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Practical joke



CARRIE CLASSON

The Postscript

I so rarely get sick that, when I do, I look at my body like it's some kind of trickster.

"Is this your idea of a joke?" I asked my body in the middle of the night.

I occasionally get carsick and even get air motion sickness on planes, but my nausea never (if you will pardon the expression) rises to the level of actual vomiting. So my reaction at 2:30 in the morning was to assume this was a practical joke.

No, my body insisted. This is the real deal.

And it was. I brushed my teeth. I used mouthwash for good measure. I went back to bed a little shaky and was glad that was over. I had almost fallen back to sleep when I discovered my celebration had been hasty.

"No way. I never throw up twice. You're just wrong."

Nope, definitely not wrong. This time, I felt really wobbly. I lay on the bathroom floor afterward for a minute or two.

"At least there is nothing left to throw up!" I celebrated, again prematurely. I had just enough time to begin a dream when I woke a third time.

"Three times is the limit," I informed whatever gastrointestinal scorekeeper in the sky might be listening. "No one throws up more than three times."

I went back to bed, satisfied that this episode was finally behind me.

I don't even remember the fourth trip. Or the fifth. Belief in my underlying good health was beginning to fail and, worse yet, my faith in numerology was eroding. Five times? Six? Now I lay for long periods on the bathroom tile, wondering if it would be easier to just drag a pillow and blanket into the tiny bathroom.

At this point, my cat, Felix, was alerted to the fact that something out of the ordinary was occurring and joined me in the bathroom. He surveyed my posture on the floor somewhat disapprovingly. "Mama, this lying on the floor is not a good

look," he informed me as he sniffed my eyes and mouth. I agreed.

I lost count of my journeys to the bathroom, even as they seemed increasingly pointless, as there was virtually nothing left within me to expel. Instead, I watched as the clock turned from 3:00 to 4:00 and then to 6:00. At a few minutes before 7:00, I made my final trip to the bathroom—and I did not throw up.

That was a happy thing. Not throwing up was the happiest thing that had happened in four-and-a-half hours, and I was absurdly pleased that this extended practical joke had finally run its course. I went back to bed just as my husband, Peter, was getting up, and I stayed there for much of the day. Peter consulted Dr. Google and thought I probably had the norovirus, which sounded like a strong contender.

By midmorning, I was able to drink some water, and I considered this a noteworthy accomplishment. By the end of the day, I tackled a banana. It did not taste great. But I am better now, and I feel as I always do on the rare occasions when my body does not behave the way I expect.

I am ridiculously grateful. I am so grateful this is an anomaly. I remember all my friends and family who live with chronic conditions every day, and I realize what a big idiot I am to ever complain about my minor inconveniences.

And I also realize that, in times of real trouble, my cat would be useless.

Till next time, Carrie
For more Carrie Classon, go to CarrieClasson.com.

Class II
NOTICE OF REQUEST FOR ENGINEERING SERVICES
The City of Spencer wishes to obtain engineering services for the following project
City of Spencer CDBG Miletree Dam Project
Engineering Services required may include any or all of the following services: preliminary design, assistance with funding applications, final design, bidding, services during construction, construction inspection, and any general services required to complete the project.

Procurement of these services shall be in conformity with the applicable laws and regulations of the State of West Virginia and any applicable federal agencies. Services will be provided on a lump sum basis. All consultants interested in being considered for this project must submit an expression of interest detailing qualifications, technical expertise, management and staffing capabilities, familiarity with local conditions and related prior experience. The goal of the competitive procurement process is to objectively select the firm who will provide the highest quality of service at a realistic fee.

Accordingly, technical qualifications and related prior experience will be weighed heavily. Selected respondents will be interviewed.

Please submit 6 copies of all requested information to: **City of Spencer, ATTN: Mayor Terry A. Williams, 116 Court Street, Spencer, WV 25276** by the close of business on **Friday, March 21, 2025**. Questions regarding this request for proposals should be directed to Jamie Jacobsen at the Mid-Ohio Valley Regional Council (304) 716-5949. Please also email a copy of the proposal to Jamie.Jacobsen@MOVRC.org. Please note that all interviews will be conducted by telephone.

Attention is directed to the fact that the proposed project may be undertaken through CDBG-MIT, federal, and/or state agencies and that all work will be performed in accordance with the regulations issued by these agencies and the State of West Virginia pertaining hereto.

The selected firm will be required to comply with Title VI of the Civil Rights Act of 1964, Executive Order 11246, Conflict of Interest Statement, and Access to Records provisions. Alternative Federal and State Funding requirements may also apply.

The City of Spencer will afford full opportunity for minority and women-owned business enterprises to submit a show of interest in response to the invitation and will not discriminate against any firm or individual on the grounds of race, creed, color, sex, age, handicap status or national origin in the contract award.
2t 2/20-27/25 RCR

ing project:
City of Spencer Schoolhouse Hill Water System Improvements Project
Engineering Services required may include any or all of the following services: preliminary design, assistance with funding applications, final design, bidding, services during construction, construction inspection, and any general services required to complete the project.

Procurement of these services shall be in conformity with the applicable laws and regulations of the State of West Virginia and any applicable federal agencies. Services will be provided on a lump sum basis. All consultants interested in being considered for this project must submit an expression of interest detailing qualifications, technical expertise, management and staffing capabilities, familiarity with local conditions and related prior experience. The goal of the competitive procurement process is to objectively select the firm who will provide the highest quality of service at a realistic fee.

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2t 2/20-27/25 RCR

NOTICE OF PROPOSED CONVEYANCE OF UNITED METHODIST CHURCH PROPERTY (ROLLING HILL UNITED METHODIST CHURCH)

Notice is hereby given that Board of Trustees of the West Virginia Annual Conference of the United Methodist Church will, on or after March 6, 2025 QUITCLAIM, GRANT and CONVEY to THE TRUSTEES OF ROLLING HILL CHURCH, all of their right, title and interest in and to the following described lot or parcel of land, lying in Geary District, Roane County, West Virginia, and bounded and described as follows, to-wit:

Beginning at a stake in Bill Davis line, said stake standing S. 87 1/4 E. 75 feet the Southeast corner of Church; thence N. 2 1/2 W. 72 feet to a stake; thence N. 86 1/4 feet to a stake on road bank; thence S. 17 1/4 E. 128 1/2 feet to a stake in Davis line; thence with me N. 71 1/2 E. 135 feet to the place of beginning.

And being the same property conveyed to The Trustees of the Rolling Hill Methodist Church, from G. H. BOGGS AND EVA MAXINE BOGGS, his wife, by Deed dated March 15, 1952 and recorded in the Office of the Clerk of the County Commission of Roane County, West Virginia in Deed Book 168, at page 174, reference to which is hereby made.

Said Rolling Hill United Methodist Church was closed effective December 4, 2024 by resolution of a majority of the District Superintendents of the West Virginia Annual Conference of The United Methodist Church.
Dated March 20, 2025.

BOARD OF TRUSTEES OF THE WEST VIRGINIA ANNUAL CONFERENCE OF THE UNITED METHODIST CHURCH
By: Robert N. File, Chancellor
130 Main Street
Beckley, West Virginia
(304) 253-3358

2t 2/27-3/6/25 RCR

Class II
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The City of Spencer wishes to obtain engineering services for the following project
City of Spencer MIT Wastewater System Improvements Project
Engineering Services required may include any or all of the following services: preliminary design, assis-

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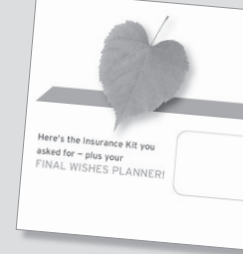
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But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

-- Isaiah 40:31

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