

Who is AHH?

The mission of the Alderson Hospitality House is to provide support for those incarcerated at the Alderson Federal Prison Camp, their families and friends by providing temporary lodging, meals, transportation, emotional support and education.

BOARD OF DIRECTORS

Gloria Martin	Amy McClure
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AHH STAFF

Kathleen DeRouen, co-director
Brian DeRouen, co-director

FLIGHT INFORMATION

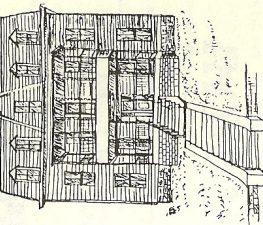


Raleigh County Memorial
Beckley, WV
www.flybeckley.com
Greenbrier Valley
Lewisburg, WV
www.gvairport.com

AMTRAK INFORMATION



www.amtrak.com
Amtrak stops in Alderson, WV
ONLY Sundays, Wednesdays, and Fridays
From Chicago, eastbound: Train #50
From New York, westbound: Train #51

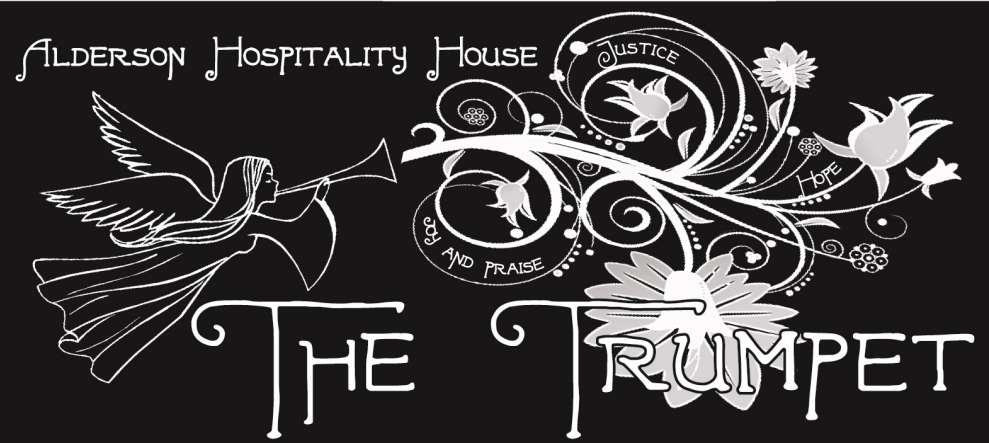


If you would like to be added or removed, please contact us!

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HOUSE NOTES

By KATHLEEN

One of my main jobs at the House is making dinner for guests on the weekends. Deciding what to make every week is probably my least favorite part, but I do my best to come up with something tasty.

My main go to meals are Build your Own Taco Bar and Spaghetti with freshly baked rosemary focaccia

bread. My guess is that if you've visited the House more than once, you've had one of those two meals. In addition to those old standbys I've tried lots of different meals throughout the years. Chicken with Roasted Root Vegetables, Breakfast for dinner, or Homemade Pizza are some that come out when the numbers are smaller (under 10). I



often use my mom's Chicken Casseroles when there are a lot of people to serve. Sometimes, if I know people will be open to it, I introduce new cuisines to people, so I've made Indian food

(Vegetable Korma and Dal) or Mediterranean food like Falafel or a full Vegan meal with Tofu and potato salad. When I have a busy Saturday, like last weekend with the Fall Festival in Alderson, I turn to a trusty Crockpot Santa Fe Chili with corn bread and salad.

This time of year, I love serving salad because I can introduce people to edible flowers. My favorite part of the garden behind the Hospitality House is the section where Nasturtium grows. Every year I plant them in the spring. By the end of summer and through most of the fall, not only do we have beautiful flowers to look at, but I can then pick them to add color and flavor to our salad. There are many different edible flowers, but the Nasturtiums are my favorite. The

(Continued on page 3)



PHOEBE JEAN

By PHOEBE

Greetings from Alderson to friends of the Hospitality House near and far. My name is Phoebe Jean Saurber DeRouen, and I am so excited to introduce myself as the newest member of this wonderful community.

I moved to Alderson at the end of June after my new mom and dad (who you all know as Kathleen and Brian) adopted me from a wonderful place called Ross Mill Farm, a foster home for the Pig Placement Network's adoptable pigs. At Ross Mill, I was one of over 150 piggies hoping to find their forever home, so when a minivan showed up with a West Virginia license plate, I made sure I was on my best behavior. I waddled right up to the two people who got out of the van and introduced myself. I wagged my tail, sniffed around a bit to show off my cute snout, asked politely for a treat, and when the guy laid down in the grass, I gave him a smooch right on the cheek. The rest, as they say, is history!

Moving to West Virginia required some adjustment because I lived the first 3 years of my life in a Brooklyn, NY apartment. I enjoyed city living, but I can say that this rural environment is quickly growing on me. Some of my favorite things about living in West Virginia so far have been eating the fresh peaches that fell off of the trees in our front yard all summer, lounging my days away in my Nana and Papa's back yard, and of course, meeting so many friends from the Hospitality House.

I feel like now might be a good time to talk a bit about us potbellied pigs and what we are like as pets. At the risk of sounding immodest, the first thing I would say about pigs like me is that we are smart, very smart. In the animal kingdom the only species that



are smarter than us are you humans, monkeys and dolphins. Intellectually we are very similar to 2-3-year-old human children, and our intellect makes us both a wonderful and, at times, challenging pet. Of all the animals on the planet our skin is closest to you humans so almost nobody is allergic to us, and we are one of the only non-human animals that cry tears as an emotional response to frustration, sadness. or physical pain. I am happy to report that I have not had reason to cry since moving to West Virginia!

Let's see, what else should I tell you...oh ya, you know the phrase "Sweat like a pig?" Well, us pigs don't understand that saying as we don't sweat. When I say we don't sweat, I don't mean that we are laid back and cool as cucumbers. I mean it literally; we do not have the ability to sweat. That's why many of you might think of us rolling in the mud as it is one of the best ways that farm pigs have of staying cool. Fortunately, I get lots of shade, cool grass to lounge around in and all the fresh water I desire to drink so you won't be finding me flopping around in the mud getting dirty. Us pigs hate to be dirty and are much more hygienic than dogs or cats.



(Continued on page 7)

PHOEBE CONTINUED

While I don't flop in mud puddles to stay cool, if I am comfortable with you, I will without a doubt flop over on my side in the hopes that you will give my belly a good rub. Behind food, belly rubs are my favorite thing in the whole



world. So, the next time you come to stay at the Hospitality House I hope that you will ask my mom and dad if I can come over to the House for a visit. When I do, I would like to formally request some apples, carrots and pets as those will help me decide that you belong on my ever-expanding list of favorite people!

VOLUNTEERS

While guests coming to visit their loved ones at FPC Alderson make up the primary community at the Hospitality House we have a wonderful secondary community of volunteers who help us to accomplish our mission. This summer, we have had a lovely variety of volunteers and we are grateful to all of them. Each year the Osteopathic School of Medicine hosts a day of service. For many years we have been a service site, the groups are always good, but this year, they stood out. These gentlemen worked their butts off helping us get the landscaping under control as well as scrubbing windows and bathrooms.

On Mondays we partner with the Shepherd's Center of the Greenbrier Valley as the Alderson branch of their Gwen's meals senior lunch program. There are 5 volunteers that come every week



to help us out with food prep and meal deliveries.. Judy, Corliss, Lisha, J and Wes, and then a few others come when we really need them...Lida, Anna, and David. Every week, Beth does an amazing job of preparing delicious desserts for our lunches and Amy, with the help of her family, provides yummy and colorful fruit salads. Without their help, we would struggle to get the 50 or so meals out to our senior friends every week.

During the weekends, we have also had some help. Jeff, who drove down with his wife, but did not visit one day, instead spent the day weed eating and cleaning up the property. We got a special visit from Khael and his sweetheart (who he used to visit) and they treated us to a delicious meal on Saturday night. Then Jeli came back so that Brian and I could get away together for one weekend. Jeli and Jacob ran the house and got many compliments from guests who were here that weekend.

As this newsletter is about to go to the printers we also want to thank our dear friends Anna, Jesse and Melissa who help us get the almost 2000 newsletters folded, labeled and ready to go.



POETRY
CORNER

Appalachian Autumn

Early morning mist
 Conceals prison walls
 Geese searching for treats
 West Virginia Fall
 Green leaves are fading
 To hues tinged with brown
 Prelude to the show
 Colors will abound
 Fences razor wire
 Sad Confirmation
 Yet beauty transcends
 Our situation

By: William James Jonas III

Please share your artwork, thoughts and words of anguish, hope and joy. We'll consider any submissions for future publications, so please send us your stuff! 📧

HOUSE NOTES CONTINUED

bright yellows, oranges, and red contrast beautifully with the green lettuce, and they have a spicy flavor with a hint of citrus. They taste similar to radishes, but are soft and almost melt in your mouth. The kids and adults who stay with us love to try them even if most watch me eat one first to make sure I am not pulling a prank on them!

Sometimes Hospitality House meals are simple like Soup, Salad, and Homemade Bread, but other times, I go all out, especially on holidays. The summer holidays can be a lot of fun cooking hamburgers and hotdogs and making lots of salads with the fresh vegetables we grow and buy at the Alderson Farmers Market. I'm currently looking ahead on the calendar as Thanksgiving and Christmas give me an opportunity to make a full feast with Turkey or Ham, Mashed Potatoes, Stuffing, Mushroom Stroganoff, Butternut Squash Risotto, Corn, Homemade Rolls and so so much more.

Just a few weeks ago, I got sick and couldn't make dinner so our 13 year old Vitale came to the rescue. Vitale will often make dinner for our family, and he has grown up helping me with dinners at AHH. With Brian as his sous-chef, Vitale pulled off a delicious meal of Spaghetti with the option of Red Sauce or White Sauce and Meatballs, Greenbeans, and Garlic Bread. There were about 15 people at dinner that night, and he did a beautiful job.

The few hours before, during and after dinner are special ones at AHH. They are a great time for people to decompress after a



long visit at the prison. One of the key parts of the AHH mission is to provide a listening ear and support for the women at the prison and their families, but I've never been very good at just sitting and talking. I don't think I'm alone in that, either. There's something about a shared activity that helps people open up. Preparing dinner and then cleaning up after has become a perfect time for me to listen to stories, help people process their visit, or just get to know someone better. It isn't just me who is listening, either. An



amazing part of the House is that the guests support each other. Recently I was preparing dinner with a woman whose first

language is Spanish. We talked, but I could tell there were things she could not quite express to me. Thankfully, during dinner, another Spanish speaking family joined us, and the two matriarchs sat next to each other, chatting the entire time. I didn't understand everything they said, but I could tell they were sharing about their daughters who were over at the prison.

There are not many places where the people who stay with us can find others going through the struggle of a loved one's incarceration. I was glad those two families ended up at the House on the same weekend. I love providing a space for people to come together, eat good food and build a genuine community that makes their hardship just a little bit easier to bear. Now if someone would just tell me what to make for dinner every weekend, this job would be perfect! 📧

RECIPES FROM THE KITCHEN

Roasted Root Vegetables

- 1 large Red Onion, diced
- 1-2 Potatoes, diced
- 1 Sweet Potato, diced
- 1 Turnip, diced
- 1 Parsnip, diced
- 1/2 Butternut Squash, peeled and diced
- Really any other winter squash or root vegetable you want to add (Carrots, Acorn Squash, Pumpkin)
- Vegetable Oil
- Spices: Cumin, Coriander, Paprika, Ginger
- 2 T Fresh Rosemary
- Salt and Pepper

1. Preheat oven to 450 degrees
2. Dice all squash and root vegetables to a similar size.
3. Place vegetables in 1 or 2 large casserole dishes. You only want the vegetables to be 1-2 layers thick or they won't cook properly.
4. Coat with vegetable oil.
5. Sprinkle on Spices, Rosemary, Salt, and Pepper. I know many of you want exact measurements, but the sizes of these vegetables can vary greatly, which means the amount of spices can vary. You want a light dusting of each spice on top. Then, if you like one spice better than the others, add another shake or two. Cooking like this is an art, not a science; try not to overthink it.
6. Stir to combine.
7. Bake for 1 hour. Stir at 30 minutes and 45 minutes. Do not stir more often or the vegetables can turn to mush.



You can now donate through PayPal or Venmo! Search for us under the give tab or follow these QR codes.



Raise money for AHH while buying your groceries. Go to krogercommunityrewards.com and register your Kroger Plus card to automatically give a percentage of every sale to AHH. Our number is 85722. Use it when you sign up today!



Like Us on Facebook! You can follow us and keep up with what is going on at AHH throughout the year.

THE ANNUAL FUND

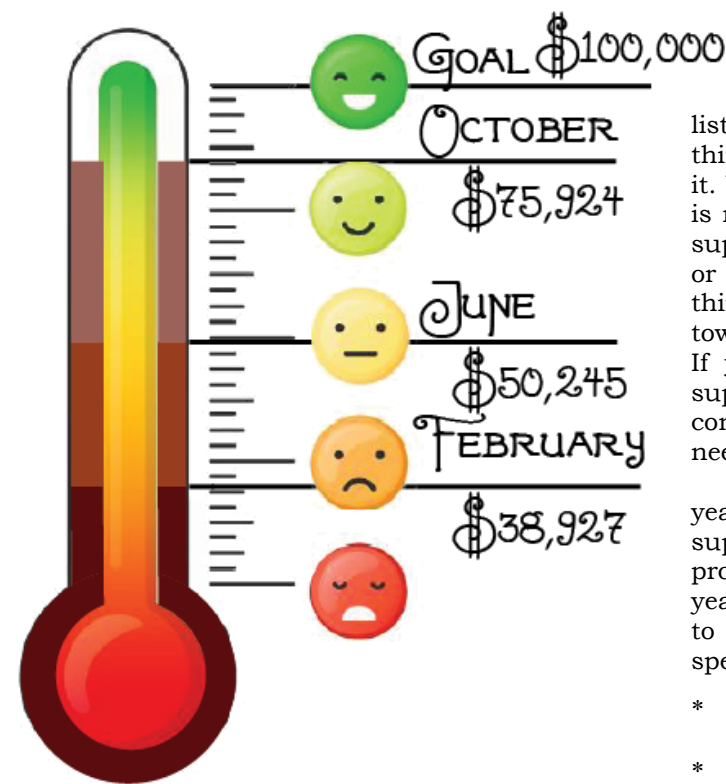
In this newsletter, our newly adopted daughter Phoebe Jean introduced herself. While she offered a lot of good information on pot bellied pigs, she neglected to mention how much they eat. They eat a lot! Now Phoebe's diet is not expensive as she loves all of our leftover salads but her appetite reminds us very much of the Hospitality House.

Each time we reach a fundraising goal and feel like we can take a deep breath, the House's hunger strikes, and we are right back into it. Now, unlike our young pig, the Hospitality House is old. It was built in 1880, so some repairs are to be expected.

The repairs needed on the exterior of the House, however, are a doozy. So we are taking a deep breath, writing some grants and trusting that the mission of this old house will continue to draw the love and financial support of friends near and far. We are grateful to you for reading this newsletter and supporting us and our guests with your prayers, thoughts and when possible, your financial contributions.

Please make all checks payable to **Alderson Hospitality House** or donate online at www.aldersonhospitalityhouse.org
 THANK YOU FOR YOUR SUPPORT!

WISH LIST



This is where we usually put the wish list, but currently we have plenty of the things that people usually purchase off of it. What we are in need of at the moment is money. Money can pay the bills or get supplies. It can be used to make repairs or purchase food. Please if you were thinking of sending us a pack of paper towels, consider sending the \$5 instead. If you are wanting to do a "drive" for supplies with your church or group, contact us, and we'll figure out what we need at the moment.

Our fundraising has gone well this year, and we really thank you for your support. However, we have some big projects we are wanting to tackle next year. If you would prefer to give directly to one of the following efforts, please specify that on your check.

- * Repainting/repairing the exterior of the House, est \$28,000
- * Redecorating the living room, est \$4600