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**Signs of Spring intermingled with scattered snow. It seems more like March with its gusting winds bringing an assortment of weather changes - sometimes within the same day. Looking at the assortment of events on tap for this week, I suggest you dress in layers and prepare to be Out and About for some interesting activities. There are classes, performances, book clubs and competitions. Baseball registration, protest meetings, dinner and a movie too. There are plenty of opportunities to shake off those winter blues by getting involved so grab your coat and “Spring” into action. (I love puns!)**

**Monday** –

**President’s Day –** This day is marked to honor the life and work of two great leaders, George Washington and Abraham Lincoln. We commemorate their lives and accomplishments with - shopping? Oh well. Maybe this year, we can celebrate with a reverse shopping day. Instead of buying more “stuff.” How about gathering things you no longer use or need and donating them to a local organization?

**Healthy Bodies, Healthy Spirits** Leader Training Schedule - February 20th – 21st & 27th & 28th from 9:30 am to 4:00 pm at Buckhannon First Presbyterian Church. To register contact Joshua Sowards – 304-544-6948 or Joshua@ourfuturewv.org Diabetes Self-Management Trainings for Barbour, Lewis, Upshur, Randolph and Webster! (Lunch provided!).

**Dog Park Committee** meets today at 5:30 in City Hall. These meetings are open to the public so please bring your ideas. If you wish to donate to this project, please make your check payable to the City of Buckhannon and write “Dog Park” on the memo line. (City Hall is closed for President’s Day but we are still going to meet there).

**Upshur County Beekeepers Association** meets tonight at 6:30 in the WV Farm Bureau.

**Buckhannon Choral Society** Rehearsals are on Mondays at Chapel Hill UM from 7to 9 pm. Their first concert is on April 29th at 7 PM at Wesley Chapel performing Antonio Vivaldi's Gloria and WVU's chamber choir will be joining us as they are touring.

**Buckhannon Irish Music** Session - every Monday starting at 5:30 PM in the WVWC Wesley Chapel Meditation Room. All are welcome to come and join in to play tunes, learn, or listen.

**Tuesday** –

**Rotary** – Lunch meeting at noon in Chapel Hill’s fellowship hall. Today’s program is Heart Awareness Month— Cardiac Care Presentation. Lunch is prepared by Fish Hawk Acres.

The **Upshur County Historical Society** will be open to the public at the Repository, (29 W. Main Street, across from the Courthouse) Tuesday evenings, 6-8 pm. Stop by the Repository if you have a question about genealogy, family stories, or any question concerning Upshur County history. There is a growing collection of both original documents, photographs, and artifacts as well as an abundance of research materials available. Whether you are trying to resolve when the "Opera House" burned or the history of Main Street, what really was the recently discovered "abandoned cemetery," or if you just want to see interesting photographic images of our county, then stop in." If you have artifacts, photographs, or any Upshur County materials you would like to share or give to the UCHS, Tuesday evening is a good time to do that. They appreciate your memberships and gifts as well to keep the doors open.

**Wednesday –**

**Nar-Anon Family group** for the families and friends of those who suffer from addiction will meet at Chapel Hill UMC at 88 S. Kanawha St. beginning at 7:00 and lasting until 8:30.

**Agnes of God** by John Pielmeyer, February 22-25 at 8 pm, and Feb 26 at 2 pm, WVWC Performing Arts Center. A court psychiatrist is called in to evaluate a nun when a baby is found dead in her chamber. It's a thriller, a murder mystery, and it's an exploration of faith and science-- so topical for our times!

**Dough Re Mi's Open Session** – From 4:00 pm until 7:00 pm, Adam Christian Moyer will definitely be playing some tunes to help get the musical inspiration rolling. Bring your instruments and a willingness to have fun with it.

**Upshur County Youth Baseball/Softball Registration** at the Academy all-purpose room from 6-8 p.m. Pricing is $50 for the first child, $40 for the second, $30 for third or more. Baseball for ages 4-15 and softball for 6-16. Bring a copy of their birth certificate on the day of registration. Contact Jason Westfall at 732-598-6245.

**Thursday –**

**World Rotary Day** in recognition of Rotary International’s 112th birthday

**Create Buckhannon** at noon - Join in the ongoing community discussion at our weekly brainstorming session located at C.J. Maggie’s third-floor dining room. A delicious lunch is available during the noon meeting and is $7 per person if you want to eat lunch. Be a part of a community dialog that is already making a difference.

**Consolidated Public Works Board** meets at 4 pm in City Hall. Come out and get involved with the upcoming events in our city.

Thursday evenings enjoy live **BLUEGRASS** music happening at Audrey’s from 7:00-9:00 PM.

**AMP Library Book club** meets the last Thursday of each month. New members are welcome. Contact Beth Rogers at the Library 304-473-8463 or Email librarian@wvwc.edu for more information. The upcoming titles are February - Carrying Albert Home; March - Ocean at the End of the Lane. Remember, you do not have to read every book; you can join in for just the titles that interest you!

**Upshur County Commission** meets each week on Thursday mornings at 9:00 a.m. at the Courthouse Annex, Room 301. Citizens are welcome to attend the meetings.

Public meeting at WVWC to discuss the impacts of the **Atlantic Coast Pipeline**. Topics will include safety, health, eminent domain, property values, jobs, alternatives and more.

The Buckhannon Police Department will be hosting a **Community Policing Meeting** at the Public Safety Complex Community and Training Room at 6:00 pm. This is a public meeting and all citizens are encouraged to attend. The focus of this meeting will be on drug awareness.

St. Joseph’s Hospital will host a **free diabetes workshop** from 6 to 7 p.m. The workshop will include a food and nutrition cooking demonstration and is open to the public. It will be held in the library of St. Joseph’s Hospital. To rsvp or for more information, call 304-473-2319.

The **Camera Club** meeting this month will be at 6:30 in the Upshur Senior Center. Our guest speaker will be Carrie Bowers Photography. Carrie is a wedding and family portrait photographer who will share some tips with us so we can improve our skills. Members and guests welcomed! Photo of the month is "frozen". Photos taken in the past 12 months are eligible.

**February Community Dinner** 6:30 to 8:30 pm. Join Chef Dale Hawkins of Fish Hawk Acres for a winter feast of Hearty Greens Salad with Creamy Vinaigrette, Chicken Pot Pie with Mashed Potatoes, Rolls with Butter, and Mocha Tart. Tickets are $15 per person and must be purchased in advance at The Market Place, 107 S. Main Street in Philippi, at Heart and Hand’s Belington Thrift Store, 206 Bridge Street in Belington, or online through Eventbrite.com (processing fees apply).

**Friday –**

Check out [Buckhannon FAF](https://www.facebook.com/groups/BuckhannonFAF/) (**Free Art Friday**) on Facebook. Art for the people! Every Friday in Buckhannon there will be a free art scavenger hunt. Feel free to join in and hide your own pieces or post your sweet finds on the Facebook page.

For the month of February, **Lascaux Micro Theater** will be featuring The Eagle Huntress a heartwarming documentary of a young Mongolian girl who takes up a traditionally male role in her nomadic community. 2016, United Kingdom/Mongolia/United States, 87 mins., Rated G. Check out the trailer here: <https://www.youtube.com/watch?v=Vfi5JS6HTH0> Please email (lascauxmicrotheater@gmail.com) for reservation requests or call 304-473-1818 and leave a message with your name and date for reservation.

Stop by the 88 Restaurant & Lounge for **live music** every Friday night from 9 pm until midnight.

**Saturday –**

Visit **Lascaux Micro-theater**, 33 East Main Street, Buckhannon, on Friday and Saturday evenings at 7:30 PM for an ever-changing cinematic treat. To make reservations for LASCAUX, please call 304-473-1818, or send an email to bryson@vnarch.com

**Sunday** –

Check out the [Upshur County Trails](https://www.facebook.com/groups/838242662908961/) and explore with friends and family today.

Last chance to see **Agnes of God** by John Pielmeyer at 2 pm in the WVWC Performing Arts Center. A court psychiatrist is called in to evaluate a nun when a baby is found dead in her chamber. It's a thriller, a murder mystery, and it's an exploration of faith and science-- so topical for our times!

A matinee screening of **MOONLIGHT** in Lascaux micro theater at 2:00 PM. Please email reservations to lascauxmicrotheater@gmail.com , or call the hotline at 304-473-1818.

Upshur County **Youth Baseball/Softball Registration** at the Academy School all-purpose room from 6-8 p.m. Pricing is $50 for the first child, $40 for the second, $30 for third or more. Baseball for ages 4-15 and softball for 6-16. Bring a copy of their birth certificate on the day of registration. Contact Jason Westfall at 732-598-6245.

**Book signing** from 1 p.m. to 3 p.m., at South Buckhannon Mission Church. Thelma White from Volga recently published her first book, entitled: “The Pentateuch Acts and Revelation.”

Join **ACLU-WV** at West Virginia Wesleyan College at 7:00 pm to discuss the power of protest and the ACLU's work protecting the right to dissent.

 *Coming Soon –*

The first **Artist-in-Residence** at the Upshur County Public Library was well received by the patrons. The Library is seeking artists willing to inspire the community by working on their art in the Library. If there are interested artists, they can call the Library at 473-4219.

It is time to get ready once again for **Festival Fridays**! The fee for the 2017 season is still only $25 and a check made out to Create BU can be mailed to Create Buckhannon, P.O. Box 991, Buckhannon, WV 26201. You can send questions to Maria at mariabray@hotmail.com or call 304-997-5110; Brittany Small is at bswishe4@gmail.com or 304-704-5166. Please let us know ASAP if you will be participating this year and would like an application. Looking forward to a fabulous season filled with music, friends and your amazing creations!

**Rock Cave Elementary school** is selling chances for a calendar ticket for 31 bags. Each ticket is $10 and for that ticket, you get 31 chances to win! Starting March 1 and continuing throughout the month, names will be drawn to win the bag for that day valued from $10-$98. The school keeps $5 for every ticket sold. Contact the school (304-924-6969) for tickets! Winners will be notified and prizes will be based on ticket sales. Buy your ticket before Feb. 23

VFW Auxiliary Post hosts **Young American Creative Patriotic Art** contest is open to ninth-12th grade students who are enrolled in public, private, parochial or a home-study program in Buckhannon or Weston. The artwork must be something patriotic. If the American Flag is used in the entry, it must comply with the Federal Flag Code. Entry must have been completed during the 2016·2017 school year. Application, rules and guidelines are available at www.auxvfw.org. Student deadline: March 31, 2017 to Auxiliary. Auxiliary winner must be sent to Department Chairman by April 15, 2017.

National Scholarships First place: $10,000 Second place: $5,000 Third place: $2,500 The deadline to submit entries to VFW Auxiliary Post 3663 is March 31, 2017. VFW Auxiliary post 3663 awards a local Patriotic Art winner. Then we will submit the winning entry to Department AVFW for competition at the state level. The state winning entry will be submitted to National Auxiliary VFW for national competition and the winner of that competition will receive a $10,000. All students interested in entering the Patriotic Art Contest should contact the VFW Post 3663 at 304-472-9152.

[**Fabric Dyeing for the Beginner**](http://www.artistryonmain.com/online-registration-for-2.html) by Suzan Morgan - One session, Saturday March 4, 2017 from 9:00 am to 2:00 pm at Artistry on Main (includes a break from noon to 1 pm to allow the dye to set in the fabric). $30 plus $30 material fee. Students will learn Low Water Immersion Dyeing. Each student will dye 12 half-yards of quilter's muslin using fiber reactive dyes. Dyes are permanent and will not bleed after the process is completed. Students will dye 3 yards of gradated (light to dark) fabrics as well as 3 yards of one color fading into a second color and will choose their own color scheme. Age 12 and up — maximum of 4 students. All materials provided. Students will do the final washout at home. Wear clothes that may become stained.

AYBC will perform **"Alice in Wonderland"** Saturday, March 18th at 7:00 p.m. Sunday, March 19th at 2:00 p.m. at The Virginia Thomas Law Center for the Performing Arts. For Ticket information, contact The Dance Factory - 304-472-8291 or [www.dancefactorywv.net](http://www.dancefactorywv.net)

Please visit <http://www.upshurartsalliance.org/> to see a centralized compilation of what is happening in our area.

Get your own copy of **The Out and About**! If you wish to receive the email version, please subscribe at <http://eepurl.com/cc9015> or visit the [Out and About](https://www.facebook.com/Out-and-About-364778236949384/?fref=ts)’s Facebook page.

*Out and About* is a way to share information about activities and events in Upshur County. Please consider forwarding the information to others who may be interested in supporting the arts in Upshur County or to those who are simply looking for things to do.

**Hope to see you Out and About…**

***Maria***

***The Out and About is a sampling of the events you will find on Upshur County's premier event calendar. Check it out at*** [***www.UpshurArtsAlliance.org***](http://www.UpshurArtsAlliance.org)

***If you would like to have your event posted on the community calendar, please send the information in an email to*** ***UpshurArts@hotmail.com***