

Beans for Breakfast

“My Abingdon”

Barbara Roark Frazier

Instantpublishers.com

Beans for Breakfast – My Abingdon

Copyright ©applied for.

All rights reserved.

No part of this publication may be reproduced, stored, or transmitted in any form, or by any means, electronic, mechanical or photocopying, recording or otherwise, without the express written permission of the publisher.

*Published by:
InstantPublisher.com
PO Box 340
Collierville, TN 38027*

Abingdon is rich with history and children there grow up hearing stories about Daniel Boone, Wolf Cave, the Tavern, ghosts tales, and many other legends that are included in this book.

These are the stories from my childhood. While this writing is not intended as an historic document, every effort was made to ensure that all references to history are accurate.

The childhood experiences speak of a different time when life was a lot simpler and kids could be out of sight and on their own for the entire day. Entertainment was exploring, wading creeks, playing simple games like Red Rover, Olly Olly outs in Free, and Kick the Can; things that probably seem dull and boring by today's standards. But it was our life and it wasn't all that bad. Poor didn't seem so deprived at the time.

*This book was written so future generations
Will have the opportunity to know a little about
the Abingdon that I knew.*

*And, as a tribute to my family whose
Rich mountain heritage "defines our legacy."*

*Thank you My Friends,
Maxine Cooke Garvy
Estelle Fowler Shofman
For your tireless efforts in making this book readable*

*And to my wonderful husband
Joe
Whose unending patience and support
made it possible.*

Beans for Breakfast, "My Abingdon

Introduction

Sarah lives in Abingdon a beautiful little town located in southwest Virginia where the ridges still echo the footsteps of Daniel Boone, Over Mountain Men, Civil War soldiers, and thousands of pioneers.

Sarah is the youngest daughter of Emery and Maude Roark a poor family who live there. The father no longer lives at home and the mother has a full time job as a cook at the local hospital. This gives Sarah and her sister Jessie a lot of freedom to explore the little town that is rich with history.

The sisters couldn't be more different. Sarah loves the little town and has a natural curiosity about all things around her, and an excellent memory. She knows all the local legends about Wolf Cave, Martha Washington Inn, Barter Theater, the Tavern, the fighting parson and a multitude of other local tales. Jessie has little or no interest in history, but is often drawn into things by her younger sister.

The family has a strong mountain heritage but much is unknown to Sarah and Jessie, until their father takes them across the Blue Ridge to meet extended family in North Carolina. As they travel narrow mountain roads that twist and turn along steep ridges and deep ravines, they learn about the harsh mountain life of early ancestors. Some things they learn fill them with family pride and other things shock them and fill them with horror.

Sarah has no memory of life before the family moved to the little house on the hill, but understands that things used to be a lot different. She only knows the simple life of a poor family, yet she yearns for very little. She has no memory of ever going hungry, there have always been beans to eat, sometimes even for breakfast.

Prologue

In the winter of 1760 Daniel Boone joined a party of long-hunters and made his first trip across the rugged Blue Ridge Mountains from his home in North Carolina. After weeks of arduous travel the hunting party came upon a wondrous valley where they stopped to make camp. It was a place the red man called the “enchanted lands” and would not to settle in because they thought life would be too easy there.

“We have traveled far and endured cold and hardship in our journey across the lofty blue ridges. We will rest here along-side this trail that has seen the footsteps of many travelers, and very few white men. Our bodies are fatigued and in need of nourishment. Kindle a fire my friends, for tonight we shall feast.”

When Daniel returned from his hunt with a young buck draped around his shoulders, he told his companions the wind had carried the scent of wolves and feared there might be a den nearby. He cautioned them to keep the fires burning brightly throughout the night, and their rifles close at hand.

After feasting on fresh venison, the first hot meal they had shared in several days, many in camp struggled to stay awake. Dog tired after weeks of travel they drifted off to sleep. Twigs popping just beyond the firelight kept Daniel ever watchful, while the call of a lone wolf made the dogs nervous. When all was quiet, the dogs started to whine. Suddenly there was an explosion of vicious energy, as a pack of snarling wolves sprang out of the darkness. Daniel was first to blast away with “Old Tick-Licker”, killing a wolf just as it lunged for his dog “Sheltowee.” The blast of many rifles followed, killing three wolves and driving the pack away. Several dogs were injured, two mortally wounded. At daylight Daniel surveyed the devastation. It had been the most ferocious attack the group had ever encountered.

“Nature is a series of wonders. The unspoiled beauty of this land draws us to its bosom, yet it is a haven for beasts of the wilderness. We shall call this place ‘Wolf Hills’ so that travelers through this wondrous valley will be ever vigilant.”

Daniel Boone’s comments on that cold day in 1760 became a lasting legacy for the town we now call Abingdon.

Contents

Chapter

1. *Pete*
2. *The Gift*
3. *Traditions*
4. *Kings Mountain*
5. *Shadows in the Mountain*
6. *Frost on the Pumpkin*
7. *Life across the Ridge*
8. *Bounty of the Mountains*
9. *Daddy's Hamburger Soup*
10. *Surviving the Freeze*
11. *Never Cry Wolf*
12. *The Good Fairy*
13. *Visit to Piney Flats*
14. *Wash Your Feet and go to Bed*
15. *The School Assignment*
16. *Eleanor's Visit*
17. *A Day to Remember*
18. *Perkins Woods*
19. *Parade Day*
20. *Sinking Springs Cemetery*
21. *Dog Days of Summer*
22. *Goodbye Forever*
23. *Defining a Legacy*
24. *Walking Tour of East Main Street*
25. *Virginia Highlands Festival*
26. *The Mysterious old Fairgrounds*
27. *Backbone Rock*
28. *The Story Teller*

Chapter 1

Pete

Sarah gazed at Clinch Mountain standing blue and hazy in the distance. She had looked at that mountain almost every day of her life and wondered what was on the other side. She always figured that someday she'd go find out, but she wasn't thinking about that, she was thinking about school and wishing summer away. This will be her last year at Central and she's anxious for school to start.

It seemed like a lifetime ago when she first time walked through those green double doors, holding tightly onto her brother's hand. Central was a small school but it looked huge to Sarah.



Pete showed her where to sit to wait for the bell to ring then went across the room to talk to his friends. Sarah didn't mind being left alone, there was a lot to see and she was feeling the excitement of a new adventure. The assembly room was so noisy she wanted to put her hands over her ears, but she didn't.

When the time came to answer nature's call she started down the hallway, but it looked dark and scary so she turned back. She wanted her sister to go with her, but Jessie was on the other side of the room talking to friends from last year.

Reluctantly, Sarah made her way to the girl's room. Just as she walked in a toilet flushed and made loud scary sounds. She didn't want to go into the little stall where the noise came from, but knew she'd wet herself if she didn't. When it was time to flush she moved near the door, away from the object where the creepy sounds came from. She stretched out her leg to reach the handle and made contact with her toes. One push on the lever and there was an explosion of sound as churning gushing water was sucked noisily down the pipe. The creepy sounds echoed off the walls of the tiny stall. Afraid she was about to be sucked in, Sarah jumped back and lost her balance. Frightened, she started to cry and jumped up to go find her brother.