

# Get all the discounts you deserve.

Judy Ball, Agent Moorefield, WV 304-538-6166

Like a good neighbor, State Farm is there.® statefarm.com<sup>™</sup> State Farm Insurance Companies • Home Offices: Bloomington, Illinois



BULK RATE U.S. POSTAGE PAID MOOREFIELD, WV 26836 PERMIT NO. 1 **ECRWSS** 

POSTAL PATRON LOCAL

MOOREFIELD, WV 26836

R.E. FISHER CO. INC.

## Saturday, June 23, 2018 Volume 27 · Number 25 WEEKENDER

#### **Circulars Inside**

Hawse Shop N Save Kerr's Supermarket Dollar General Pilgrim's

Not all areas covered by circulars

## Movie Review Ocean's 8 Loses Count

By Teddy Durgin

Special to the Examiner

"Ocean's 8" is missing one key ingredient that makes the best heist flicks fun. There's no villain! There's no slimy, scummy, multi-billionaire just begging to be scammed. If the lead crooks pull off their heist in this flick, there is no sense of comeuppance or great achievement other than "they got paid."

It's probably the biggest problem in this hit-or-miss reboot of the "Ocean's" franchise with Sandra Bullock leading an all-female team of criminals out to steal a \$150 million diamond necklace during the famed Met Gala that takes place each May in New York City. Bullock is Debbie Ocean, the younger sister of George Clooney's Danny Ocean from the "Ocean's" flicks of the 2000s. We first meet her as we first met Danny in "Ocean's 11," duping her way out of a prison term at a parole hearing and then immediately hatching a plan for a big score.

OK, there is a sort-of bad guy in the form of Richard Armitage's Claude Becker, who sent ex-girlfriend Debbie to jail years earlier and is



now living the high life in Manhattan's swank ality. He doesn't have the marvelous smarm art world. But he's really just a side character. He has a scumbag's beard, but no person-

that Andy Garcia brought to Terry Benedict Continued on page 4

## Weekend Events at the **Seneca Rocks Discovery Center and Sites** Homestead

Saturday, June 23, 1-3 p.m.

Linda Zimmer from Mill Creek will present two performances of a special marionette show, "When Pigs Fly." Linda's puppets are made of native hardwoods and each creation is a unique character. Her performances will be in the SRDC Children's Area. Also, crafter Alan Miller, from ALMAR Creations will be at the Discovery Center giving demonstrations on white oak bark basketry. His baskets will be available for sale. The from 9am to 4:30pm. Sites Homestead will have Tea in the Garden. Come enjoy some re- 567-2827.

freshments while strolling through the gardens of the Site Homestead.

#### Sunday, June 24

Crafter Alan Miller, from AL-MAR Creations will be at the Discovery Center giving demonstrations on white oak bark basketry. His baskets will be available for

The Seneca Rocks Discovery Center is open seven days a week

For more information, call 304-





**Your Local RE/MAX Agent** 

Jake VanMeter, CRS Cell: (304) 813-5445 Office: (800) 621-7477 jakev@remax.net • remax.com



German Bologna ...... 2.09 Pepperoni Cheese ..... 3.19

facebook.

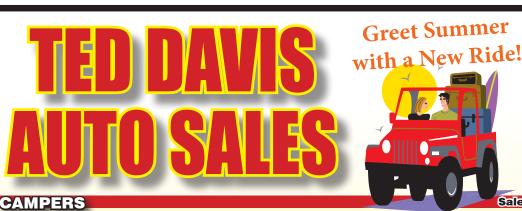
Discount Groceries SAVE MONEY ON YOUR GROCERY BILL!

We accept



Proceeds Benefit the Local Area

Community Center



RE/MAX

2016 FOREST RIVER CRUSADER 34 FT. FIFTH WHEEL, loaded with options, like new condition ..... Special \$ 29,900

2017 FORD F-250 REGULAR CAB LONGBED 4X4 6.2 Liter V-8, Automatic, Air, Etc, Silver, New 8-Ft Flatbed or original bed, Brushguard, etc. Very Sharp Truck with only 2,000 miles, Like new cond. ..... 2017 NISSAN FRONTIER CREW CAB 4X4 SV Pkg, V-6, auto, loaded, Silver, only 13K miles, Like new cond ..... \$26,900 **2016 FORD F-250 CREW CAB S/BED 4X4 XLT Pkg**, 6.2 V-8, auto,loaded, White,only 28K miles, Ex. Cond......\$32,900 2015 FORD F-250 CREW/CAB L/BED 4X4 XLT Pkg, 6.7 Diesel, automatic, loaded, White, only 52K miles, Ex. Cond ....

2014 FORD F-150 SUPERCREW 4X4, platinum edition, 5.0 V-8, auto, superloaded, only 9K miles, like new ......

2011 FORD F-150 SUPERCREW S/BED 4X4 XLT Pkg, 5.0 V-8, automatic, loaded, Tan, 140K miles, Ex. Cond.. \$16,900 2011 FORD RANGER SUPERCAB 4-DR. 4X4, white, V-6, auto., Idd., 273K highway miles, well-maintained truck

2007 FORD F-150 SUPERCREW 4X2, Lariat pkg., V-8, automatic, loaded, dark stone, tan leather, 178K miles, excellent **2005 FORD EXPLORER SPORT TRAC 4X4, XLT pkg.**, 4.0 V-6, auto., Ild., silver, 180K miles......\$9,500

**VANS & SUVs** 

2016 FORD ESCAPE AWD Titanium Pkg, Ecoboost 4-Cyl, auto,loaded, Charcoal, 91K miles, Like new ..............\$17,900 2012 DODGE GRAND CARAVAN, SXT pkg., V-6, automatic, loaded, charcoal, 79K miles......SPECIAL \$12,900 2010 FORD EXPLORER EDDIE BAUER RWD, V-6, auto, loaded white/tan, leather, 96K miles, excellent condition..........

2010 FORD EXPEDITION EL EDDIE BAUER 4X4 V-8, auto,loaded, White & Tan, 105K miles, Very sharp ...........\$18,900 2008 DODGE GRAND CARAVAN SXT Pkg, 4.0 V-6, auto,loaded, Red Metallic, Local trade, 94K miles ......\$8,995 **2007 HYUNDAI SANTA FE AWD** V-6,auto,loaded, Charcoal, Local trade, 95K miles .................................\$7,995 2007 JEEP WRANGLER UNLIMITED HARDTOP 4X4, V-6, 6-spd., air, CD, etc. 120K miles, black, very sharp......

BARGAIN LOT SPECIALS 2008 FORD TAURUS X AWD WAGON V-6, auto, loaded, Maroon & Gray 134K miles .......\$5,995 2007 MERCURY MARINER AWD Premier Pkg, 3.0 V-6,a uto, loaded, Light Sage, 127K miles......\$5,995 **2005 FORD ESCAPE LIMITED AWD**, 3.0 V-6, auto, loaded, Bright Silver, 221K miles.......\$5,995 

> See all inventory, pictures and full descriptions at teddavisautosales.com

**1997 FORD F-250 CREW CAB S/BED 4X4** 460 V-8, auto,loaded, white, 216K miles .......\$5,995

Rt. 33 East, Riverton, WV • 304-567-2999 or 1-800-547-2999



Looking for a JOB? Tired of working every weekend?

GEORGE'S is looking for YOU! We have Openings for ALL POSITIONS

\$600 sign on BONUS \*\* TRANSPORTATION PROVIDED \*\* call for details: 540.984.6814

> **HIRING ON THE SPOT Job Fair:** June 26 • 9a-5p

19992 Senedo Rd, Edinburg, VA **EOE/E-Verify** 

#### FORSALE MISCELLANEOUS

CARPET, VINYL, Laminates, and hardwood flooring of all types. C & P Carpets Plus, 108 South Fork Road. 304-538-6462. FORD 1200 TRACTOR. 2 cyl diesel, 4w/dr, 5-speed with high, low, and 4 ft finish. Mower and snow blade. 304-897-8122. 7/14 CRAFTSMAN SNOW Blower. 29" 6-speed and reverse. Like new.\$600 OBO. 304-897-8122. 7/14 FISHER CONSOLE Piano with bench. MSTA. 304-897-8122. 7/14 DAKOTA DODGE \$4000.00. 146,000 miles. No rust. 304-703-5861 6/30 2003 CHEVROLET TRAIL-BLAZER. 4x4, great condition with towing package. \$6000.00. 304-703-5861

#### FOR SALE HOUSE

2 BATH, 3 BD House on 2 acres of land. 2200 sq ft of living space. Appraised \$177,000. Need to sell. Will consider any offer. Also: 5 ACRE TRACT of land, \$30,000. Very good hunting land. Basement already dug. Perk test done and water meter set. \$40,000. 304-749-HOUSE FOR SALE. 102 Dog-

wood Street. 3BD, 2 bath, aboveground pool. 304-538-6991. 6/30

### FOR RENT MOBILE HOMES

3 BEDROOM MOBILE home for rent. Electric and heat included, \$450 per month. Call 304-703-9491 3 BEDROOM MOBILE home

for rent. 3 miles from Moorefield. References and security deposit required. 304-538-2454.

#### FOR RENT **APARTMENTS**

JOY SENIOR apartments, income based elderly housing, HUD approved. Adjacent to Senior Center. PVTA available. 304-257-5494 or 304-400-3428. Equal housing opportunity.

LEE STREET APARTMENTS, Moorefield, WV 26836. 1 bedroom from \$502, 2 bedroom from \$555. Low security deposit, affordable housing, vouchers accepted. 304-538-6577. 310 Lee Street, Moorefield, WV 26836.

#### FOR RENT LAND/LOTS

MOBILE HOME lots for rent only (No Mobile Homes) at Cedar Manor Mobile Home Park in Petersburg, WV. Serious inquires may call 304-668-0703.

### FOR RENT

Commercial space for rent downtown Moorefield located between Anthony's and Blues. Newly renovated space with new bathroom, flooring, and paint. Plenty of parking. \$625 per month. Call 304-257-6364

### STORAGE

\*OLD FIELDS Storage\* (Units

#### HOMEIMPROVEMENT **Loften Builders** Doug Loften, Jr.

WV 050893 **Residential Contractor** 25+ years experience

References Available

The list of jobs we do is endless - from construction to handyman work. (304) 434-2065 Home (304) 703-7635 Cell

Miles on Rt. 220 North of Moorefield. Call 304-538-3300, 304-538-2346 or evenings 304-538-6785. tfn MTM STORAGE, 5x10 to12x24.

Rt. 55 East of Moorefield and South Fork Depot in Moorefield. 304-530-6707. HARVEST STORAGE: 5x10,

10x10, 10x20. Great location in town. 304-350-2415.

#### HELPWANTED

IMMEDIATE OPENING exists mac Center with a flexible schedule including some weekends and on-call. Responsibilities include nursing assessments and optimum care to individuals in a residential setting Minimum of 2 years' experience in assisted living, long-term care, or home care preferred. Must possess excellent computer, oral, and written communication skills: well-organized, confident decision maker and trustworthy. Potomac Center is a well-established organization that places a premium on quality of services to individuoffering a competitive salary and excellent benefits. Send résumé to: Potomac Center, Inc. Attn: Karen Fisher, Human Resources Officer, One Blue Street, Romney, WV 26757; (304) 822-3861 ext. 129, or e-mail kfisher@potomaccenter.

BARTENDER WANTED, Saturdays and Sundays, sometimes Fridays. \$8.75/hour plus tips. Apply at VFW Post 9606, Moorefield, WV. 304-530-7085 for questions.

#### WANTED TODO

\*PAINTING ROOFS\* 28 years experience. Houses, Interior, house roofs, barn roofs, church roofs, poultry house roofs, outbuildings, mobile homes, fences, staining log homes, businesses, pressure washing. Call Ronald Kimble, 304-358-7208.

RECEIVE VALUABLE TRAIN-ING in traditional/modern technologies used in high- paying wind technician and manufacturing jobs by earning your two-year Wind Energy Technology Associate in Applied Science degree from Eastern West Virginia Community&Technical College in Moorefield/Petersburg, WV; 304-530-8000; financial aid may be available; classes begin August 13th.

CASH PAID today for Windows 7, 8 or 10 laptops, any condition. 313 JACKSON AVE. Clothes, Call for instant quote, cell 681-231- kids-adult 3x, toys, dinette set,

5x10) (10x10) (10x20). Located 4.5 HUNTING LEASE wanted. 304- Thursday, June 21st thru Friday, 229-5936.

#### NOTICES

SEPTIC TANKS Pumped M & M Septic Service. Call 304-257-3191.

WATER WELL DRILLING, pumping systems--geothermal systems--water conditioning--monitoring wells. 5 Generations of experience. Frame Drilling. 304-

636-6025. ANNUAL MEETING of the Olivfor a full time RN at the Poto- et Cemetery Company will be held on Thursday evening, June 21, 2018 at 6:00 p.m. at Olivet Cemetery Office. Two expiring term appointments of members of the board of directors are open for appointment. The annual appointment of a member of the board of directors to serve as president for the coming year will also be addressed. A regular meeting of the board of directors will follow. Burial lot owners, family members and friends are invited and encouraged to attend this important meeting. We would like to remind the comals with developmental disabilities munity that we are beginning our annual donation drive. All donations are used for the upkeep and maintenance of our beautiful cemetery. Please take time to visit and enjoy the beauty of the community's cemetery. All donations are tax deductible and can be mailed to 192 Olivet Drive, Moorefield, WV

#### L'AWN CARE

26836.

BRYAN'S LAWN and Maintenance. We do mowing, weed eating, hedging, mulching and landscaping. Free estimates. Hard working and reasonable prices. Insured. Call 304-897-6752 or 304-490-9673

6/23

MONGOLD'S LAWN care. Mowing, weed eating. Call for a free estimate. 304-257-7006 or 304-530-<u>6199.</u>

#### YARD SALES

YARD SALE: 301 Central Avenue -- June 23rd. Women's plussize clothes -- men's Under Armour, Nike, and other name brand clothes. Small and medium. Shoes, curtains and many other items. 9am until? Cancelled if raining.

YARD SALE: Saturday, June 23, 8am-1pm at NAPA. Clothing (men's, women's, teens), hunting items, shoes, household, misc. items. Libby, Chris, Abby, Amy.

Contact via phone or email!

304-851-4790

crtv412@gmail.com

#### **REUNIONS**

Cancelled if rain.

June 22nd. 8 am-?

DOWNSIZING LARGE YARD

Sale. Merle and Tammy May

have moved home to Hardy county

therefore decided to down size to

a smaller home. The yard sale will

be held at her mothers (Annabelle

Keller) residence on River Road.

first house on the left. 185 River

Road at Fisher on June 28 thru

the 30th, 8am-??. Lots of items for

sale: pfaltzcraft (York town pat-

tern), dishes, pictures, typewriters,

dishes and more, sheets,, just too

much to mention. Come and see.

The George W and Virginia Belle Ketterman reunion will be held Sunday. July 1st, 1 pm at Brighton Park, shelter 3. All relatives and friends are welcome.



## **INVITES YOU TO JOIN US**

Wednesday, August 15, 2018 Cruise the Chesapeake to St. Michael's

4 Seats Available! Cost is \$130 must be paid when register. Great end-of-summer getaway!

#### Monday, October 8, 9, 10 & 11 Visit Noah's Ark in Kentucky and

**Amish Villages in Ohio** 10 Seats Available! Visit full-sized

replica of Noah's Ark and museum. Next day travel to Ohio and enjoy two and one-half days of unique exhibits, shopping, visits to homes, farms/factories. Enjoy Amish hospitality for meals, tours and sharing of culture. Don't miss this unique opportunity!

Trip includes: three nights lodging, three breakfasts, two lunches, two dinners, step-on guide each day in Amish country, transportation, all admissions and gratuities. Cost: Single; \$925; Double, \$745; Triple, \$685; Quad., \$655. Payment chedule includes \$100 when register; a July 4 payment; an August 4 payment with final payment on Sept. 1.

#### Thursday, November 15, 2018 Oglebay Festival of **Lights and Cabela's**

The lights from Oglebay can be seen from space! Enjoy a spectacular ride through miles of holiday lights. A

West Virginia must see! 20 Seats Available! Cost is \$127 which includes transportation, admission fees, dinner at the Lodge and all gratuities. Plus holiday shopping at Cabela's. \$25 is due when register and full payment due by Oct. 19, 2018. This popular Holiday tour will fill quickly - don't delay registration.

For information, to reserve seats or ask questions. call Maxine Halterman at 304-530-6202 or Judy Patterson at 304-538-3066.

#### Greative Construction 3 Home Inspections, LLG Licensed and Insured contractor in business for 35 years Mold **Asbestos** testing & Home, Well & **Septic Inspections Testing Removal** Bathroom 8 Windows, Doors, and Siding Laminate & Hardwood References and photos of Flooring Give us a chance to match or ous work are ava eramic Til upon request. **We offer a 10% discount to**

## HOME TOWN REALTY

Amy K White, Broker



ANDREW KISAMORE REALTOR OFFICE 304-822-3399

#1 Coldwell Banker in WV!

What does it take to be the #1 Coldwell Banker in WV? Just ask us, we've done it 7 times.

It's quality agents working full time to not just list your property but to sell it. It's training and support to make certain our agents know more and do more than anyone else in the business.

And it's treating each client with the respect they deserve.

It's not easy to become #1, we work hard to stay there!

www.CBHomeTown.com



## LOST RIVER REAL ESTATE LLC

### WE'LL FIND YOUR HOME. SEE OUR LISTINGS!

www.LostRiverRealEstate.com THREE OFFICES TO SERVE YOU BETTER

> **LOST RIVER** 304-897-6971 8079 SR 259,

Lost River, WV 26810 WARDENSVILLE SOUTH BRANCH

304-897-3300 285 E. Main St., Wardensville, WV 26851 304-538-2816 7570 US Hwy 220 S, Moorefield, WV 26836

David A. Rudich - *Broker*, Tim Ramsey - *Realtor*®, Lynn Judy - Realtor®, Ken Judy - Realtor®, Paul Yandura - Realtor<sup>®</sup>. Donald Hitchcock - Realtor<sup>®</sup>.

Kevin Willner - Realtor®

-NRIS

## **NOW HIRING**

Pilgrim's Fresh Plant located in Moorefield, WV is currently accepting applications for full and part time

General Labor Positions

with particular consideration to

## Maintenance & Drivers

Applications are accepted at the Fresh Plant on Tuesday's and Thursday's from 9:00 - noon. and online at www.pilgrims.com.

## **NEW STARTING WAGES**

\$12.05 for day shift plus an additional shift premium for 2nd and 3rd shift. Base pay increases after 1 year. New 3rd Shift Differential

• New Incentives for Live Hang & Debone • New Pay Rates for Drivers

Promotion opportunities available after 60 days of employment with proven work ethic, good attitude, good attendance. WE OFFER A GREAT WORK ENVIRONMENT WITH FRIENDLY PEOPLE AND JOB STABILITY.



Pilgrim's Pride is an Equal Opportunity / Affirmative Action Employer. EOE/M/F/Vet/Disabled



## **GRANT MEMORIAL HOSPITAL**

Job Openings

- PATIENT ACCESS CLERK, part time, various hours days and evenings; with every other weekend required. High school diploma or GED required. Must possess the ability to type 35 words per minute. Good decision-making skills. Professional and responsible with great work ethic. Ability to multitask in a fast-paced environment and work as part of a team, also required. Must have keen attention to detail, ability to maintain and balance cash drawer, ask patients for co-pays and deductibles at time of visit. Apply by 7/2/18.
- PATIENT CARE ASSISTANT, full time for Medical Surgical Unit, day shift - (3) 12 hour shifts per week, with alternating weekends required. Certification preferred. Apply by 7/2/18.
- RN, full-time, for Special Care Unit, night shift. Currrent West Virginia RN license required. ACLS, PALS and TNCC certification recommended. SCU/ER experience preferred. Must be capable of multitasking and have critical thinking skills. Apply by 6/29/18.
- RN, part-time, for emergency room/special care unit, various shifts needed. Prior ER/SCU experience preferred. Current WV RN license required. ACLS, PALS and TNCC certification recommended. Must be capable of multitasking and have critical thinking skills. Apply by 6/29/18.

CANDIDATES FOR ALL POSITIONS MUST HAVE EXCELLENT CUSTOMER SERVICE, COMMUNICATION & COMPUTER SKILLS To apply go to www.grantmemorial.com, click resources, opportunities and then pick the job you want to apply for.

**Human Resource Office Grant Memorial Hospital** P.O. Box 1019 Petersburg, WV 26847 304-257-1026

**EOE** 

**HEALTHY SATURDAY - First Saturday of each month** from 7 - 9 a.m. in the Administration Hallway. **CPR CLASSES:** Every first Thursday, RHI training room, 8 a.m. **GMH Gift Shop:** MON/THURS/FRI 10 to 2; TUES 10 to 2 and 5 to 7; WED 10 to 5 GMH BOARD MEETINGS are the fourth Monday of every month

at 6 p.m. in the board room at GMH.

**West Virginia Statewide Classified Network** 

Featured in WVPA Newspapers Across West Virginia

### **INTERNET/TV**

DISH TV \$59.99 For 190 Channels \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Call 1-855-736-4350

EARTHLINK HIGH SPEED INTER-NET. As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-866-305-7264

SPECTRUM TRIPLE PLAY! TV, In-

Internet. Unlimited Voice. Call 1-855-659-9619

**MISCELLANEOUS** 

HANDS ON THE RIVER MASSAGE. Geraldine Gardner, LMT, 3422 Pennsylvania Ave., Charleston, WV. Call (304) 541-9139 for an appointment.

SAVE ON MEDICARE SUPPLEMENT INSURANCE! Get a FAST and FREE Rate Quote from Medicare.com. No Cost! No Obligation! Compare Quotes BECOME A PUBLISHED AUTHOR! from Major Insurance Cos. Operators Standing By. CALL 1-866-242-1621

ternet & Voice for \$29.99 ea. 60 MB MEDICAL-GRADE HEARING AIDS per second speed No contract or for LESS THAN \$200! FDA-Regiscommitment. More Channels. Faster tered. Crisp, clear sound, state of-the-

art features & no audiologist needed. Try it RISK FREE for 45 Days! CALL 1-888-701-4595

UNABLE TO WORK DUE TO INJU-RY OR ILLNESS? Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide 1-800-912-3915 [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)]

Publications sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-855-781-5497

Place YOUR statewide ad today any of three easy ways:

first responders and anyone

who has served in the armed

Call classifieds at this Newspaper

Or WVPA at 1-800-235-6881 or Visit www.wvpress.org





Candice Kumai, the 'Golden Girl of Wellness'



Recipe courtesy of Candice Kumai Prep time: 20 minutes Cook time: 20 minutes Servings: 2

- 2 cups cooked brown rice or quinoa
- 3 tablespoons organic red miso paste
- 3 tablespoons Nature's Intent Organic Apple Cider Vinegar
- 1/4 cup rice vinegar tablespoons roasted sesame oil
- 2 teaspoons honey 2 teaspoons freshly grated ginger
- 2 tablespoons reduced-sodium tamari or soy sauce
- 9 cups spiralized carrots
- cups shelled organic edamame avocado, cubed
- 2 tablespoons fresh mint (leaves removed from stems)
- 2 tablespoons ground sesame seeds

Cook rice or quinoa according to

package directions. In medium mixing bowl, add red miso paste, apple cider vinegar, rice vinegar, roasted sesame oil, honey ginger and tamari or soy sauce. Whisk well to combine. Add spiralized carrots, edamame and cooked rice or quinoa. Toss well to coat.

Garnish with avocado cubes, fresh mint leaves and ground sesame seeds.

FAMILY FEATURES

ummer provides an abundance of delicious, fresh-picked flavors, giving home chefs plenty of opportunities to use them in both classic recipes and newfound favorites. From sides to salads to smoothies and everything in between, summer is all about creating dishes that taste tempting, bright and balanced.

Using seasonal ingredients, like peaches and other sun-ripened fruits, can help play up the bounty of summer for all types of eating occasions. However, with a wide variety of available choices, it can be a dizzying task to select recipes you'll want to make again and again.

This summer, Nature's Intent Organic Apple Cider Vinegar and celebrity chef Candice Kumai also known as the "Golden Girl of Wellness" -

recommend these make-at-home recipes to help brighten and awaken the best flavors at your table.

'Apple cider vinegar is my favorite natural way to cook, look and feel my very best for all of summer." Kumai said. "These recipes feature its powerful benefits and bright taste, which awaken summertime cooking.'

Kumai recommends her Carrot Beauty Noodles as a show-stopping side dish to accompany main courses throughout the summer, while a light and savory Miso Kale Caesar Salad can curb and satisfy appetites before dinner. Meanwhile, the fresh-andfruity versatility of this Peach Smoothie means you can enjoy it at breakfast, as a nutritious midday snack or even for dessert.

All three recipes feature Nature's Intent Organic Apple Cider Vinegar, which is raw, unfiltered,

made with the mother and can be a chef's secret ingredient to brighten and awaken taste buds to the true flavors of food by enhancing your favorite recipes during the summer or any time of year. Because it's crafted with care, the clean, crisp flavors provide a difference you can see and taste while helping add a perfect sweet-and-sour balance to traditional meals as well as new favorites.

With so many fresh, delicious choices, summer is the perfect opportunity to make the most of flavors in almost anything you're making, but selecting the right recipes and ingredients can be the first step toward truly soaking up the brightness of the season.

Find more tips and recipes for enjoying summer flavors at NaturesIntentVinegars.com, and find Nature's Intent on Facebook, Instagram and Pinterest.



### **Peach Smoothie**

Recipe courtesy of Candice Kumai Prep time: 5 minutes Servings: 2

- 2 1/2 cups unsweetened almond milk
- 1/2 frozen banana 3/4 cup sweet-potato puree
- 3 cups frozen organic peaches
- 1/4 teaspoon freshly ground ginger
- 1/4 teaspoon cinnamon scoop collagen powder
- 1-2 tablespoons Nature's Intent Organic Apple Cider Vinegar

In blender, combine almond milk, banana, sweet-potato puree, peaches, ginger, cinnamon, collagen powder and apple cider vinegar; blend until smooth. Serve immediately

### Miso Kale Caesar Salad

Recipe courtesy of Candice Kumai Prep time: 15 minutes Cook time: 20 minutes Servings: 2

### Dressing:

1/4 cup tahini paste (ground

- sesame seed paste) cup organic red or white
- miso paste 1/4 cup rice vinegar
- teaspoon honey or
- maple syrup 3 tablespoons Nature's **Intent Organic Apple**

## Salad:

large bunch finely chopped curly kale, destemmed

Cider Vinegar

- 1/2 cup (about 1 ear) raw white corn, shaved
- 2 cups daikon radish (about 1/2 radish), peeled, halved and thinly sliced into half-moons
- 2 ripe avocados, halved, pitted, peeled and cut into 3/4-inch cubes
- 2 tablespoons baked hemp seeds Optional toppings:
- 8 ounces wild salmon, grilled 8 ounces organic tofu, grilled and cubed

To make dressing: In medium mixing bowl, whisk tahini paste, organic miso paste, rice vinegar, honey and apple cider vinegar.

Add kale, corn and daikon radish. Toss well to coat with dressing.

Serve topped with cubed avocado, hemp seeds and salmon or tofu, if desired.





All crew positions now available for every shift! We are hiring part time, full time, any time!

Maintenance position open. Wage is dependent upon experience.

We work with you to provide a flexible schedule to meet your needs! Applications can be submitted online at www.mcdonalds.com/career.

Give us a call at (304) 538-6545 today!



**Low Mileage, Preowned Vehicles** 

**Jim Crites** 

304-257-8540 Cell

jimcrites@hotmail.com

Transportation Headquarters for the Potomac Highlands

304-257-4114 408 Kevser Ave.. Petersburg, WV 26847

Small, busy organization is looking for part-time assistance for approximately 15-20 hours per week, including some Saturdays. Customer service, computer, organizational and office machine skills, as well as some lifting required.

Interested individuals respond with a resume and references to the following: Dept. LB, PO Box 380, Moorefield, WV 26836 or email to: jobop26836@gmail.com

#### CROSSWORD 10 11 12 13 14 15 16 17 18 19 21 22 23 24 25 26 27 28 29 30 32 33 34 35 36 37 38 39 40 41 42 43 44 46 47 48 49 50 52 51 53 54 55 56 61 63 64 65 66 67 68 69 70 71 72 73 Your Family Deserves The Upgrade to the Hopper® 3 Smart HD DVR Watch and record 16 shows at once Get built-in Netflix and YouTube Watch TV on your mobile devices Add High Speed Internet 1-888-416-7103 dish 🗥 © StatePoint Media

## THEME: THE 4TH OF JULY

- **ACROSS**
- Battle \_\_\_\_\_, pl.
  Baseball Giant and hall-of-1. Battle famer
- 9. Strikebreaker
- 13. Give out
- 14. What's old is new again, prefix
- 15. Money carrier

barbecue

- 16. Floridian predator
- 17. Sin's and cos' partner
- 18. Don't just stand there 19. \*Salad ingredient at a
- 21. \*One of thirteen in 1776
- 23. Knighthood designation
- 24. "\_\_\_\_ your keep"
- 25. Aladdin, for short
- 28. "The Nutcracker" outfit
- 30. Soft-boiled egg holder 35. Mark for omission
- 37. Torso
- 39. Salpae, sing.
- 40. Like a devoted fan
- 41. Bear Down Under
- 43. Mongolian desert 44. Honey wine, pl.
- 46. Russian monarch
- 47. Shakespeare's "at another time"
- **Continental Congress**
- 50. Research facil.
- 52. One of Bo Peep's flock
- 53. Smidgen
- 55. Three strikes
- 57. \*Celebratory events on the
- 61. \*"The Star-Spangled Ban-
- 64. \*How you might find most drinks on the 4th
- 65. Have a cold, e.g.
- 67. Opposite of ecbatic
- 69. Step

Moorefield & Baker, WV

Gore & Stephens City, VA

**Locations** 

Friday, June 29th - 1pm-5pm

**Grand Prize Drawing** 

de Janeiro

- 71. Burnt
- in captivity 73. Canine command
- 74. Like yellow polka dot bikini

#### **DOWN**

- 1. Go low, as in jeans
- 2. Show appreciation
- 3. Choir voice
- 4. ": The Saga of an American Family"
- 5. Gibraltar, e.g.
- 6. On top of
- 7. \*Out-of-favor beverage?
- 8. Polynesian kingdom
- 9. Court petitioner
- 10. Rugged rock 11. Fungal spore sacs
- 12. Between Phi and Kappa
- 15. Fork tips
- 20. Lorry in America
- 22. Old-fashioned "before" 24. Europe/Asia portmanteau
- 25. \*One of 3 Presidents to die
- on July 4th 26. "Drove my chevy to the

- 27. Hipbone-related
- 29. Thomas the Engine's warning
- 31. Lady nÈe Stefani Joanne Angelina Germanotta
- 32. Star Wars attacker
- 33. Violinist's stroke
- 34. \*"Common Sense" author 36. Edible root of taro plant
- 38. Dashing style 42. Result of match play?
- 49. Bambi's mom
- 45. More than snide
- 51. Interjection for disapproval
- 54. Plural of #46 Across
- 56. Recurring melody
- 57. Fancy-schmancy
- 58. Initial stake
- 59. Iranian money
- 60. Opposite of base
- 61. A bunch
- 62. River in Bohemia
- 63. Demeanor
- 66. \*Mad King George's number
- , the Beloved Country"

		•												
٨	N	∃	3	T		Т	Π	S			П		П	Н
٦	1 3	В	M	U		0	Ι	Я		Я	П	A	Τ	S
0	) [	٦	3	Т		٦	Ι	A		Э	၁	Ι	N	0
	M	3	Н	Τ	Ν	A		S	Э	П	A	Я	A	Ъ
			Т	N	0		A	Τ	0	Ι				
[3	I M	3		Т	S	N	Ι		а	N	0	Э	3	S
N	10	N	A		Я	A	S	Τ		S	а	A	П	M
	В	0	Ð		A	٦	A	0	К		а	Ι	Λ	A
$\forall$	/ а	٦	A	S		3	Я	0	၁		3	٦	П	а
d	I N	၁	Ð	9	3		n	Τ	N	Ι		Ι	٦	A
				Ν	Я	A	3		В		S			
A	<u> </u>	Ð	В	0	3	ອ		0	Τ	A	Ι	0	Ъ	
I	. ၁	A	3	Я		Ν	A	Τ		В	0	Τ	A	Ð
П	1 0	И	$\cap$	7		$\overline{}$		NI		Т		П	7	$\forall$

## Ocean's 8

Continued from page 1

or the gleeful corruption that Al to see those two get heisted.

the vaults of Cartier for 50 years part of her fashion ensemble for

the Met Gala red carpet. try to swipe the Baseball Diamond in "The Great Muppet Caper" and Kermit, Fozzie, Animal, and the gang trying to stop him. "Ocean's 8" director and co-screenwriter Gary Ross doesn't give his flick

much urgency.

Even without the urgency, no Pacino displayed as Willy Bank in one seems to be having much fun "Ocean's 11" and "Ocean's 13," re- here. Cate Blanchett is a force spectively. You REALLY wanted of nature, but she's playing the Brad Pitt second fiddle part here The necklace in "Ocean's 8" is with little in the way of quirks or just that. Your basic, gaudy dia- memorable lines. Helena Bonham mond necklace that's been kept in Carter tries to find a character in down-on-her-luck fashion designthat vapid actress Daphne Kluger er Rose Weil. But her usual ec-(Anne Hathaway, giving the film's centricities are also toned down. best performance) is loaned as Rihanna is pretty slick as a hacker named "Nine Ball," but she spends most of the movie typing on a lap-Honestly, it was more fun and top. The real find here is Awkwafiinvolving watching Charles Grodin na as pick-pocket Constance. She's the only one who seems to take any real glee in her crimes and misdemeanors.

This might have been the case where a female director would have delivered a better product. litically correct thing where the tual heist.

er in harmony without giving into is eventually revealed to be more anything resembling pleasure.

Come Join Us For Our

**Anniversary Celebration** 

In Ross's hands, the ladies aren't any sort of male fantasy. But there layered than initially thought. And allowed to be catty or profane or still needs to be some sort of ten- a late-game cameo by one of the overly sexy or dynamic in any in- sion and personality clashing that original "Ocean's 11" crew (alas teresting way. It's probably a po-threatens to undermine the even-NOT Clooney, Pitt, or Damon) was most welcome ... and the only Powers That Be had more interest I did enjoy some of the intricamoment in the flick where the auin showing women working togeth- cies of the Met Gala heist, which dience I saw it with responded with

Sigh. They should have stole more from the original films!

"Ocean's 8" is rated PG-13 for language, brief drug references, and some suggestive content.





**BROCHURES PROGRAMS POSTERS BOOKLETS ENVELOPES** 

ital@moorefieldexaminer.com • 304-530-6397

Springfield Valley Paving

Gary & Brian Cosner **COMMERCIAL** 

**RESIDENTIAL** 



**Free Estimates** 

304-822-7377

Serving Hardy, Grant & Hampshire Counties for over 20 years!

AND MORE!

Member FDIC



**Wardensville Office** Saturday, June 30th 4pm - 7pm

**Prize Drawing Every 15 Minutes!** 

4:15 6 Qt. Presto Traveling Slow Cooker

\$100 VISA Gift Card

4:45 Weber Charcoal Grill w/Accessories \$100 VISA Gift Card 5:00

Fingerprint Safe 5:15 5:30 \$100 VISA Gift Card

**Bushnell 20MP HD Trophy Cam** 

\$100 VISA Gift Card

Weber Charcoal Grill w/Accessories

\$100 VISA Gift Card 6:30

6:45 Yeti Roadie 20 7:00 55" LG UHD 4K Television

Pork BBQ • Hot Dogs • Chips

Drinks • Live Music By Jimmy Lee

Balloon Animals
 Face Painting

CAPON VALLEY/Sank

CELEBRATING ( ) YEARS www.caponvalleybank.com

EQUAL HOUSING