*

It is impossible to count just how many leaves fall to the ground each year, or just how many pounds of leaves get collected curbside, but the numbers are substantial. Cleaning up leaves is considerable work, but not all of those leaves need to be carted away. In fact, there are several different uses of leaves that can be beneficial.

1. Spread leaves as a protective mulch to cover tender perennials or root crops/bulbs in the ground. The leaves will form a natural insulating cover that keeps the soil and the plants within a bit warmer over winter.

2. Create a pile of leaves that will break down and form a crumbly, compost-like material called leaf mold. Even though leaf mold may sound like a blight, it's actually a good amendment to garden soil, improving its structure and ability to hold water. Leaf mold also attracts beneficial organisms that are vital in healthy soil.

3. Brown leaves can be added to green materials in compost piles to improve the health of the compost being formed. According to the healthy living resource Care2, the ideal ratio is 75 percent brown to 25 percent green materials in compost. Turn compost piles reg-

ularly to aerate them.

4. Store dried, mulched leaves in a dry spot so they can be used in the spring as a weed barrier for spring plantings. They will keep weeds at bay and help retain soil moisture to ensure small sprouts have the resources to grow.

5. Use shredded leaves as a lawn supplement. Pass a lawn mower over leaves left on the lawn to break them down into pieces too small to rake. This will help keep the lawn healthy throughout the winter without blocking out needed sunlight.

6. Bag dried leaves and pack them tightly together in cold areas of the home, such as basements or garages. They can act as added insulation. Bags of leaves also can be placed around planting containers to protect them from frost.

7. Gather a few of the best-looking leaves and preserve them. Use an iron on a low setting and press leaves between two pieces of waxed paper until the waxed paper seals together. Or use clear contact paper to achieve the same effect.

Fallen leaves can be used in many different ways throughout the year.

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# Reap Rewards from the Garden, Even in the Fall

Gardening is a rewarding hobby that can help people relax and produce an enviable landscape. Many gardeners even find their meals are more fresh and flavorful when using items they grew themselves. While many gardeners do the bulk of their gardening in the spring and summer, certain plants thrive in cooler temperatures. That group includes autumn vegetables that are ripe for the picking when leaves begin falling.

Fall gardens provide a reason to enjoy the oft-enjoyable autumn air. So many different vegetables come to life in the autumn, and they can make wonderful additions to the dinner table. Broccoli, kale, collards, spinach, squashes, artichokes, and beets are just some of the many autumn planting options you can try. Celery also is best in the fall, and its harvest continues through winter in temperate climates. By replacing crops that have been harvested through the spring and summer with fall-friendly alternatives, you can keep your garden productive for most of the year.

Begin the process by counting back 12 to 14 weeks from the expected first frost date for where you live. Begin seeds for your autumn plantings indoors, because summer heat and dryness are not the best conditions to nurture young seedlings.

Enrich the soil with compost so that you can replenish the nutrients lost from the last crop harvested.

Each region is different, so learn about when to put plants in the ground for your region. Many plants still need the sun and warmth of late summer to thrive and produce well into the fall. If you are unsure, consult with a local garden center, where you can learn about various aspects of autumn gardening. Onions, shallots and garlic are best planted mid-fall after the soil has cooled.

Gradually introduce seedlings to more sunlight and outdoor temperatures before they go in the ground, as they need time to adjust to the unfiltered sun.

Be sure to thoroughly water the garden. Newly planted beds should be kept moist to germinate and so established plants can take root. In addition, consider a shade covering so that the soil doesn't dry out or get baked in the sun. Mulch also can help retain moisture and keep the conditions ideal for your autumn vegetables to grow.

Remember that moisture and cooler temperatures can attract garden pests, so you may need to employ some strategies to keep them under control. For example, insect barriers and all-natural baited traps can keep slugs and snails from munching on your autumn plants.

Fall vegetable gardens can be worthy endeavors, yielding plenty of crops and providing the fun and fulfillment of gardening into the fall.

# What to Know Before Replacing Home Windows

(StatePoint)

As with any home upgrade, a little research can help ensure a top-quality installation with the best materials on the market. Here are the most important factors to consider before purchasing replacement windows:

- **Energy Efficiency:** Energy-efficient windows can keep utility bills in-check while helping manage climate control. Seek out the ENERGY STAR label, which indicates a product is energy efficient according to standards from the U.S. Environmental Protection Agency and the Department of Energy.

Numbers don't lie so be sure to also check the National Fenestration Rating Council Label to compare performance between energy-efficient windows in the following categories: U-Factor (how well the window retains heat), Solar Heat Gain Coefficient (how well it resists unwanted heat gain), Visible Transmittance (how well it lets in natural light), Air Infiltration (how drafty the window is), and Condensation Resistance (how well it resists inside surface condensation).

- **Test Specifications:** All windows on the market are tested for their structural integrity, as well as their resistance to air and water. Investigating these ratings is important, particularly in regions that see wicked weather.

- **Insulation:** For maximum energy efficiency and comfort, look for new technologies such as Neopor insulation and INNERGY thermal reinforcements that deliver high-performance and meet ENERGY STAR certification standards. Windows offered by ProVia, for example, include these features and are tested against the most stringent requirements for air and water infiltration, wind load resistance, ease of operation, forced entry and more.

- **Material:** Windows are available in such materials as vinyl, wood, aluminum and fiberglass. Understanding the benefits of each can help you arrive at the right decision for your home, priorities and budget, and new options even mix materials, combining different advantages into one product.

- **Warranty Availability:** Replacement Windows can cost thousands of dollars and should last a long time, so consider protecting your investment by opting for windows that come with a comprehensive lifetime warranty that's transferrable to the next homeowner. This can potentially increase your home's value should you put it on the market.

- **Style:** The style of your new windows can complement the architectural features of your home, provide visual interest and boost curb appeal. Using online design resources and visualizer tools can help you see how particular hardware finishes, colors, add-ons, finishing options and accessories will look on your home.

- **Recognition:** Third-party recognition for a particular brand or product is a strong indicator that you're investing in a quality product. A recent "Remodeling" magazine survey of remodeling contractors ranked ProVia vinyl windows as number one in window quality, citing its unique ability to customize as needed, its personalized customer service, strong warranties and mix of state-of-the-art manufacturing equipment and human craftsmanship. Lastly, the brand was recognized for strong attention to detail, as it follows an 80-plus item checklist for quality control. More information can be found at [provia.com/windows](http://provia.com/windows).

Before upgrading, get savvy. Doing so can help you make a decision that will improve your home's beauty, keep your family comfortable and safe and save you money.

## Did You Know

Continued from page 4

moisture and prevent sunlight and air from reaching the grass, making lawns more vulnerable to disease. Fallen leaves also can harbor insects, again putting lawns at risk of disease. Mulching may be the best option for homeowners who prefer to avoid spending several weekend afternoons each fall raking leaves. Many lawnmowers are now equipped with mulching capabilities, which can remove the need to rake. When leaves are mulched, they are minced into tiny pieces that are left behind on the lawn. Such pieces are so small that they won't block air or light from reaching the grass, nor are they likely to harbor insects. But as these tiny pieces of leaves decompose, they enrich the soil with nutrients, so much so that some lawns may not even need to be fertilized in the fall.



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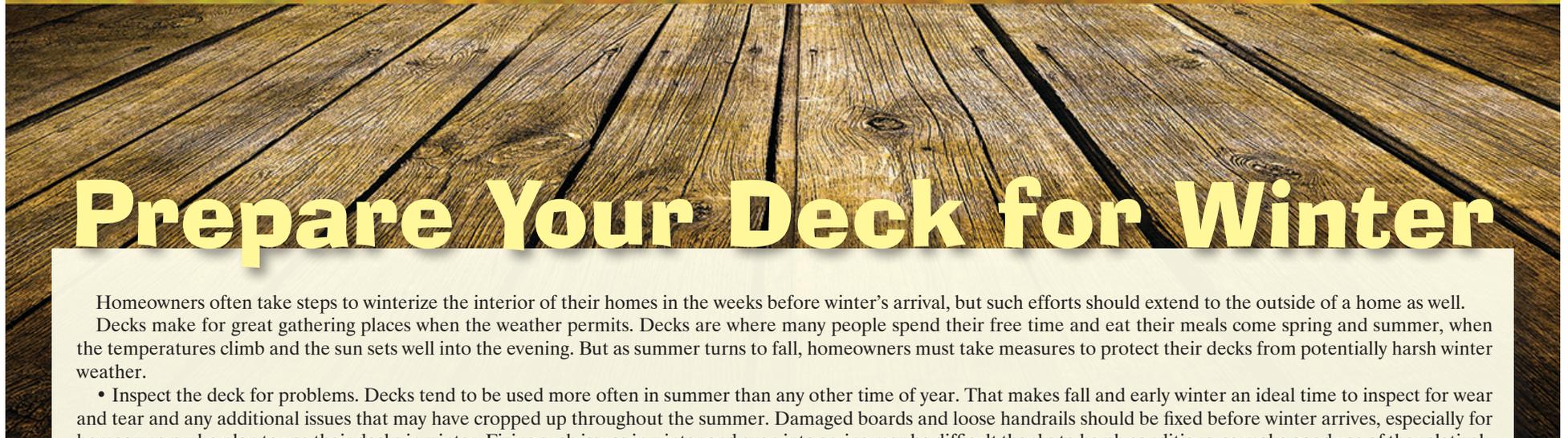
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# Prepare Your Deck for Winter

Homeowners often take steps to winterize the interior of their homes in the weeks before winter's arrival, but such efforts should extend to the outside of a home as well.

Decks make for great gathering places when the weather permits. Decks are where many people spend their free time and eat their meals come spring and summer, when the temperatures climb and the sun sets well into the evening. But as summer turns to fall, homeowners must take measures to protect their decks from potentially harsh winter weather.

- Inspect the deck for problems. Decks tend to be used more often in summer than any other time of year. That makes fall and early winter an ideal time to inspect for wear and tear and any additional issues that may have cropped up throughout the summer. Damaged boards and loose handrails should be fixed before winter arrives, especially for homeowners who plan to use their decks in winter. Fixing such issues in winter and even into spring may be difficult thanks to harsh conditions, so make good use of the relatively calm autumn weather to fix any issues on the deck.
- Clear the deck of potted plants. Even homeowners who intend to use their decks in winter should remove potted plants from the deck in the fall. The home improvement experts at HGTV note that moisture can get trapped between deck boards and plastic, wood or ceramic containers in cold weather, and that can contribute to mildew, discoloration or decay.
- Store unnecessary furniture. Homeowners who like to sit on their decks in winter will no doubt want to leave some furniture out over the winter. But those with lots of furniture for entertaining guests can likely move the majority of that furniture into a garage or shed for the winter. HGTV notes that doing so will prevent the potential formation of blemishes on the deck that can result from inconsistent weathering.
- Remove snow, but do so carefully. Prolonged contact with snow and ice can damage a deck. As a result, homeowners should clear snow from their decks when accumulation is significant. HGTV recommends using a snow blower on the deck to avoid scarring. If a shovel must be used, push snow with the planks to reduce the risk of damaging the deck.

Homeowners who take steps to protect their decks throughout the winter months can ensure these popular areas are ready once entertaining season returns in the spring.



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# Health

## Time Change: Switching the Clocks Can Affect Your Body

Much of the world adjusts their clocks each spring and fall. In the fall, clocks are fixed on standard time, while in the spring they're moved forward one hour to daylight saving time, or DST.

The rationale behind DST has long been based on energy savings, as the demand for electricity to light homes is related to the times when people go to bed at night and rise in the morning. Studies conducted by the U.S. Department of Transportation in 1975 determined that moving clocks ahead one hour could save a small amount of energy each day. In New Zealand, power companies registered a 3.5 percent decrease in usage when daylight savings starts. Even though the energy savings associated with DST can be significant, some suggest those savings come at the expense of human health.

Research suggests that a one-hour time change twice a year can significantly throw off humans' internal clocks. A report conducted by the Massachusetts Legislature in the summer of 2016 found that people lose a significant amount of sleep in the days following

DST, which can lead to an increase in both traffic fatalities and on-the-job injuries. Disrupted sleep cycles can leave people restless and coping with anxiety. A 2012 study published in the *Journal of Applied Psychology* found shifts related to DST led to killing time on the internet and other "loafing" around from lack of energy and motivation.

Finnish researchers analyzed more than 10 years of stroke data and its relation to DST. The overall rate of ischemic stroke increased by 8 percent in the first two days after transitioning to DST.

Similarly, other issues arise when clocks are switched back to standard time in the fall. Danish researchers found the rate of people seeking care for depression rose for up to 10 weeks after clocks were turned back.

Various petitions have been created to urge legislators to maintain DST all year long. The United Kingdom-based Royal Society for the Prevention of Accidents says doing so will reduce road deaths currently caused by darker evenings in autumn and winter. Keeping the time consistent can help avoid body clock re-



sets, may prevent accidents and could increase productivity in the evening hours when the autumn arrives. Only time will tell if turning the clocks back and moving them forward will become a relic of the past.

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# H arvest

## Farm-to-Table Offers Various Benefits to Expanding Industry

Few things are more satisfying than biting into a fresh tomato right from the garden or seasoning a meal with herbs picked from a windowsill greenhouse. Restaurants recognize the value of such experiences, and more and more are relying on locally sourced products in their kitchens.

The farm-to-table movement is not new, but it has gained momentum as consumers become increasingly enamored with the flavor and environmental impact of locally sourced foods. The National Restaurant Association found that farm-to-table food was one of its top 10 trends for 2015. Furthermore, the group says that one in five consumers are willing to pay more for local food, and 41 percent admit that locally sourced ingredients influence their decisions when choosing where to dine.

Newcomers to the farm-to-table dining experience may not understand all the fuss sur-

rounding this popular trend. The following are some of the key benefits of farm-to-table.

- **Peak freshness and ripeness:** Local produce ripens on the plant and can be harvested at the last possible minute before it turns up on a plate. This helps ensure that it contains the highest amount of nutrients and flavor, according to the Harvard T.H. Chan School of Public Health. Food that has to travel further is often picked well before it is ready, ripening on the way to stores or other vendors.

- **Better for the environment:** Food that needn't travel far before reaching diners' plates saves roughly 500 gallons of diesel fuel to haul produce a distance of 1,500 miles. This conserves fossil fuels and prevents harmful emissions from entering the atmosphere.

- **Supports neighboring farms:** Supporting farm-to-table restaurants and other eateries keeps business local in two different ways. It



not only benefits local restaurants, but it also directly supports neighboring farms, fisheries and other suppliers.

- **Accessibility to seasonal choices:** Farm-to-table eating provides a wide variety of in-season foods. This can translate into tastier foods because they are grown and harvested during their optimal growing season.

- **Reduces factory farming:** According to O.info, the informational resource powered by Overstock.com, farm-to-table and local farming can reduce reliance on large, profit-driven corporations that may focus on maximum pro-

duction over animal health and welfare. Local farms may be more inclined to treat their animals well and institute sustainable practices.

- **Learn about the community:** A person might live in an area and never know that a local vineyard is in the vicinity or that a producer of straight-from-the-hive honey is nearby. Exploring farm-to-table resources can open people's eyes to local businesses doing great work in and around their communities.

Farm-to-table is a popular movement that people are embracing for various reasons.

## WVDA Reports Industrial Hemp Acreage Quadruples in 2019

According to the West Virginia Department of Agriculture (WVDA), industrial hemp farmers in West Virginia more than quadrupled crop production in 2019 compared to the previous year. In total, 132 farmers grew 641 acres of industrial hemp this year, a significant increase from the 155 acres grown in 2018.

"We must be doing something right in West Virginia for the number of growers and acreage to increase this dramatically. In just a few years, we have gone from 24 growers, focused solely on research, to a thriving economic opportunity for our state," said Commissioner of Agriculture Kent Leonhardt. "We want West Virginia to be known as an ideal location to tap into this emerging industry. Clearly, we are well on our way to that goal."

Building on the success of 2019, the number of applicants for the 2020 growing season has more than doubled. As of October 1, 2019, 407 applications have been submitted for approval to the WVDA industrial hemp program, and this number should increase as final submissions come into the Department.

"It is great to see, despite some uncertainty from our federal partners, continued excite-

ment and interest surrounding this new, legal crop. The next step for us is to figure out is how to keep all this raw material being grown within our borders by converting the plant material into usable supplements, fibers, fuels and other products. To continue to develop this industry, we need to pair processors with producers," Leonhardt said.

On December 20, 2018, President Donald Trump signed the 2018 Farm Bill which included a provision to legalize the commercial cultivation of industrial hemp. The bill removed industrial hemp from the list of federally controlled substances while clarifying industrial hemp producers may participate in United States Department of Agriculture (USDA) programs.

The USDA is expected to issue rules and guidelines sometime this fall. Oversight to regulate cultivation will continue to rest with individual state departments of agriculture upon approval by USDA. State pilot projects are to operate under existing rules until that time.

For more information or questions, contact Crescent Gallagher at cgallagher@wvda.us or 304-558-3708.

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# Hunting

## Prepare Youngsters for Their First Hunting Trip

A young person's first hunting trip can be an incredible experience, sparking a lifelong love and appreciation for nature and wildlife. Parents who grew up hunting likely remember their first hunting trip and want to recreate that experience for their own children.

As memorable as a first hunting trip can be, parents of current youngsters might not recall all the pre-trip preparation their own folks did to make that first hunting experience so memorable. Such preparation can ensure today's youngsters enjoy the same magical experience their parents did when going hunting for the first time.

- Make sure kids are ready. Kids' maturity levels merit consideration before taking them hunting for the first time. Children may experience a range of emotions on their first hunting trips. Such emotions can include excitement, nervousness, sadness, and/or guilt. Parents should assess their children's maturity levels prior to announcing a trip to make sure they're ready for that emotional roller coaster. Kids mature at their own pace, so assess each child individually, resisting the temptation to assume one child is ready at a given age because an older sibling was ready at the same age. The American Forest Foundation recom-

mends parents first take their youngsters along as hunting apprentices, which allows them to participate in the rituals of the hunt while their parents can gauge how mature they are to handle the hunt itself.

- Make sure kids can handle their guns. Wide Open Spaces, a website devoted to providing up-to-date information for hunters, fishermen and outdoor enthusiasts, notes the importance of kids knowing how to use their guns before they go hunting for the first time. Kids should know how to load and unload, check the chamber and turn the safety on and off. Kids should be confident with their guns, feeling comfortable enough to pull their firearms to their shoulders, get the gun's sights on the animal and pull the trigger.

- Temper youngsters' expectations. Hunting is a rewarding hobby, but also one that requires a lot of work. Weather also can be unpleasant during hunting season, and that can quickly spoil youngsters' impressions of hunting. Temper kids' expectations in advance of a hunting trip so they know it won't necessarily be all fun. In addition, let children know many hunting trips end without a kill.

- Focus on the fun factor. The AFF notes that surveys indicate that young hunters are



more excited to have fun and enjoy quality outdoor time than they are by the prospect of bagging and taking home a trophy animal. Parents should focus on the fun and the beauty of nature when taking youngsters hunting

to ensure kids have as good a time as possible. Some pre-trip preparation on the part of moms and dads can make youngsters' first hunting trips successful.

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# Halloween

## Costumes That Should Be Popular This Year



Halloween is a chance to celebrate whimsy and fantasy and have fun. Halloween is not complete without dressing up in costumes and taking on an alternate persona.

Many of the costumes people will covet this year involve the movie and television characters that have entertained the masses in the months leading up to October. With that in mind, these get-ups are poised to be plentiful as kids and adults begin their hunt for Halloween candy.

### Fortnite

Gamers of all ages still can't get enough of the multiplayer game that exploded on the

scene in 2017. Fans are still going strong and may want to emulate their favorite characters from the battle.

### Spiderman

Peter Parker's European trip is put on hold when he agrees to help Nick Fury uncover some mysteries. The latest Spiderman was highly anticipated, so Halloween revelers likely can't wait to spin their own webs and don the suit.

### Stranger Things

The incredibly popular Netflix series

"Stranger Things" has sparked an entire subculture of fans. Now in its third season, viewers have immersed themselves in 1980s pop culture and the lives of the main characters. Whether they choose to go as a Demogorgon, Eleven, Dustin, Mike, or Will, the sci-fi show is sure to spawn some recognizable costumes.

### Infinity War and Endgame

Marvel gave fans two action-packed movies featuring a slew of characters from the Marvel cinematic universe. Fans can pick among Thanos, Thor, Captain America, Doctor Strange, or any of their movie and comic book heroes for Halloween fun.

### Game of Thrones

Having recently finished its final season, "Game of Thrones" enjoyed a remarkable and wildly popular run. Based on George R. R. Martin's series of fantasy novels, the show became one of the most popular programs on television, attracting legions of fans following the antics in the Seven Kingdoms. People can pull from costumes emulating popular characters from the series.

### Disney

With the release of live-action versions of some of their animated films, Disney fanatics may once again channel Aladdin, Simba, Jasmine, Dumbo, and more.

These are just a few of the costumes that are prime to be popular among Halloween tricksters this year.

## These Places Aren't As Scary as Their Names Imply

Halloween can be made even more 'spook'tacular by celebrating in various towns or cities with terrifying names. Canada and the United States are home to many places with names that are seemingly right out of a horror film. Here are some of the more notoriously named places.

### In the United States

Casper  
Devil's Thumb  
Kill Devil Hills  
Scarville  
Seven Devils  
Skull Valley  
Slaughter Beach  
Sleepy Hollow  
Tombstone  
Transylvania County  
Yellville

### In Canada

Axe Point  
Bloodvein  
Butchers  
Coffin Cove  
Deadmans Harbour  
Ghost River  
L'Île-aux-Fantômes  
Owl Creek  
Rat Rapids  
Spirit Lake  
Wreck Cove

## These Tasty Treats Are Staples Of Halloween Celebrations

Kids can't celebrate Halloween without asking neighbors "Trick or treat?" Pranks might be part and parcel of Halloween, but treats are what many goblins and ghouls anticipate the most come October 31.

Youngsters are not the only ones who look forward to the sweets that are synonymous with Halloween. Adults also indulge their sweet teeth on Halloween. The following are some treats that simply must be part of all the fiendish festivities this Halloween.

### Candy

The National Confectioners Association estimated that, in 2018, Halloween would generate \$9 billion in candy sales. In fact, the NCA notes that Halloween, despite being just a single day, accounts for about 8 percent of annual confectionary sales. To say that trick-or-treat-

ers and other Halloween celebrants would be disappointed if candy was not part of Halloween celebrations would be an understatement.

### Chocolate

Chocolate often finds its way into candy bars, but chocolate also can stand on its own, especially on Halloween. In its U.S. Food Market Outlook 2018 report, the market research firm Packaged Facts found that the Halloween season is the fourth most lucrative season of the year for chocolate sales. Celebrants who don't have any chocolate to offer this Halloween may find themselves on the receiving end of a few tricks.

### Candied Apples

Each Halloween, candied apples reappear. Though rarely seen throughout the rest of the

year, candied apples are perhaps an ideal treat for Halloween, which occurs right in the heart of apple-picking season.

### Pumpkin Seeds

Carving jack-o'-lanterns is a beloved Halloween tradition in many households. If yours is a home where pumpkin seeds are typically discarded, this year you can consider making better use of them by eating them. Pumpkin seeds are great sources of fiber, and the World Health Organization notes that they have long been a great source of zinc. Roasted pumpkin seeds make for a great and nutritious snack when turning ordinary pumpkins into scary jack-o'-lanterns.

Food is a big part of Halloween, and certain items simply must be a part of the culinary experience on this beloved holiday.





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