#### Legislative Update by Delegate Brent Boggs

As I sit down to begin writing this week's column after church services on Sunday, I'm uplifted by the message this morning, but deeply saddened once again by the tragedies in El Paso, TX and Dayton, OH, taking the lives of at least thirty innocent men, women and children with scores injured. That does not include the thousands of bystanders that were caught in the events and will live with that trauma for a lifetime

Justin and his family are on a brief vacation at this writing and when he called Saturday afternoon, I mentioned the tragedy in El Paso, where stores were packed with back-toschool shoppers. Then he sent me a text early Sunday morning regarding the Dayton shooting, which was less than an hour from their location. Yet another wake-up call for all Americans. Every time one of these incidents occurs, all our citizens realize the vulnerability of all manner of public venues. As the FBI examines these latest incidents, they may be classified as domestic terrorism.

Except for a few pop-up storms, the Braxton County Fair concluded last Saturday night with another successful and well-attended event in the books for 2019. Thanks to all the sponsors and the volunteers that devote countless hours of time and energy into making the Fair a great family venue. I'm certain that plans for 2020 are already underway.

When I write about revenue collections, I realize it's not an exciting or uplifting part of my columns, but one that I believe is both important and part of my pledge to each of you to keep you informed. Last week, the Senate Finance staff released their monthly assessment of the State's fiscal condition after the first month of the 2020 fiscal year.

While the report touts the revenue being over \$30 million over estimates for July, it further notes that the total includes \$70 million that the Governor "borrowed" from the State Rainy Day Fund in late June, in order to facilitate meeting all state obligations at the beginning of a new fiscal year. To be fair, this is an ongoing practice through several administrations to tap existing revenue in the Rainy Day Fund to meet up-front ob-

ligations. It also will be repaid within three months, each September. So, less the borrowed funds, general revenue fell well below estimates for July.

Now, both June and July have come in below estimates, despite being in the peak of construction season for roads and pipeline work. Two of the three biggest revenue sources consumer sales tax and personal income tax – both fell below estimates for the second month in a row.

Personal Income Tax -\$135 million (\$16.6 million below estimates)

Consumer Sales Tax -\$80.5 million (\$7.4 million below estimates)

Severance Tax collections missed the mark for July, coming in substantially lower than estimates. However, July is generally when transfers of funds to energy producing counties is made. It is anticipated that this should rebound when August figures come

Finally, I often get requests and concerns regarding various game regulations, seasons and other factors that need to be addressed by DNR. Generally, before the Legislature gets involved, the DNR Natural Resources Commission is consulted. Quarterly, the DNR convenes the Commission, with the next meeting is scheduled for October 27 at Stonewall Jackson State Park. The meetings are open to the public and an opportunity for the public to mold and influence DNR policies.

The commission is comprised of seven citizen members, not holding or a candidate for any political office and geographically diverse in terms of residence, serving as an advisor to DNR and the DNR director, who may submit to the Commission any program or policy matters on which he or she wishes to obtain the advice, counsel and opinion of the Commission. It has the following powers and duties,

according to WV Code: To consider and study the entire field of legislation and administrative methods concerning the forests and their maintenance and development, the protection of fish and game, the beautification of the state and its highways, and the development of lands, minerals, waters and other natural resourc-

(2) To advise with the

Director concerning the conservation problems of particular localities or districts of the state;

(3) To recommend policies and practices to the Director relative to any duties imposed upon him or her by law;

(4) To investigate the work of the Director, and for this purpose to have access at reasonable times to all official books, papers, documents and records;

(5) To advise or make recommendations to the Governor relative to natural resources of the state;

(6) To keep minutes of the transactions of each session, regular or special, which shall be public records and filed with the Director; and

(7) To fix by regulation which it is hereby empowered to promulgate, in accordance with the provisions of chapter twentynine-a of this code, the open seasons and the bag, creel, size, age, weight and sex limits with respect to wildlife in this state.

Minutes of meetings and the names of members are available on-line on the DNR website, including archived minutes of previous meetings. If you do not have Internet access, I'll be glad to get you a copy of their minutes, upon request. I urge all those with comments and concerns to attend one of the Natural Resources Commission meetings to gain a better understanding of how DNR generally sets policies regarding wildlife, seasons, and related issues.

During the time between sessions, please send your inquiries direct to my home office at: 151 Park Street, Gassaway, WV 26624; or, to the Capitol office: State Capitol Building 1, Room 258 M, Charleston, WV 25305. My home number is 304-364-8411. If you have a concern or interest in any particular bill or issue, I welcome you to contact me. For those with Internet access, my legislative e-mail address is: Brent.Boggs@WVhouse.

Thank a veteran every day for their service and remember our troops - at home and abroad - and keep them and their families in your thoughts and prayers. Until next week, take care.

#### A stick comes to life

By: Jeanette Riffle

My husband was down in the low part of the woods by us and saw what he thought was a stick falling out of a tree. Rascal started barking and went down there and the stick took off. It was a black snake that had been up in a tree after baby birds. Duane had to get the dog and put him in the garage because the snake might bite him. You can get an infection from a non poisonous snake bite. We know of a woman who was working in her garden and got bit by a snake and she had an awful infection in her leg. My husband was telling me more snake stories.

His Grandpa Riffle told him that if he killed a rattlesnake, to be sure and pound the head into the ground before you take the rattlers off for a souvenir. The snake could be dead but reflex could cause the head to fling forward towards your arm and the snake's head would stick it's fangs in, when you start cutting rattlers off. I have heard the same thing. Be sure you get the head of any snake or it could even chase you. He said his Aunt Susie Riffle Perrine told him of she and some of her siblings over on Bear Fork coming upon a rattler one time. They got into a fight with it and had to run. It took after them but they got it killed. Kids use rocks or sticks or whatever they

can find to pick up and kill a snake. I heard a story one time of a couple girls helping their Dad on a hill with some farm work and they came upon a big black snake. They took a hoe and chopped it into. The remaining part with the head came after them and they ran back down the hill. It chased them clear to the house. Their Dad came down and finished it off.

My Dad must have heard some really wild stories about black snakes because he tried telling me that if I saw a black snake, I had to kill it or it would wrap around one of my little brothers and choke them too death. I didn't believe that but I did kill one that was wrapped around a window on our front porch. It was trying to get up into the attic. There were probably mice up there.

thought they were constrictors that if you didn't get the head smashed, the snake would regenerate like a fish worm and come back to haunt you. I learned better in Biology class later on, and told him that they do not regenerate like a fish worm. My parents grew up in an era of folk lure, ghost stories, and old wives tales, and they were just that to me.

A lot of it was scary. It certainly was not entertaining. Until next time, enjoy the rest of the summer and take care. God

### Copen School reunion

It's that time of the year our Copen School Reunion is very soon. The date is Saturday, August 31 beginning at 10:00 am. The school closed 50 years ago. Come out and enjoy the fellowship of your classmates. Same place-covered dish and chair. Hope to see you soon.

#### Burnsville CEOS Club

The Burnsville CEOS Club met July 10th at the Mayor's office in Burnsville with Jessica

Vandernick Hostess. The meeting was called to order by President Betty Carson with roll call and flag pledge. Eight members present.

Beverley Monroe led meditations by reading poems "Land Poetic" and "Our Flag Forev-

er". Secretary and trea-

surers report were given and approved. The Health Motiva-

tor Diana Hosey's lesson this month was on "Fad Diets". If they sound too good to be

they probably are. Beverley had books

to share. Some on WV

The club will have an exhibit at the fair. Diana and Jessica will do that. Motion was

made to buy mildweed seed bombs to share there from our club. Motion carried.

Beverley presented the lesson this month on "Basic Self Defense for Seniors". Always be aware of your surroundings.

Our next meeting will be September 11th

2019 at the Mayor's office in Burnsville 10 am with Betty Carson, Hostess. We will be going to

lunch in August. Those

present and not men-

tioned



# Good Food!

Great everyday recipes for your enjoyment... By Craig A. Smith



Tasty Hamburger Skil-

Courtesy foodhero.org Ingredients:

1 pound lean ground beef (15% fat)

1/3 cup chopped onion (1/3 medium onion)

1/3 cup green pepper, chopped

2 cups water

1 cup long grain white

1 teaspoon garlic powder or 4 cloves of garlic

1 tablespoon chili pow-

¼ teaspoon salt teaspoon ground

pepper 1 can (15 ounces) diced

tomatoes, with juice 1 can (15 ounces) whole kernel corn, drained (or

about 1½ cups frozen) 1 can (15 ounces) red kidney beans, drained and

½ cup grated cheddar

Directions:

Makes: 9 cups; Prep time: 10 minutes; Cooking time: 30 minutes.

Cook ground beef, onion, and green pepper in large skillet over medium heat (300 degrees in an electric skillet) until hamburger is no longer pink. Drain excess fat from pan. Add water, rice, garlic

powder, chili powder, salt, pepper, tomatoes with juice, corn, and beans. Cook, covered, for

about 20 minutes or until rice is soft. Remove from stove

cheese, and serve hot. Refrigerate leftovers within 2 hours.

top, sprinkle with grated

Notes

Tip: Garnish this dish with a tablespoon of lowfat sour cream.

Flavor boosters: green chilis, jalapeños, more garlic, and other season-

Make extra! Leftovers make a great filling for tacos, burritos, filling for stuffed bell peppers, or as a topping for baked pota-

Use whole grains! Use brown rice instead of white rice and increase cooking time to 45 min-

Cook your own dry beans. One can (15 ounc-

drained beans.

Let's learn a little about sweet bell peppers.

All bell peppers start out green, but some are left on the plant longer before being harvested, so that other colors -- and a sweeter, more mellow flavor -- develop. Unlike sweet bell peppers, spicy peppers provide a burning sensation because they capsaicinoids, contain which act on pain receptors in the mouth - not on our taste buds! These compounds are stored in the light-colored veins, on the walls, and around the seeds of hot peppers. Hot, spicy varieties include pimiento, tabasco, cayenne, chili and paprika peppers, and they should be handled with caution. Female bell peppers have four raised areas on the bottom as opposed to males which have three.

Here's a zucchini recipe with bell peppers.

Zucchini Tiela Ingredients:

4 medium zucchini

3 cups tomato sauce 8 medium white pota-

2 pounds ground chuck

1 clove garlic, finely chopped

1 onion, finely chopped 2 green peppers, cut up 1 cup grated Italian

3 cups Italian bread fresh parsley sweet basil salt and pepper Directions:

Soak the bread in wa-

ter and squeeze out excess water. Fry separately, sliced potatoes and zucchini. Fry ground chuck with onions, garlic, salt, peppers, parsley and basil, then add tomato sauce. Cook for 1 hour. Grease a casserole and put a layer of sauce, then put a layer of potatoes. Spread some breadcrumbs and cheese, then add a layer of zucchini and alternate until potatoes and zucchini are used. Put a layer of sauce on top and bake for 1 hour

I've been working on a new cookbook so, if you have any recipes to contribute, send them to me. Enjoy summer and have a great week.

at 350°.

Give a gift that keeps giving 52 weeks. Give a gift subscription to The utes or until rice is cooked. Braxton Democrat-Central es) is about 1½ to 1¾ cups **304-765-555** 

## **Stone Run Cemetery**

Donation time again. Mowing and upkeep will soon be starting. Repairs still on list due to wet conditions last year. All donations are very much appreciated and needed.

All donations can be made out to and sent to: Stone Run Cemetery Fund, c/o Donna Knight, 1617 Stone Run Road, Flatwoods, WV 26621. Thank you and God

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