

# Holding The World In Sway



DEBBIE GIBSON

I sought comfort in a cookbook this past weekend. Seeing how the world is upside down with water everywhere, but not a drop to drink, nuclear war is rearing its ugly head at the fingertips of two grown men who should know better, and everybody seems edgy and staring at strangers like they are enemies, I just had to get away from the media barrage, and to a quieter place where folks cared about each other. I found that place in *The Foxfire Book of Appalachian Cookery*.

Yes, sir, there was solace in between the covers of that book. Way back then, even then, before the big box stores and ordering groceries on-line became the fashion, there were some women and men who cooked what the earth gave them and found a fellowship and solace in what was placed on the table and how it got there.

As I read the pages and the stories, I imagined the voices of the old-timers. I am sure that most of the folks who were interviewed are long gone to their reward, but for me they were alive on the page with accents, wisdom, humor, and some recipes that made my mouth water. Meat, potatoes, beans, meal, flour, sugar, and an odd ingredient or two sustained them. They grew it. Hunted it. Bartered for it. Plucked it from nature, and then fired up a wood cookstove and provided for everyone they loved and those who came by for a visit.

Now, I am not naïve enough to believe that cooking solved all their problems any more than it will solve all of mine, but there was something held in those pages that held me and kept me from fretting and worrying, at least for a while. There was always work to do, sustenance to be offered, and a routine that held that held their world in sway so it wouldn't topple over. Fast food and convenience just doesn't accomplish the same thing in my world.

I can buy a canned biscuit, but there is no pleasure in hearing the pop of that can compared to getting out a dough bowl, adding flour, baking powder, salt, lard, and butter-milk and working it into a dough that turns into a

fluffy sacred offering that will feed you breakfast, lunch, and dessert for dinner when sliced and layered with applesauce, cinnamon, and sugar. I can buy ham and a chicken ready to cook from the grocery store, but nothing really compares to a ham that comes from your own smokehouse and a chicken you had to chase.

Pictures of faithful pots, kettles, cast iron skillets, and blackened bread pans graced nearly every page of the cookbook. They didn't need a rice cooker, a blender, a free-standing mixer, juicers, zesters, and fancy gadgets. What little they had to cook in, and on, sufficed very well.

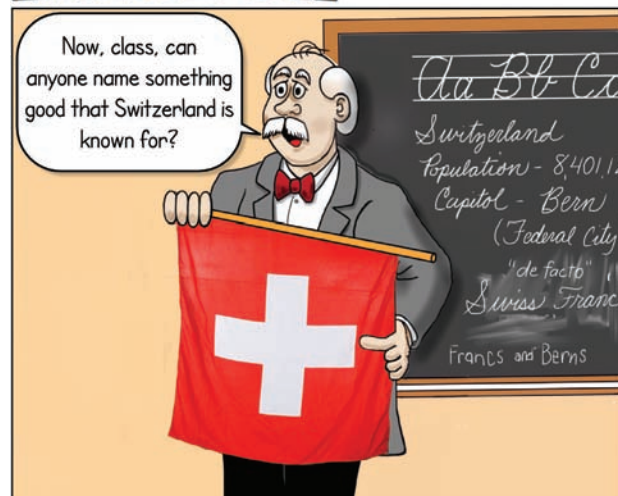
All the between-the-cover-of-the-book granies wore aprons, and the men all wore hats. Most of the women were standing or hunkered over a floured board or a sink. Most of the men were sitting. I suppose some things never change when it comes to preparing food. Some of them had been made large in girth by their culinary skills, and some of them were rail thin for the completion of their labor; but not one of them was quoted as ever uttering a complaint. It just wasn't their nature. I just didn't do a bit of good.

Perhaps they were too tired to fret, and it occurred to me that all our modern conveniences may have done for us is to allow us more time to worry. Whatever it was, I found myself wanting to be more like them, and less like the world we now reside in. I'd trade it. Yes, I would. I'd go back, and I'd stay there.

As I prepared dinner last night, I thought of all the things I did not do to put that food on my table. I didn't feed the cow. I didn't dig the potatoes. I didn't harvest any wheat. I didn't string the green beans, and the salt pork I used to season them did not come out of a smokehouse on my property. I need to thank some farmers, and maybe I need to become one. I'd fret less, appreciate more, and this upside-down, scary place called the world we live in might not worry me so.

I know I'd sleep better, and you probably would, too. Go buy an apron and a hat.

## Rueben



## CALENDAR OF EVENTS

### Support Group For Female Survivors Of Sexual Assault

Women survivors of sexual assault are invited to attend regular support group meetings or individual support if you prefer. Survivors meet in a safe environment with other women who have had similar experiences. Clinch Valley Community Action, Inc. Family Crisis Services knows and understands what a survivor is going through. The fact that you are alive and reading this means that you are incredibly strong, courageous and intelligent. We are here to aid in the recovery process with individual support sessions. Please call and let us help. We are a confidential service. For information, call Ranetta Davis (276) 889-8206 or Haley Slade at (276) 988-5583.

### Recovery Program

Recovery Program every Thursday evening at Lebanon Community Fellowship Church. Supper starts at 6:00 p.m., Worship begins at 7:00 p.m., various open sharing groups start at 8:15 p.m. and all activities conclude around 9:30 p.m. Child care is available.

### Alcoholics Anonymous (Belfast)

Alcoholics Anonymous, Belfast, meet every Friday night at 8:00 p.m. at Belfast First United Methodist Church. Take Rt. 642 across from Super Stop (formerly Bob's BBQ), church is .2 tenths of a mile on the right. Contact Steve at 276-873-6771 or Peggy at 276-880-2139 if any questions.

### Alcoholics Anonymous (Lebanon)

Alcoholics Anonymous, Lebanon, meet Sunday through Thursday at 6:00 p.m. at Lebanon Memorial United Methodist Church. From Main St., turn onto Tate St. at the Monument, go one block. Call 877-678-2282.

### Narcotics Anonymous (Lebanon)

Narcotics Anonymous meeting at Lebanon Community Fellowship Tuesdays, Thursdays and Saturdays at noon. For more information, call Steve R. 276-873-6771.

### Narcotics Anonymous (Richlands)

Narcotics Anonymous, Richlands, Route to Recovery Group meets Mondays and Wednesdays at 8:00 p.m. and Friday at noon Lunch Bunch, 107 Hill Creek Rd, at Trinity Episcopal Church, west of downtown. Contact Peggy at 276-880-2139.

### LHS Pioneers Community Campaign Rally To Back The "U" (Uniformed Lives Matter)

The LHS Pioneers are proud to show their support to Law Enforcement, Military, Firefighters and EMS who keep our community safe and secure on a daily basis. Lebanon High School will be selling BACK THE "U" T-SHIRTS (Sm-XLg \$10, 2X, 3X-\$11) and window decals (\$5). These are available at Lebanon High School. All proceeds will go to a charity chosen during homecoming week by our parade marshals.

Representatives from law enforcement, military, firefighters and EMS will serve as our homecoming parade marshals.

### Honaker Christmas Parade Committee Fundraisers

The Honaker Christmas Parade Committee will hold the following fundraisers in October:

Pizza Plus Buffet on Thursday October 5, 2017 from 5:00 - 8:00 p.m. Cost of the buffet will be \$8.99 with \$1.00 for each buffet sold going to the Honaker Christmas Parade. For more information please contact the Honaker Town Hall at 276-873-6556.

Hot Dog Dinner on Thursday October 12, 2017 from 11:00 am - 1:00 pm at the Honaker Town Hall. The dinner will include 2 hot dogs, chips and a dessert for \$6.00 all proceeds will go to the Honaker Christmas Parade. For more information please contact the Honaker Town Hall at 276-873-6556.

Sabika Bingo on Monday October 30, 2017 at the Government Center. Doors open at 5:00 p.m. and the bingo will start at 6:00 p.m. For more information please contact the Honaker Town Hall at 276-873-6556.

### Farm Fest Day

Saturday, October 7, 12:00 p.m. to 5:00 p.m. at Fair Acres Alpaca Farm, 141 Stonebrise Road, Lebanon, VA 24266. Gospel music starts at 1:00 p.m., Apple Butter making in the Kettle; Spinning and Dyeing Alpaca Fiber; and Hay Rides. Lunch available by Little Ed Learning Center from Green Valley Baptist Church. Several local vendors, arts and crafts. Bring a chair and camera! FREE! For more information, call 540-529-1895.

### Salvation Army Community Night At Wendy's

Thursday, October 5, 2017, 4:00 to 7:00 p.m. Come out and support those who help others.

### Adams Chapel Church Homecoming

October 8, 2017, services will begin at 10:30 a.m. with singing and dinner on the ground to follow. Come and help us make a joyful noise to the Lord!

For more information please contact our Pastor, Eddie Turner at 276-794-7014.

### Gospel Singing

The Singing Cookes and the Cook Brothers In Concert.

Date: October 8, 2017.

Time: 6:30 p.m.

Place: Cedar Creek Baptist Church, Lebanon, VA.

### Blessing Of Animals

A Blessing of the Animals will be conducted on Saturday, October 7th at 4:00 p.m. by Pastor Timothy Hankins of Lebanon Memorial United Methodist Church. Dogs, cats, ponies, ferrets, etc., --even goldfish--are invited. Owners should have pets restrained by a leash, carrier, or other means during the service which will be held on the lawn at #83 Tate Ave. directly across from the Russell County Medical Center. There will be a free hot-dog cookout afterwards. Info: 276-889-2721.

### The Russell County Rotary Club Hosting Annual Fall Trail Ride & Cook-Out

The Russell County Rotary Club is hosting its annual Fall Trail Ride & Cook-Out on Saturday, October 7th at Leonard Companies' Barn. Riders for the Trail Ride should arrive at 10:30 a.m. Lunch will be served at 11:00 a.m. and the ride will begin after lunch. That evening, all are welcome to attend our Fall Cook-Out & Bonfire, starting at 6:00 p.m. also at Leonard Companies' Barn, located at 335 Westover Drive, Lebanon. There are two large-screen TV's to watch the Virginia Tech vs. Boston College game. Donations benefiting the Imagination Library and other causes are appreciated. Questions for these events can be directed to Dave Leonard at (276) 964-3553.

### Special Service

Bro. Clinard Ratliff of Pikeville, KY will be at the Belfast-Rosedale Fire Hall, Belfast, VA on Wednesday, October 11, 2017 at 7:00 p.m. Pastor Dannie D. Short, Associate Pastor Austin Burke and congregation welcomes all. Sounds of Joy will be singing.

### Fall Barbecue

Bethany United Methodist Church, located 1520 Moccasin Valley Rd., Lebanon, will have their annual Fall Barbecue and Apple Butter Making October 7th.

Yard Sale and Apple Butter beginning at 9:00 a.m. and Barbecue Supper at 5:00 p.m. Come and join us for a day of fun and good food!

### Lebanon Presbyterian Church Hosting Bluegrass Gospel Band

The Lebanon Presbyterian Church, 423 W. Main Street in Lebanon, is hosting the Bluegrass Gospel Band, Valley Grass at 3:00 p.m. on Sunday, October 8th. Admission is free. A freewill love offering for the band will be taken. Valley Grass plays regularly in the region and has been featured on the Lincoln Theater's *Song of the Mountains* stage in Marion, Virginia and on PBS. The event is a celebration of the 500th anniversary of the Protestant Reformation.

Anyone with questions about the event is encouraged to phone Rev. Bill Charles at 276-258-5721.

### The Historical Society Of Russell County Fall Meeting

The Historical Society of Russell County will hold their Fall Meeting at the Old Courthouse in Dickensonville on Saturday, October 14, 2017 at 1:30 p.m. Steve Fox will present the program. Fox will speak on the Revolutionary War. Men from this area of Southwest Virginia were part of the Overmountain Men who marched to King's Mountain to engage in battle with General Ferguson. Please join us.

### Church Yard Sale

Dennison United Methodist Church will have a yard sale on Friday, October 6, 2017 from 8:00 a.m. until 4:00 p.m. at the Church located on Mountain Road. We have clothing, shoes, glassware, and miscellaneous items.

### Gospel Singing

Church of Jesus Christ on Stoots Street will have their monthly singing on Friday, October 13, 2017 at 7:00 p.m. Featured singers will be The Redeemed and The Hubbard Tradition. Everyone is invited to attend.

Jackie Fields, Pastor.

### Free Salsa Making Workshop

October 12, 2017 Virginia Cooperative Extension Office, 135 Highland Drive, Lebanon, 10:00 a.m. This is your opportunity to learn the basics of water bath canning. This class will cover the food items that are safe to can at home using water. The registration is FREE and includes instructional handouts, canning recipe resources, and each attendee will take home a jar of what we can in class. Preregistration is required -- call 276-889-8056.

### One Day Fall Bible School

"Camp Out" Getting S'more of Jesus, Cleveland United Methodist Church, Saturday, October 7, 10:00 a.m. - 1:30 p.m.

### Yard And Bake Sale

Belfast United Methodist Church fall yard and bake sale, October 14th, starting at 8:00 a.m. Plenty of rummage, some furniture pieces, nice clothes, cakes, cookies, hot dogs, homemade chili, soup beans and cornbread. Come get your holiday cakes, visit with us and have lunch. As always we thank you for your support.

### Homecoming Services

The Belfast United Methodist Church will be celebrating Homecoming on October 8, 2017 at 11:00 a.m. The church is located on Rt. 642 at Belfast. Rev. Mary Chapiewski will be the guest speaker. You will be blessed by the music of Mrs. Judy Barnette and The Larry Hagy Family. You are also invited to stay for a delicious dinner that will be served following the service. Everyone is welcome. For more information call 276-880-2214 or 276-880-2200.

### Heavenly Harvest Festival

5th Annual Heavenly Harvest Festival sponsored by Ivy Ridge Chapel Church will be Saturday, October 7, 2017, from 4:00-8:00 p.m. at the Cleveland Ball Park Community Center. There will be Gospel singing, concession, games, country store, cake auctions and door prizes. All funds raised will be used for 2017 Christmas Projects. More information: Pam 889-5394; Sharon 889-2818.

Pastor Danny Rhea invites you to join us for a fun filled evening.

### Dance

271 Railroad Avenue, Honaker, Virginia (former AmVets) Saturday, October 7th, 8:00 p.m. featuring: Deception Pass.



Happy 60th  
Wedding Anniversary  
October 4, 2017  
Don & Myrtle Cross  
of Lebanon, VA

HAPPY ANNIVERSARY