

Following Shooting Incident, Jimmy Malfregeot Urges Citizens To Report ANY Suspicious Activity



Standing with Malfregeot to show their support for the 'If you see something, Say something' campaign are Chief Mark Kiddy, Deputy Chief Randy Hartley, Sheriff Robert Matheny, Chief John Walker, Deputy Chief Mark Rogers, WV State Trooper Martin Bailey, County Commissioner Patsy Trecost, and Clarksburg City Manager Harry Faulk.

By LEIGH C. MERRIFIELD

News & Journal Editor

The past three months will no doubt be a long-lasting memory for Clarksburg Councilman Jimmy Malfregeot, who was shot on September 13th outside his home. Now at home and dealing with only a few aches and pains, he has

had time to reflect on what happened that evening ... and to give thanks for the skills of his doctors and the many prayers that were offered by friends, family, and even strangers.

Jimmy recalls on that evening, his wife Brenda was about to take her mother home after a family dinner. Both she and her mother

were in the car when Jimmy realized he had forgotten to remind her of something. As he looked out the back window to see if they were still within earshot, he noticed a man coming toward their driveway with a gun. He quickly retrieved a gun of his own and ran to the car, asking his wife if she saw where

the man went. The man had already jumped in the back seat of the car and proceeded to fire a 22-caliber bullet at Jimmy, hitting him in the upper stomach area.

"I remember being wary of firing back because my wife and my mother-in-law were in the car, and since I was staggering up the driveway, I was afraid I'd miss and hurt one of them," he stated. "The man forced her to pull out and drive, and I made it to the front steps of our home and then fired a couple of shots in the air, hoping it would draw the attention of police, which it did."

Unfortunately, due to weather conditions, a helicopter could not be used to fly him out to Morgantown, so he was taken by ambulance. That is when he says he 'went to the other side'.

Continued on Page 10

Holiday Vacation Notice

This week's edition will be the final publication of The News & Journal for 2020. Our staff will be on vacation for a week; however, news submissions will be accepted via e-mail at newsandjournal@yahoo.com. Our next publication will be coming your way on January 7, 2021.

To all of our faithful readers, we extend our sincere wishes that your holiday season will be filled with joy and that 2021 will be a healthy and prosperous New Year for you!

Rising COVID Numbers Affect Work Crews & How Business Is Handled In Shinnston

By LEIGH C. MERRIFIELD

News & Journal Editor

The final meeting of 2020 for Shinnston City Council was held on December 14th via Zoom due to rising COVID concerns. There were no petitions of citizens.

Minutes of both the November 9th and 30th meetings were accepted as presented.

In executive reports, Mayor Kovalck stated that Chris Toth of the Charles Street Christian Church had requested multiple times over the years that an emergency shut-off valve be placed outside the church to allow for a quick shut-off in case of an emergency. Kovalck asked that this be put on the schedule as soon as possible.

The mayor also expressed his disappointment that the contractor awarded the paving contract for 2020 has not addressed the scheduled paving even after multiple contacts from the City.

Kovalck also stated that East of Chicago Pizza in Shinnston has been experiencing issues with water quality. Although they have an excellent filter system in place, their system needs cleaned bi-weekly. He asked the City Manager to investigate the reason and explore options for another water tap to be installed if that will remedy their problem.

He announced that a ribbon cutting was to be held on Dec. 21st to welcome the new owners of the Sweet Spot Bakery. He also noted that Patsy Trecost and the Harrison County Commission have

Continued on Page 3

Eagle Storage LLC Expanding ... With A New Shinnston Location In Progress



A second location for Eagle Storage (in Shinnston) is underway but with work still to be done. Weather permitting, they are hoping construction will be complete this month with rentals available by January 1st.

By LEIGH C. MERRIFIELD

News & Journal Editor

It has been five years now since Shinnston residents Pat and Abby Kovalck purchased Eagle Storage in Lumberport, a business that offers 26 units of storage space, with both 10' X 10' and 10' X 5' units. The units there are always full, Pat said, and it has been a successful venture for them. Now, they are hoping for the same result as they prepare to expand with another location - in Shinnston.

"We had been looking for another storage investment but those we contacted with existing storage businesses were not interested in selling," Pat stated. "Then this

property located behind the Lincoln baseball/softball fields became available. The site had formerly been the location of CarMar and was later owned by WACO Oil and Gas. Structures on the property had been torn down and the land was cleared, level and had easy access, so we purchased it in October. I've actually been working on this for some time, but COVID and weather-related issues slowed things down somewhat. Now, though, Phase I of the project is underway and moving steadily."

It is a 2.5 acre parcel that will allow for further expansion and development. Concrete

Continued on Page 3

Lifelong Memories



**Building
Amazing Cities**

By JIM HUNT
author, speaker, consultant

Playing basketball at WVU was the highlight of my freshman year, and many of the players and coaches became lifelong friends. It was also a time of transition for the WVU basketball program. After my freshman year, Head Coach Bucky Waters was hired to coach at Duke and Sonny Moran was promoted to head coach, assisted by Gary McPherson. Coach Waters was only 29 when he started at WVU and it was long rumored that he would be heading back to Duke when his mentor Vic Bubas retired. When Coach Moran took over as head coach, he asked me if I would like to come out for the team as a sophomore. He said that he could not promise that I would get to travel with the team but that I could dress for the home games. I could not believe that I was going to get to play with the varsity.

Playing varsity basketball was a whole new experience and quite a bit different from the freshman team. Prior to school starting, they helped schedule our classes so that they would not conflict with practices. We had workout exercises that we were to do, and we could come to the Field House at any time to shoot or use the whirlpool. We had photo shoots and were fitted for our uniforms

Continued on Page 4

A Healthy Way To Fight The 'Blues'

By LEIGH C. MERRIFIELD

News & Journal Editor

Through the years, the colors red and green have become traditional Christmas colors. This, however, has not been a 'traditional' year; it has been more of a "blue" year with many people experiencing some form of depression while the COVID pandemic continues to remain unbridled.

Whether it's the unprecedented COVID blues that you're beginning to feel or the winter blues that we are more familiar with each year as temperatures drop and the sun barely gives us daylight for eight hours, know that you are not the only one who may be feeling the 'blues'! The symptoms you may be experiencing can include sleeping more than normal,

feelings of exhaustion and fatigue, feelings of loneliness, lack of pleasure in activities that you normally enjoy, lack of focus, trouble making decisions, feeling irritable, sad, and anxious.

MILLIONS of people experience a mood shift during the colder, darker winter days, and when you couple this with the stress of the pandemic forcing isolation from friends

and family, depression can be the result. Some people, unfortunately, may turn to unhealthy coping mechanisms to handle this, and without realizing it, they may begin to drink more alcohol or eat more junk food - both a recipe for even greater depression.

This is sad news ... BUT the good news is that if you notice yourself falling prey to depression and anxiety,

Continued on Page 3

SEASON'S GREETINGS

**WVU Medicine
UNITED HOSPITAL CENTER**

Each week copies of the News & Journal are distributed in each hospital to patients compliments of these community minded sponsors listed above.



TO UNITED HOSPITAL CENTER, LOUIS JOHNSON V.A. HOSPITAL, HIGHLAND • CLARKSBURG HOSPITAL & WV VETERANS NURSING FACILITY

Food For Thought

By Leigh Currey Merrifield Editor

Wrapping It Up!

Boy, time truly flies! It seems like it was just a few weeks ago that cities in our area were deciding whether or not to permit trick-or-treating! Then, suddenly, Halloween was wrapped up and Thanksgiving was the next decision being faced. Should we remain distanced from our loved ones and celebrate quietly - or - try to have a small gathering and hope no one was an asymptomatic carrier. Well, that's all wrapped up too ... so now Christmas is upon us, and if you haven't wrapped up your gifts and menu plans, you'd better get on the move!

Most of us are guilty of putting an awful lot of time and trouble into preparing for this season, and we get all wrapped up in the commercialism. Usually, I spend lot of hours walking around stores looking for gifts. This year, however, I think I was actually only out walk-shopping once. I spent more time shopping online from home than I've ever done before. While I must say I missed being out and about somewhat, I did NOT miss searching for a parking place, waiting in checkout lines, battling frosty temperatures, etc. It just wasn't worth the risk, so I did things differently this year. And for some reason, I got an earlier start and wrapped my shopping up much earlier than I typically do. That was a plus!

And since everything was wrapped up early, my mom and I have

spent a little more time just sitting around listening to Christmas music, enjoying our trees, and watching the fireplace flames dance. Maybe there is something to be said for wrapping things up early and having a little more time to just be silent and thoughtfully reflect about what is truly important about this season.

Let me share a little story about getting 'wrapped up' in Christmas and what it does to us. . . . A woman was out Christmas shopping with her two small children. (That was her first mistake; she should have let dad babysit!) She had spent HOURS in a department store looking for gift-giving ideas, and of course, every time her children saw toys, they wanted them all. Finally, she was worn out and headed for the elevator. When the doors opened, there was already a crowd inside, but she managed to squeeze her way in, dragging both whining kids and all of her purchases.

When the doors closed, she verbalized her frustration, saying "Whoever started this whole Christmas thing should be strung up and shot!" From the back of the crowded elevator, one calm voice replied, "No need to worry, lady, they already crucified Him." Needless to say, the silence was deafening on the trip down to the ground floor after that!

So before Christmas wraps up in another day or so, take a moment to think about the REAL

reason for the season. Look back in time to that miraculous birth when things were much simpler ... a stable, a manger, a few animals, a brightly shining star, and a few gifts brought by the Wise Men. It was simple, yet spectacular enough to be worthy of remembrance and celebration through SO MANY years.

Kids may get wrapped up in Santa, but don't neglect to wrap your thoughts around the miracle of the birth of Jesus. He's even better than Santa Claus - and here's why. Santa lives at the North Pole; Jesus is everywhere. Santa rides in a sleigh; Jesus rides on the wind. Santa comes but once a year; Jesus is always present. Santa fills stocking with goodies; Jesus supplies all our needs. Santa comes down the chimney uninvited; Jesus stands at your door and knocks, then enters your heart when you invite Him to. You have to wait in line to see Santa; Jesus is as close as the mention of His name. Santa lets you sit on his lap; Jesus lets you rest in His arms.

This wraps it up for me this year, but I hope you will remember this week's 'food for thought' as you celebrate this holiday. I wish each of our readers a very Merry Christmas ... and my greatest wish is that COVID will soon wrap it up as well so that 2021 will be more joyous for us all.

This week's dessert: "Maybe Christmas doesn't come from a store; maybe Christmas perhaps means a little bit more!" ~ Dr. Seuss

This Week In West Virginia History

This Week In West Virginia History

The following events happened on these dates in West Virginia history. To read more, go to e-WV: The West Virginia Encyclopedia at www.wvencyclopedia.org.

Dec. 24, 1852: The last spike was driven on the Baltimore & Ohio Railroad between Baltimore and the Ohio River. The event occurred at Rosbys Rock near Moundsville. To mark the

spot where the final spike was driven the following words were carved upon the rock: Rosbbys [sic] Rock Track Closed Christmas Eve 1852.

Dec. 24, 1942: The Committee on Fair Employment Practices ordered that Jehovah's Witnesses be reinstated to their jobs at Pittsburgh Plate Glass in Clarksburg. The workers had been fired for refusing to participate in union-sponsored flag-salute

ceremonies at the plant.

Dec. 25, 2002: Jack Whittaker, a Putnam County contractor, won the \$314.9 million Powerball jackpot. At the time, it was the largest single lottery jackpot in history.

Dec. 26, 1917: Confederate soldiers burned most of downtown Sutton. The town slowly rebuilt but remained small until the local timber industry boomed in the 1890 to 1920 period.

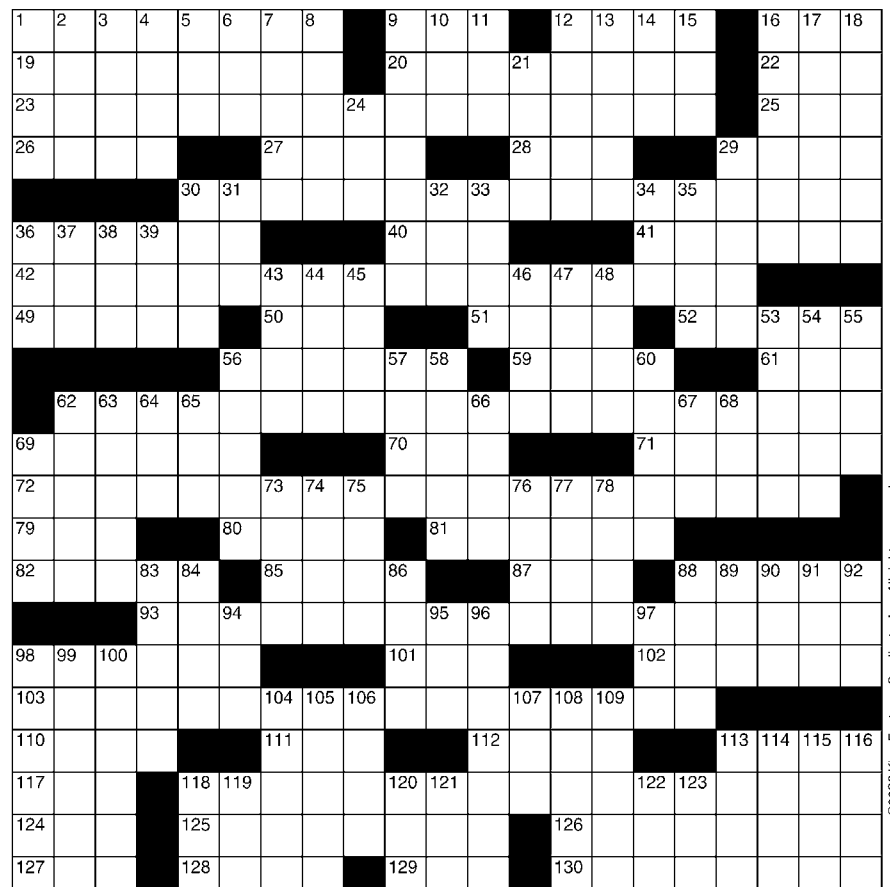
Dec. 29, 1970: John Denver and two friends completed the song "Take Me Home, Country Roads." Denver performed "Country Roads" in West Virginia on several occasions, notably for the opening of the new Mountaineer Stadium in Morgantown in 1980.

Dec. 30, 1917: The temperature in Lewisburg dropped to 37 degrees below zero. It is the coldest official temperature on record for the state.

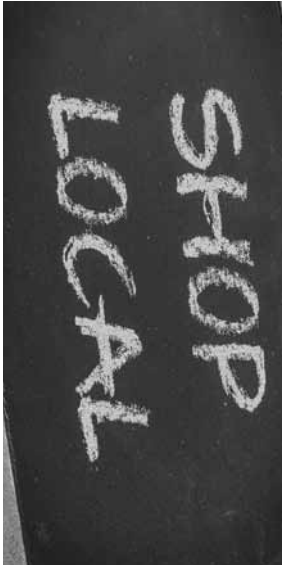
e-WV: The West Virginia Encyclopedia

Super Crossword POP TRIOS

- ACROSS 1 Dreamworld 9 Pa 12 Incline 16 Big whale 19 Person copying another 20 Straight-ahead view 22 Dandy sort 23 "That raving guy is lying!"? [1958, 1999, 1983] 25 Regret a lot 26 Mythical ship 27 Plane-related 28 Compass dir. 29 Growing field 30 Franklin brought a certain continent's nations back together? [1972, 1979, 1983] 36 Very reactive element 40 Actor Ely 41 Inflexible 42 Assist an unwise fugitive? [1965, 2002, 1961] 49 Like cold fish 50 Muscular jerk 51 Organic compound 52 Castle encirclers 56 Join others in the attack 59 Poetic foot 61 long way 62 Effortless progress with zero snags? [2017, 1999, 1980] 69 Certain scroll key on PC 70 Dhabhi (emirate) 71 Mr. ("Fantasy Island" host) 72 Kings and queens hold agave liquor dear? [2013, 1966, 1958] 79 High peak 80 Revered sort 81 Directs 82 Cantata kin 85 Dirt clump 87 Ph.D. or MBA 88 Allergic reaction? 93 City's main business section during a tornado? [1982, 1967, 1965] 98 The Everly Brothers' "Clown" 101 Bovine cry 102 Old Fords 103 Rigg made Rooney go "Wow!"? [1957, 2000, 1982] 110 Many a seized car 111 Honest prez 112 Revered sort 113 Messy stack 117 Bitter brew 118 This puzzle's long answers each consist of three of these 124 Actor Gulager 125 Extolling dance-drama 126 Analgesics 127 "Keystone" lawman 128 Move upward 129 Hecking cary 130 Fresh beginning DOWN 1 Mother of Helen of Troy 2 Love deity 3 Chest organ 4 Choir voice 5 Test facility 6 Gobbled up 7 Actor Lloyd 8 Less sweet, as wine 9 Gobbles up 10 In-favor vote 11 JFK, e.g. 12 High-strung 13 Vine-covered 14 Grassy area 15 Mom's skill, in brief 16 Fright-filled 17 Wellspring 18 Epithet for Tarzan 21 Most recent 24 Before 29 Sorbet alternative, for short 30 Shine up 31 Broody rock genre 32 Japanese dance-drama 33 Concerning 34 "So cute!" 35 Beer bubbles 36 "-ching!" 37 Slim fish 38 "-Blo fuse 39 NYSE debut 43 Of ears 44 Jaunty tune 45 Frosts 46 Modular part 47 Ark-itect? 48 Charity 53 Katy Perry's "I Kissed ..." 54 Toy truck maker 55 Wise guy 56 Cola biggie 57 Actor Epps of "Shooter" 58 "Ora pro ..." 59 "Pray for us!" 60 Root beer brand 62 Filmmaker Pier - Pasolini 63 Nile's home 64 Stephen of "Ondine" 65 Suffice with play or faith 66 Kick out 67 Debt slip 68 Chou En- 69 Soho stroller 73 Roman 350 74 Consecrated 75 Sufficient, in poetry 76 Lamarr of "Comrade X" 77 Ticked (off) 78 Accordingly 83 Prefix with botany or biology 84 "- Little Tenderness" 86 Lightest coin 88 Actor Griffith 89 Dol. parts 90 Farming tool 91 Barn percher 92 Slip- (mules, e.g.) 94 D.C.'s land 95 Silent "OK" 96 Santo - 97 Diminutive us!" 98 Audiophile's storage item 99 Danny of "Ruby" 100 Wrap, as a weak wrist 104 Papas' partners 105 Activist Hoffman 106 Final letters 107 Chemical suffix 108 "Over There" composer 109 Kevin of "Silverado" 113 Pitcher - Wilhelm 114 Central Sicilian city 115 Golden - (senior) 116 "Hey ... over this way!" 118 "Car Talk" network 119 "Mystifier" Geller 120 Chest bone 121 Artist Yoko 122 Job for AAA 123 1960s univ. radicals



Find the Super Crossword Answers on Page 8!



Advertisement for Shinnston Harrison County News & Journal, featuring contact information for Michael Showell, Leigh Merrifield, Bill Nestor, Debra Smith, and Sandy McIntyre.

WORK TOGETHER!

Advertisement for AT&T TV, featuring the CHOICE™ PACKAGE for \$64.99 per month, including HBO Max and regional sports fees.

LETTER TO THE EDITOR

With Appreciation

Dear Editor: On behalf of the Louis A. Johnson VA Medical Cnter patients and staff, we would like to extend our appreciation to you for your continued delivery of The Shinnston News & Harrison County Journal newspapers which have been provided for our Veteran patients throughout 2020.

It is through the efforts of community partners

like you that allow us to continue the quality care and services that we seek to provide our deserving Veterans. We look forward to the opportunity to work with you again for future events.

Thank you for your continued support. Sincerely, Glenn R. Snider, Jr., MD FACP Medical Center Director

N&J Briefs

FROM AROUND HARRISON COUNTY

"Briefs" is a calendar of events listing provided free of charge to churches and non-profit organizations. Items will be published one time only and will be listed in the order in which they occur. Please submit your 'briefs' two weeks prior to the event (if possible) by 4 PM on Friday. Fax your information to 304-592-0603 or send via e-mail to newsandjournal@yahoo.com.

BRIDGEPORT LIBRARY

Bridgeport library is still closed to the public, however pick up is available. Readers can access the library's catalog by reserving books on their website at www.youseemore.com/bridgeport and may pick up books on the following days and times: M-W-F 12:00pm-7:30pm and Tues. & Thurs. 12:00pm-4:30pm. until further notice. Personnel will be available to answer questions, and the library's digital resources will continue to be available. • Contact Amy at the library at 304-842-8248 for information.

LOWE PUBLIC LIBRARY

The Lowe Public Library has resumed its regular hours to the general public: Monday 11:30 am – 7:00 pm and Tuesday- Friday 11:30 am – 6 pm, CLOSED on Saturdays. Curbside service will still be available to those who request it by calling 304-592-1700. The library is disinfected routinely throughout the day (also, immediately after children visit).

FREE CLOTHING GIVEAWAY

Jones Run Independent Church has a free clothing giveaway every 2nd Saturday of the month from 9:00am to noon. We are located at 3981 Jones Run Road. We have a lot of nice clothing for everyone and some household items. Open to everyone and no limitations on what you may take. Questions call 304-783-4868

MONONGALIA COUNTY BEEKEEPERS MEETING

The Monongalia County Beekeepers have a meeting at Mylan Park in the new Monongalia County Extension Service and 4-H Center on the first Tuesday of every month; however, meetings have been cancelled until further notice due to COVID-19. Please contact Debbie Martin for more information at 304-367-9488 or debbee7@yahoo.com We look forward to helping you start your beekeeping journey and will help you every step of the way!

HOPE, INC. DOMESTIC VIOLENCE SUPPORT GROUP

Hope, Inc., a task force - support group on growing free from domestic violence, will meet on Thursdays at noon at Koupal Towers, 916 West Pike Street in Clarksburg. For more information, call 304-624-9835 or email asniderhope@yahoo.com.

KIDDING AROUND YOGA

Kidding Around Yoga is being held every Thursday at 6p.m. at the Progressive Women's Association/Uptown Event Center, 305 Washington Ave., Clarksburg. These yoga classes are free. So, bring your kids ages 2 to 12 to Kidding Around Yoga every Thursday. For more information, please call 304-624-6881. Certified instructor Erica Perry.

CELEBRATE RECOVERY

A Christ-centered 12-step program for any hurt, habit or hang-up meets every Friday at 6:00 p.m. at Horizons Church in Lost Creek with COVID capacity. Offers childcare (birth to 4 yrs.) and The Landing for older teens. For more information, call 304-745-5090.

allocated an additional \$5,000 to the Lord's Pantry in Shinnston to help them make it through the holiday season during these unprecedented times.

Lastly, the mayor expressed his condolences to the family of John Alessio, a lifelong community resident and owner of John Anthony's Barber Shop on Pike Street who recently passed due to complications stemming from the coronavirus. He asked once again that everyone take the pandemic seriously and do everything they can to protect themselves and their neighbors.

City Manager Chad Edwards then addressed Council with his departmental reports as follows:

- Water Plant – The new chlorine crane has been installed.
- Sewer Plant – Edwards stated that the

"Rising Covid Numbers" cont. from p. 1

plant was built to handle so much water flow in and out, and numbers show that there is storm water getting into the sewer system. Although storm drains were supposed to have helped this, repairs will be needed and will be another project in the near future.

- Police – 815 calls for service were attended by SPD during the month of November. A grant for \$33,000 was received for the new mobile radio system that is being installed.

- Public Works – Crews read meters from Nov. 2nd through Nov. 10th and responded to 12 callouts with 10 water line repairs and one sewer dig.

- Economic Development – Anthony Tate has been hired as the City's new Economic Development Coordinator and filled that position as of Dec.

14th. Jon Olsen, the VISTA volunteer now working in the City, participated in the food drive that benefitted the Lord's Pantry.

- Administrative – Due to rising numbers of COVID cases, Public Works crews have been split up with different workers working on certain days. Only one water clerk will be at the front desk at a time; the water and sewer plants have divided their shifts as well. Only one customer will be permitted in the City office at a time to pay bills in person.

- Mr. Edwards stated that he, too, was unhappy that North Central Paving had not reached out to the City whatsoever to explain the delays in the paving they were hired to do. He will be sending them a formal letter stating that they have until January 15th to address the situation

or the City will seek another bidder.

There were two action items on the agenda. The Justice Assistance Program Grant that provides funding for the PRO officer at Lincoln has been reduced by \$8,300. Edwards noted that everyone's funding was cut, and the City will have to supplement the funding with CARES Act money and reassess the situation next year.

Action on the property at 71 Station Street was tabled as they are still awaiting the results of testing for meth residue at that property.

There was no call for Executive Session. Shinnston City Council will not meet again until January, 2021. COVID numbers at that time will be considered in the determination of whether or not to continue meeting strictly via Zoom as a safety precaution.

"Eagle Storage LLC" cont. from p. 1

has been poured and building construction is underway, being done by Lee Reger Builds. This first phase will have 12 units – all 10' X 20' in size – large enough to store everything a 3-bedroom home would hold. Phase I will also include outdoor graveled space (with power service available for battery charging, etc.) that can be used for parking of campers, boats, RVs, etc.

"We expect that when about three-quarters of the indoor storage units are full, we will begin looking to start on a second building," Kovalck added. "There is plenty of room to expand there. I have also been to Kentucky to get fencing so that the outdoor slips will be secure. The property will be well lit and with security cameras. I am in the process now of getting estimates on a keycode entry system

so that renters will use a key code in order to get through the gate."

Ground was broken and building began the week before Thanksgiving; the building is expected to be complete by Christmas and ready to rent by January 1st. The last step will be fence installation.

Pat noted that they were a little concerned about oversaturating the area with yet another storage business, but statistics show that the need for storage facilities continues to increase, accounting for 2.47 billion net-rentable square feet in the U.S. This translates into 88.6 square miles ... or three times the size of Manhattan! Storage facilities continue to serve a need for both individuals and businesses as well. The latest statistics show that there are more than 20 million storage

tenants in the U.S.!

Businesses use them to store documents that their workplace can simply no longer house – or office furniture that is not currently being utilized. Individuals use storage facilities for various reasons – usually to eliminate some household clutter of things not being used but items they don't want to get rid of ... everything from clothes to furniture to appliances, toys, keepsakes, seasonal items only used at certain times of the year. Any homeowner can attest to the fact that you can never have too much storage space, and even when space is available in an attic, basement, or garage, that space is easily outgrown in time!

Kovalck said he was glad to be able to use Shinnston businesses like Lee Reger Builds and Vincent Lumber,

that have both been great to work with.

"I've also had a lot of friends who have helped in various ways too ... cutting trees, moving dirt, unloading fencing, etc. It has made this project run very smoothly after we got things started. I am indebted to those who have helped me get this expansion project off the ground," he concluded. "I couldn't have done it without them."

Anyone who is interested in renting storage space can contact Kovalck at 304-669-5441. Billing invoices are sent out monthly. Payment options include mailing a check, dropping it off at Perine Funeral Home where he works, and another option will be available in the very near future so that tenants can conveniently pay electronically.

"Fight the Blues" cont. from p.1

there is something you can do about it. Learn from the saying that "you are what you eat"!

According to Dr. Uma Naidoo, M.D., a faculty member at Harvard Medical School, "Even individuals who previously felt fine in past years may be impacted now by less daylight during the winter and by the uncertainty and fear amidst the ongoing pandemic. But food and nutrition are powerful tools within our control to help our mental well-being."

One survey reports that 35% of Americans have gained weight since the start of the pandemic. Dr. Naidoo, who has extensively studied the food-mood connection, recommends staying away from processed

and junk foods full of sugar and salt as they can disrupt the gut microbiome and degrade your mood even further. Instead, she advocates plant-based whole foods.

Here are some suggestions that can help prevent and ease depressive symptoms:

- Eat folate-rich foods: A deficiency in Vitamin B12 results in a folate deficiency, and many plant-based foods contain folate. Try eating cooked lentils, leafy greens such as spinach, broccoli and kale, and eat more salads.

- Eat fibrous foods: A high-fiber diet can potentially lower inflammation as well as reduce symptoms of depression. Eat berries, whole grains, such as oats, quinoa, and

buckwheat.

- Eat iron-rich foods: Research found that dietary zinc and iron may be associated with decreased depression. Try consuming vegetables such as broccoli and cauliflower that are filled with both iron and vitamin C, and are a great source of other nutrients such as vitamin K, folate and potassium.

- Eat nuts and seeds: Food science and nutrition reviews suggest that deficiency of omega-3 fatty acids may contribute to mood disorders like depression. You can get omega-3s from things like walnuts, chia seed, flax, etc.

- Eat fermented foods: These foods are filled with probiotics and may produce beneficial effects in

fighting anxiety and depression. Probiotic-rich foods are filled with good bacteria, so pass on junk foods and try incorporating kimchi, sauerkraut and pickles into your basic meals.

If you're looking to feel a little more joyous during the holiday season, make an effort to be conscious of your eating habits. Try some healthier recipes! Don't automatically reach for sweet treats or junk foods full of salt, fats, carbs, sugar, and calories. These may temporarily satisfy your craving, but they can also pack on the pounds and ultimately WILL NOT lift your spirits! Pay attention to the foods you ingest ... and have a more joyous holiday that will lead to a healthier new year!

Legal Notices

Stay informed
Get involved
Public notice through
legal advertising

GENERAC

Prepare for power outages with a Generac home standby generator

SCHEDULE YOUR FREE IN-HOME ASSESSMENT TODAY!
844-901-2301

FREE
7-Year Extended Warranty*
A \$695 Value!

Offer valid August 24, 2020 - December 31, 2020

Special Financing Available
Subject to Credit Approval

*Terms & Conditions Apply

Merry Christmas & A Very Happy New Year!



GRAPEVINE

By Rosalyn Queen

As much as it seems impossible, 2020 is now coming to an end. For me, this year seems to have had more ups and downs than any I can remember.

It marks two years since I have had a chemotherapy treatment. Now, this is a good thing and I truly hope that I have accomplished what this treatment is supposed to do. Although I continue to go to the doctor for lab work, everything seems to be okay. I have continued to keep my port in for my regularly scheduled blood tests and I go to the hospital monthly to get it flushed. I have stayed on my diet, which I have shared with you, for a little over a year and have lost over 25 pounds. At Thanksgiving I decided to take a reprieve and my intentions are to go back on it the first of the year.

2020 was also an election year and to say the very least, there were many ups and downs. Some of us lost a few and some of us won a few. We all should be aware that this happens when there is a political race. I am proud to say that I did win an important one with the re-election of my grandson, Ben Queen, to the House of Delegates. I only hope that we will do our best to back those who were elected and try to help our country go forward for the benefit of all of us. I am just disappointed with all the ugly comments that continue on Facebook. A positive attitude will certainly benefit all of us, and especially, our country.

Now, one of the biggest things to happen this

year was the COVID-19 virus. Is it over yet?... probably not. I never thought that I would ever experience what has happened to our world. I feel so bad for the deaths that have occurred and for those families that have battled this virus. As I write this it seems that a vaccine is available and will soon be administered to us. Now the decision, are we going to take it? Yes, I am. I have thought about it and have made the decision to take it as soon as it is available for me. This is a decision that we will have to make for ourselves. Even though there is a vaccine, I urge you to continue to wear a mask, to social distance and probably, best of all, to just stay home. Please be safe and stay healthy.

There are many other memorable events that have happened to each of us and our families. Maybe it was a wedding, a birth, a graduation from college or many other things, but what makes the difference is how we look at these events. This is the time when we must see our glass as half full and not half empty.

I gave myself a good talking to last week when contemplating how I was going to celebrate the holidays. I was getting pretty grumpy and decided that I have had 80 great years and entertaining myself during the holidays would be a great challenge. So, I will not inflict on my family a guilt trip in order to get my own way and I hope that you will consider doing the same thing. I am sure that their concern is for our safety as well as theirs.

Have a Merry Christmas and a Happy New Year! Maybe this is the time for some resolutions that will enhance our lives and 2021. Take care, keep in touch and until next year, "Now You Have Heard It Through the Grapevine."

Merry Christmas...Thanks To Everyone For The Cards And Letters!



Pine Bluff News

By Pat Matheny

Last Saturday, Kim came in from Virginia to spend the weekend. She wrapped all of the Christmas gifts I had ordered online. I had them stuffed in a closet and if she hadn't wrapped them, on Christmas Eve I was going to open the door and tell each to pick out what they think I bought them and have Kim act as referee. Then, she put up one of the 30" Christmas trees...so I'm good to go for Santa's visit.

Later, Bernie showed up and they both started cleaning the house. As always, I stayed holed up and out of the way in the office.

Sunday, I wasn't feeling the greatest, so, Kimmy did the grocery shopping for me at Price Cutters in town. While she was gone, Nephew Jimmy stopped by to visit. He helped Kim pack the groceries in and took out the garbage...good boy. Then, they both visited Lee at his home. He's getting stronger every day from the bypass surgery.

Monday, Kim left for Virginia, but is coming back in this Monday and spending the week with me; I hated to see her go.

Tuesday morning, I seemed to be feeling a little better so I drove down to the Worthington Barber Shop for a much-needed haircut. By the time I got inside the shop, that 'feeling a little better' went south on me. Frank and Janet were busy whacking away on customers. It was nice running into Woody Maley, I hadn't seen him in a while.

It was the first time I had driven in nine days. After leaving the shop and making two more stops, I couldn't wait to get back home (Ok, it's time for Mr. Hypochondriac) - the shoulders, wrists, and hands

were killing me. The steroids seemed to do good for eighteen hours, but there are twenty-four hours in a day!

Wednesday morning, I had another appointment at the VA Hospital. I had my nephew Bobby take me in the Explorer because of the pending snow storm that was moving in and from my driving experience the day before. Bobby always takes great care of me (plus his parents) and is always just a phone call away. I had to have an Echogram done on my heart for the upcoming surgery. It was nice chatting with my buddy, Chris Shaw, who works in the Respiratory Department...he's a character. Kelsey did the procedure and was very gentle with me. I was able to walk in and out of the hospital on my own...small victories.

I want like to thank the many people who have sent me Christmas cards and letters; I appreciate it more than you know. There will not be a column next week due to the newspaper being on a week's vacation.

As I said last week, I'm having a Thyroidectomy surgery (they're finally going to slit my throat) this Tuesday, the 22nd, at the VA hospital. The surgeons will be from WVU/Ruby Hospital. I will have to stay overnight for observation. I go in on Monday to have another COVID-19 test run prior. Folks, I'm actually looking forward to the operation because the Rheumatologist is pretty certain that the cancerous thyroid is messing with the auto-immune system and causing the joint problems. Lord, I hope that's what is causing it...that would be the greatest Christmas present ever and I'd never ask old St. Nick for anything ever again.

I can only foresee one problem with being admitted for overnight - WVU plays Kansas that night at 9 pm on ESPN2 and I'm not sure if the channel is offered on hospital cable.

Until next year, have a great week and remember our Veterans.

Ace

Lincoln High School Announces November Students Of The Month



TREY STIRE

Lincoln High School is proud to announce that the November Students of the Month are Thomas J. Stire III (Trey) and Austin Elder.

Thomas Jefferson Stire III is the son of Jeff and Kim Swiger, and the grandson of Norma and Tom Stire, and the late Violet and Eddie Adams.

Thomas has, impressively, maintained an A average all throughout his years of schooling and has always been on the honor roll. He is a member of the Quiz Bowl Team and the Drug Free Club and is

very active in the theatre department. Additionally, Thomas is Captain of the Quiz Bowl Team, and qualified for Nationals in both the National History Bowl and the Geography Olympiad.

In his spare time, Thomas enjoys playing video games, going camping, spending time with family, and being an avid racing fan.

Thomas has plans to attend West Virginia University to major in journalism and broadcasting.

Austin Elder is the

Continued on Page 8

"Dream Fulfilled!"

cont. from p. 1

and practice items. I was doing work-study at the Speech Department and was carrying a full load of classes, so it was a pretty busy time balancing all of my responsibilities.

Practices lasted several hours, and it seemed like I was living at the Field House. At each practice, we would do one-on-one sessions and Skip Kintz would always pick me as his workout partner. Skip was from Allentown, Pennsylvania and was one of the nicest guys I've ever known. He was about 6'5" and could shoot the ball from anywhere on the court. I think he always picked me because he could score on me, regardless of how hard I guarded him. He later moved to the Clarksburg area and worked at a local bank. His parents moved here later on and I got to know his father pretty well. Unfortunately, Skip passed away several years ago, after retiring to Florida.

Another player who I got to know was Bob Hummel, an outstanding player from Moundsville, West Virginia. Bob lived next door to me at the Towers Dormitory during my freshman year and he was one of the most charismatic people at WVU. He was good looking and the star on the basketball team. He seemed to understand the game and you knew who was getting the ball when the game was on the line. Although he was a couple years older than me, he made everyone on the team feel like he was their best friend. I've run into Bob on several occasions over the years, and he has remained a personable guy who never met a stranger.

Curt Price was from Charleston, West Virginia and probably worked harder than any other player on the team. I got to know Curt as a freshman, and he was just a likable guy. He wore a heavy knee brace throughout his career and, at 6'2", could jump with anyone. Seeing him give it his all at practice and in the games and then spending hours in the whirlpool recovering was inspiring to everyone. Curt was also a talented musician and played in several bands over his college career. Curt went on to become one of the youngest coaches in the country when he took over the West Virginia State program. He later worked in state government and I would see him at receptions and other events when I was involved with the West Virginia Municipal League. Curt passed away at 63, after a long battle with cancer in 2013.

My career ended after the first semester of my sophomore year. While I was never a star and my point totals could be counted on a couple of hands, I will never forget my time on the WVU basketball team. The friendships have lasted a lifetime and cemented my love for the Mountaineers. Sadly, Coach Moran, Coach McPherson and Coach Windsor have passed away in the past several years, along with Skip Kintz and Curt Price. Once a Mountaineer, always a Mountaineer!



Embrace the warmth of family and create

PERFECT HOLIDAY moments

<p>THE BUTCHER'S DELUXE PACKAGE</p> <ul style="list-style-type: none"> 4 (5 oz.) Butcher's Cut Top Sirloins 4 (4 oz.) Boneless Pork Chops 4 Boneless Chicken Breasts (1 lb. pkg.) 8 (4 oz.) Omaha Steaks Burgers 8 (3 oz.) Gourmet Jumbo Franks 8 (3.8 oz.) Individual Scalloped Potatoes 8 (4 oz.) Caramel Apple Tartlets Steak Seasoning (1 oz.) <p><small>Separately</small></p> <p>INTRODUCTORY PRICE \$129.99</p>	<p>FREE PORK CHOPS & CHICKEN BREASTS</p> <p>Get even more for the holidays when you buy this package today!</p> <p><small>*Savings shown over aggregated single item base price. Limit 2 pkgs. Free gifts must ship with #66762 Standard S&H will be added. While supplies last. Other restrictions may apply. Expires 1/31/21. ©2020 Omaha Steaks, Inc.</small></p>
--	---

ORDER NOW! 1.888.918.7207 ask for 66762FSJ
www.OmahaSteaks.com/dinner236

AUTO • HOME • BUSINESS • LIFE • FARM

KYLE

JOHNSON

INSURANCE AGENCY

403 South Pike St. • Shinnston, WV 26431

304-592-3710

AUTO • HOME • BUSINESS • LIFE • FARM

SHINNSTON



MCDONALD'S

With this Coupon receive a Free apple pie with any purchase

Expires 12-24-20

One per customer per visit – not to be used with any other offer, discount or within an EVM purchase. Valid at the Shinnston McDonald's only. Cash value 1/20 of 1 cent LwC. Must present this coupon prior to ordering.



A Developing Community
*Preserving our proud history,
enjoying a solid present,
& building an exciting future.*

Many Dairies In Shinnston Area Long Ago



By MAXINE WESER
*Museum Board
Treasurer/Former
Director*

This story was related to me by Ralph Anderson whose grandfather Ben Anderson had a dairy and sold milk in the Shinnston area. Ben had Jersey cows which were known for milk with rich cream content. Ben Anderson once

made a statement that he could place a silver dollar in the bottom of a washtub and fill it up with milk from a Holstein cow and you could still see the silver dollar in the bottom of the tub. Because of this, he preferred Jersey cows.

This dairy used plain milk bottles and Albert "Pete" Anderson (father of Ralph and

son of Benjamin) would deliver milk before he went to school. He grew up in the time when school was not in session in the spring due to the planting season nor in the fall due to the reaping season. Albert would carry a clean set of clothes to put on after delivering the milk and before attending school. He would give the horse a slap on the behind

and the horse would return to the farm each morning and "Pete" would go on to school.

Orville Lowe, whose farm was on the east side of what was then the Clarksburg-Fairmont Turnpike (but is now East Avenue) had a dairy called Primrose Dairy. The milk bottles for Primrose Dairy were embossed and were the

Continued on Page 8

Thanks To Those Who Supported The Food Drive To Benefit The Lord's Pantry

Gone are the days when milk was home-delivered in glass bottles. Shown here are examples of some of the old milk bottles on display at the museum in Shinnston. The larger, quart size bottle depicts the embossed name of the local dairy where it originated.

2020 Is Almost Over

By CHAD M. EDWARDS
Shinnston City Manager

The year 2020 is almost in the books and I am sure that you, like me, would say "and not a moment too soon". We attempted to have a

Continued on Page 8



Pictured above in front of the Harrison County Courthouse with Santa during the food collection event for the Lord's Pantry is Shinnston's VISTA Volunteer Jon Olsen.



Amber Blankenship, Family Resource Coordinator for WV Prevention Solutions, is shown here loading donations for the Lord's Pantry into the truck.

By JON OLSEN
*City of Shinnston VISTA
Volunteer*

According to Pastor Kevin Nuzum, 386 food items were delivered to the Lord's Pantry through the City of

Shinnston's food drive in cooperation with WV Prevention Solutions. I'm grateful to everyone who contributed and supported this event. Overall, it was a success and The Lord's Pantry was pleased with the

donations.

This event was a great opportunity for collaboration with WV Prevention Solutions. Amber Blankenship, the Harrison County Family Resource Coordinator with WV Prevention Solutions, generously hosted this event. She,

more than anyone, made this event possible. She has shown tremendous support for the City of Shinnston and is eager to collaborate on future projects that benefit the local community.

The Harrison County Hope Lion's Club

Continued on Page 8

Woman's Club Will Meet Again In April

The Woman's Club of Shinnston meetings for the next three months have been cancelled due to weather and COVID concerns. The next meeting will be held April 19, 2021 at 6 p.m. at the Clubhouse on Bridge Street. Anyone interested in joining the organization can contact Debra Herndon at 304-677-6650.

Downtown Urns Decorated By The Shinnston Garden Club



On November 27th, the Shinnston Garden Club members once again adorned the urns in the downtown area with festive pine and bright red bows. The group has decorated the urns for many years and takes pride in sprucing up the City whenever possible. The Shinnston Garden Club will be taking a winter hiatus but will meet again in the Spring of 2021.

Shinnston PD Reports November Activity

Shinnston Police Chief Jon Harbert continues to offer residents of the community monthly reports regarding the activities of the Shinnston Police Department.

The November report is as follows:

CITATIONS:	
Hazardous	5
Non-Hazardous	5
Accident	2
Warnings	31
Parking	0
ARRESTS:	
Felony	2
Misdemeanor	10
Shoplifting	0
DUI	0
Domestic	0

REPORTS:	
SPD 101	18
Accident	2
Juvenile Petitions	0
OTHER:	
Alarm Response	8
Premise Exams	517
Investigations	118
K-9 Deployment	18
Calls for Service	79
TOTAL Calls for Service	815

Your Local Library Offers More Than Good Books!

By DEBORAH STARKEY
Library Director

Lowe Public Library recently was added to the newly created

West Virginia Library Network. The Mountain and Northern Library Networks will be under this combined consortium.

Continued on Page 8

Shinnston Garden Club

Reports November Meeting

The Shinnston Garden Club met at Jimmy's Diner for a luncheon on November 19, 2020. President Dorothy Rota called the meeting to order and welcomed those present. Wanda Ashcraft gave devotions, reading an account of the first Thanksgiving and the trials and hardships

Continued on Page 8

Perine Funeral Home
304-592-5925
1348 S. Pike Street, Shinnston, WV
Timothy E. Perine - L.I.C./Owner
Adam T. Perine - Funeral Director/General Manager
Patrick A. Kovalick - Licensed Director
"Family Owned & Operated"

SDA
A WV ONTRAC COMMUNITY
Promoting the business prosperity & economic welfare of Shinnston

ACE
The helpful place.
(304) 371-3512
1428 S. Pike St., Shinnston

AUTO • HOME • BUSINESS • LIFE • FARM
KYLE JOHNSON
INSURANCE AGENCY
403 South Pike St. • Shinnston, WV 26431
304-592-3710
AUTO • HOME • BUSINESS • LIFE • FARM

The City of Shinnston
Council meets at 7:00pm on the second and last Mondays.
Join Us On Facebook!

SP SC SHINNSTON PLUMBING COMPANY
"Your Duct Cleaning Professionals"
Phone: 592-2010 Fax: 592-2022
West Virginia Contractor #WV001271
"Cold weather is coming! Don't forget your heating system!"

Former Notre Dame Standout, West, Joins The Club!



The Bottom Line

By Bill Nestor
Sports Editor

Jarrold West was a force to be reckoned with during his time at Notre Dame High School. His trademark was his work ethic and hard work helped to propel him to become the best player in the Mountain State his senior season.

Little has changed in how West approaches the game that he has loved since a young age. The results are similar as well for West in his senior year at Marshall. Just a few days ago, West became a member of the 1,000-point club when the Thundering Herd upended Ohio University. He had the opportunity to accomplish the feat at home at the Cam Henderson Center. In true Jarrod West fashion, the Clarksburg native was more concerned with getting the win than joining the club. West has always been a team player that would rather set up a teammate for a bucket than to score one himself. That is what makes this point plateau so impressive because he would rather give than to receive.

Case in point - West leads his team in assists, almost doubling the total of the next closest teammate. Don't get confused about West; even though he loves to dish the ball out, he also loves to steal the show.

In the second game of this campaign, West collected four steals in a double-digit win over Wright State University. Just minutes into the affair, on his second theft, West jumped Skip Henderson, moving into the top spot in Marshall history. Henderson had 208 steals in an illustrious career for the Thundering Herd. West swiped his record just like he had several passes prior to

become the 'king of the hill' in Huntington. What is so impressive about this milestone is that it takes a combination of talent and desire to make it happen. Opposing teams have called West the best on ball defender in the country.

Obviously, he has to have the ability to stay in front of others to disallow dribble penetration. Quick hands are needed to make passing difficult as well. West is a ball hawk by nature and his passion for the ball keeps his motor running at top speed all of the time. That type of effort is contagious and other Marshall players are upping their defensive efforts because of West.

If you go back a year ago, there was a chance that West would forgo his final year in a Thundering Herd jersey when he tested the NBA waters. West elected to return and the happiest man on campus was Marshall Head Coach Dan D'Antoni. D'Antoni knows that West is the heart and soul of his team. Losing the numbers that West puts up each and every game would be devastating, but losing the intangibles he brings to the table would have been difficult to overcome. It is impossible to replace the leadership that West exudes on a daily basis. West takes the average practice to a higher level which in turn makes his entire team better. When it's game time, West is a calm character that runs the show for D'Antoni. He is like another coach on the floor, directing traffic and calling the plays that put his teammates in the best position to be successful. The proof is in the pudding as this year's edition is a much different squad when West is off the floor as opposed to when he is on the hardwood.

West is the kind of player on and off the floor that makes his hometown proud to claim him. Here is to wishing Jarrod West the best of his remaining senior season.

That will do it for now. Until next week...take care and God Bless!

The Light Switch Was Turned On In Morgantown!

By Bill Nestor Sports Editor

The basketball season is a long and grueling process. There are tons of games that span over one third of a year. There have been and always will be several ups and downs throughout an entire campaign.

After every successful season has been completed, one can look back and point at a game and dub it the turning point or the key moment that was a difference maker. Unless there is another occurrence this year for West Virginia, that moment could have been when the Mountaineers handled then #19 Richmond.

It wasn't just the exceptional play on the floor that made the difference; it was the effort and focus that was on display from start to finish by every player that entered the game. It has been years since a WVU team played with that type of intensity and it could be the start of something special. The light switch flipped on and it seemed as if every player received the memo. Veteran mento, Bob Huggins even had a different look (which was partially hidden by his mask), which indicates that this transformation came from the top down.

It could have been a product of the prior lockup with North Texas. The Mean Green held an eight-point halftime lead which didn't set well with Huggins.

If the Mountaineers can reduplicate this effort on a consistent basis, this team will be a force to be reckoned with come March.

A Reason For The Season – But At A Distance



From The World Of Parks & Recreation

By Doug Comer

The holiday season is one where family and friends unite to tell about their year, brag on their kids and share good tidings and cheer. While we will share that same love and joy as we celebrate the birth of our Lord and Savior, we will just have to wear a mask and stand six feet apart.

During Thanksgiving, we were in small groups and in open spaces and all seemed to work out handsomely as our covered dish feast went off without any hitches. Hoping for the same results at Christmas, we will have to rely on the safety requirements as families from across both coasts will come and celebrate the holiday.

Just be smart and all will work out. Many families will have relatives come to their homes and stay for the long holiday weekend and I recommend that they just stay put and not branch out into the social avenues. Wearing masks and cutting back on the public affection and keeping the groups a little more spread out are some ways to help prevent the contraction of the virus. But with family like ours, it is tough to avoid the hugs and hellos from those we do not see very often.

Five days prior to Christmas, things will be chaotic for the family. There will be three kids hyped up on Bonnie Belle's cookies going crazy in the basement of Nunny Costa's basement and two sisters and their cousin wanting to plan a month of activities into those few days, while the sons-in-law (both present and future) will be shaking their heads in agreement and just "going with the flow." Poppi John Lacaria will get a little break during this time as his sister-in-law, Kellie Claudio, takes over the responsibilities and will handle a majority of the tasks that he normally takes care of during the year. Side note - she is an amazing cook and puts on a helluva spread during this time of year too. If you leave that place hungry, you have a problem!

I know it looks like I am not painting a very good picture here, but there is no other place you want to be than on Mazewood during the holidays. Just a typical Italian family setting as you can imagine. Great food (and lots of it), loud conversations and plenty of smiles and laughs happen there and keeping social distance is almost an impossible hurdle to jump.

It will be a great holiday all the same this year as we still get to celebrate with our parents and enjoy watching the kids open gifts on Christmas morning, afternoon, and do not forget, in the evening (they do pretty well). Everyone feels a little bit younger on that day simply because they date back to when they were a kid and they got their favorite gift as they see the little ones tear into a gift or two.

I will not get to visit some of the friends I normally see during the year or get to hang out at a few places with friends, but that is okay with me. When I was younger, we would spend the evening at my grandparents as it was my grandma's birthday and later, we would meet up and visit families until Midnight Mass would start and we would get home and prepare for the big day.

Seven Mountain State Hiking Trails To Enjoy In WV During The Winter-Week 4



Hikers and winter enthusiasts alike will find that Blackwater Falls in the winter is one of the most beautiful sites in our state parks.

A person might not think of winter as a prime hiking season in the Mountain State, but some of our trails in West Virginia are even more beautiful and majestic in the winter. Seeing the rhododendrons and beech trees of the Appalachian forest in a winter wonderland is a completely unique experience. Some of our famous waterfalls even

freeze up into beautiful blue cascading pillars.

However, take special care on the trails in the cold months. Be sure to know your route, plan to move slower, wear extra warm and waterproof clothes, and check the weather before embarking on your journey.

During the next several weeks, we will be taking a look at seven of these trails for you to enjoy. This week's featured trail is Blackwater Falls State Park.

West Virginia has no shortage of breathtaking waterfalls, but Blackwater Falls might

just be the prettiest. And in the wintertime, when ice coats the surrounding cliffs of the Blackwater River Gorge, the falls eventually freeze, making the landscape even more impressive.

It's pretty easy to get to the falls year-round, and for adventurous hikers, the state park has more than 20 miles of trails to explore. And if the snow is too deep to tromp through, don't forget to check out the park's cross-country ski center.

Also, don't forget to check out the Blackwater Falls Sled Run – it is the longest

Continued on page 12

Missy Kellar Named Head Cheerleading Coach At Glenville State



MISSY KELLAR

WVSSAC Releases 2020 Big 10 Conference Football Team

The official list of the 2020 WVSSAC All Big 10 Conference Football Team has been released. The Overall Player of the Year was Gage Michael from Fairmont Senior. Offensive Player of the Year was Jeremiah King from RCB and Defensive Player of the Year was Devin Hill from Bridgeport. Evan

Continued on page 10

The Glenville State College Athletic Department is pleased to announce the hiring of Missy Kellar as the new Head Coach of the GSC Lady Pioneer Cheerleading program.

Kellar also works in

USDA Forest Service Closing Dolly Sods Roads For Winter Safety

Monongahela National Forest officials are preparing to implement the annual winter road closures in the Dolly Sods area. Gates on Forest Roads 19 and 75 leading to Dolly Sods will be closed beginning January 1, 2021.

These roads are closed to motor vehicle use from January to early April every year to provide for public safety due to highly variable road conditions

the Business Office at Glenville State College and is married to Mike Kellar, who serves as Head Coach of the Pioneer Football Team.

"We are excited to welcome Missy to our

Continued on page 10

in the winter months. Non-motorized use is permitted.

"These road closures are put in place to enhance visitor safety," said Cheat-Potomac District Ranger Jon Morgan. "Forest visitors and emergency responders are put at unnecessary risk without the road closures."

The Forest Service works with local landowners and

Continued on page 8

Continued on page 8

Dorsey Funeral Home

LOUIE MALE,
Owner/Licensee-In Charge
701 South Pike Street, Shinnston, WV 26431
Office: 304-592-2500 • Fax: 304-592-2571

**JOHN ANTHONY ALESSIO**

John Anthony Alessio, 78, left this world on December 9, 2020 from complications of COVID-19 at United Hospital Center in Bridgeport.

John is survived by Lee, his wife of 46 years and perfect counterpart; their children John Anthony Alessio II and Mary Alessio-Sendecky and son-in-law Stephen Sendecky; daughter Jeana Jo Alessio; sister Deborah Alessio Watson and brother-in-law Jack Watson (deceased); brother-in-law David Nutter and wife Donna; nephew Adam Nutter and wife Rosalba and several special extended family members.

John was born and raised in Shinnston to Patsy and Ida Alessio, who loved him unconditionally. He took pride in everything his hands touched: his customer's haircuts, his produce picked from his garden to be delivered to his friends, his homemade soup brought to his children. All of it done meticulously and exactly right.

He truly and skillfully listened to you when you spoke. He put thought into all of his responses and his silences. If he used his whistle to catch your attention on Pike Street, it was sharp and arresting, but at home it hummed a soft contented tune his children will never forget.

He had 'drive and will' behind every last step walked to his barbershop to provide for his family and to serve his customers who he appreciated beyond measure.

He was a natural at living in the present and could always recognize what was important and what wasn't. It's true, "The Professor" knew all the secrets to life, and wanted you to know them too.

John was very active in his free time. Whether he was golfing, fishing the West Fork River, or on a most enjoyed trout fishing trip in the mountains, most of these were done beside his dear friends. If we tried to mention you all, someone may be left out, and John wouldn't like that because he loved you all. Thank you for your friendship and bringing John joy.

John wished for cremation services provided by Harmer Funeral Home; there will be no public services. Customers of John Anthony's may

call 304-592-9868 for a message from our family. If you ever see us around, we would love to hear memories of our patriarch. John's wife and children would like to thank Dr. Lance Dubberke and staff for John's care. In lieu of flowers, contributions for final expenses may be sent to John's wife, Carol Lee Alessio, by mail or via a GoFundMe on her son's Facebook page. Online condolences may be shared at harmerfuneralhome.com.

KAREN LEE "RUSTY" HARRISON RIFFLE

Karen Lee "Rusty" Harrison Riffle, 76, of Brookhaven Community of Morgantown passed away on Thursday, December 17, 2020, at home with her loving family around her after a long battle with cancer. Rusty was born on January 10, 1944, to the late Joseph Knotts Harrison and Floriene Isabell Galmish Harrison of Shinnston, West Virginia. She attended Shinnston High School graduating in 1961. She went on to work for the WVU School of Medicine where she retired with over 30 years of service.

Rusty was a devoted Christian attending and volunteering her many skills as active member of the Brookhaven United Methodist Church. She was a very loving and giving person. She taught many by example over the years with her volunteering or giving efforts to various organizations and causes including Mountaineer Area Council Boy Scouts, Rosenbaum House, Lion's Club, Scott's Run Settlement House, St. Jude's Children's Hospital, and Samaritan's Purse to name just a few. When able, she donated blood at every opportunity to help those in need that she would never meet and donated over 2,000 gallons of her blood during her lifetime. She lived to make the world a better place without seeking any recognition but looking to help where and when she could.

She was preceded in death by her parents, her only sibling, Frederick Lee Harrison and a great grandson, Samuel Tucker Stout.

She is survived by

her loving and devoted husband of over 50 years, William James Riffle; two sons, Jeffery Blaine Riffle and wife, Joyce, Stacy Joseph Riffle and wife, Kerry; seven grandchildren, Ashley Ramsden (Josh), Madison Stout (Alex), Amber Underwood (Tyler), Cheyenne Hill (Brandon), Sierra Riffle (D'Andra), Hunter Riffle, and Sakoya Riffle; four great-grandchildren, Michael Ramsden, Benjamin Ramsden, Elijah Underwood and Noah Stout; a sister-in-law, Maxine Harrison' a nephew, Joseph Fredrick Harrison, of Alabama; a niece, special and dear cousins, and many other great-nieces and great-nephews.

Hastings Funeral Home will be handling the arrangements for Rusty's final wishes. The family will have a celebration of life in her honor at a later date.

In lieu of flowers, the family has asked, in the spirit of Rusty's giving heart, for donations to be sent to Rosenbaum Family House, 30 Family House Drive, Morgantown, WV 26505, and family and friends are encouraged to donate blood to the American Red Cross when the opportunity presents itself.

Cards and condolences may be sent to the Riffle family as 1186 East Second Street, Morgantown, WV 26508.

Online condolences may be made at www.hastingsfuneralhome.com

JEREMY IMANI CARTER

Jeremy Imani Carter left us too suddenly on December 5, 2020. He was 31 years old. His family and friends are beyond heartbroken and devastated by his passing.

He was born August 23, 1989, in Danbury, CT. Jeremy spent his early years in Hartford, CT, with his adoptive family from 18 months to 21 years old. He spent the last 10 years in WV, spending time with and getting to know his birth family.

Jeremy was kindhearted and would give you the shirt off his back. He loved to help people in need. He lived each day to the fullest as if it was his last, sometimes throwing caution to the wind.

Jeremy was fascinated by anything that could be taken apart and put back together again and was good at all jobs associated with those skills.

He faced a lot of adversities in his life that love alone could not heal. We all hoped God and time would.

Jeremy is survived by this adoptive family: his mom, Joyce Bosco; dad, Alvin Cater Sr.; sister,

Harmer Funeral Home

Shinnston, WV • 592-2500
www.harmerfuneralhome.com
Jay D. Harmer, LIC,
Jacob A. Harmer, Licensed Funeral Director

**Perine Funeral Home**

Call 592-5925 • 1348 S. Pike St. Shinnston
Timothy E. Perine - L.I.C./Owner
Adam T. Perine - Funeral Director/General Manager
Patrick A. Kovalck - Licensed Director

Out Of The Past

Memorable Photographs from around Harrison County.



An unknown girl is shown accepting a gift from Santa on WBOY's "The Santa Show" in the 1960's. Photo courtesy of Bobby Bice.

Sarana Carter; and brothers, Alvin Carter Jr. and Andre Carter. He is also survived by his birth family: his grandmother, Patricia Radcliff; sisters, Yemaya Hughes, Amanda Hanley; and his brother, William Watson. As well as his beloved son, Asim.

His mom, Loretta Hughes predeceased him.

There is also a large extended family of aunts, uncles, cousins, nephews, nieces, and friends who are deeply saddened by his sudden passing.

In our last conversation with Jeremy, his wishes were to return to his home in CT. In honor of his wishes, his remains will be sent there and a memorial service is being planned by the family. Details will be shared at a later date.

MICHAEL SHANNON MAHONE

Michael (Mike) Shannon Mahone, 67, of Clarksburg, WV, passed away at his residence from a sudden illness on Monday, December 7, 2020.

Michael was born in Welch, WV, on March 27, 1953, a son of the late George Wesley and Wanda Mae Crabtree Mahone.

He was a graduate of Manchester High School, Class of 1971. Like his father, Mike served our country as a veteran in the U.S. Navy.

Michael is survived by his brother, Father Casey B. Mahone of Clarksburg, WV; his sister, Dr. Sloan C. Mahone of London, England; and good friends from his youth, Bob Segal of Providence, RI, and Michael Scanlon, of Newtown, CT.

Having grown up in Connecticut, he was an avid fan of the New York Yankees and New York Giants. Michael

was very proud of serving in the Navy as a cook and Petty Officer on a submarine, the USS Sculpin.

Honoring Michael's wishes, he will be cremated. A graveside service will be scheduled at a later time.

Expressions of sympathy may be extended to the family at www.amoscarvelli.com

JOHN PATRICK TENDA

John Patrick Tenda, 81, of Clarksburg passed away on Tuesday, December 8, 2020.

He was born in Clarksburg on April 24, 1939, a son of the late Patsy and Rose "Rosie" Gallo Tenda.

Surviving are two daughters, Melissa Mazza and her fiancé Kevin Fowler of Clarksburg and Denise Steffich and her husband James "Jimmy", III of Clarksburg; three grandchildren, Andrew John Tenda, Alex Mazza and Michael Mazza; one brother, Carl Tenda and his wife Bernice "Toots" of Clarksburg; one nephew, James "Jimmy" Tenda; and one brother-in-law, Clinton Jenkins.

He was also preceded in death by one grandson, Antonio Steffich; and one sister, Catherine Jenkins.

Mr. Tenda was a 1957 graduate of Victory High School and retired from Pittsburgh Plate Glass. He was also a well-known landlord in Clarksburg. John loved to golf, dance, play cards and eat out at F.O.P., Minard's and Red Caboose Restaurants.

In keeping with his wishes, Mr. Tenda will be cremated.

Expressions of sympathy may be extended to the family at www.amoscarvelli.com.

BILLY BLAIR BUSH

Bill Bush, 48, of Wallace passed away on Tuesday, December 15, 2020 at Ruby Memorial Hospital after fighting a long battle of Non-Hodgkin's Lymphoma. He was born on June 15, 1972 to the late William Bush and Ida Napier Bush.

Bill is survived by his son, William Chase Bush and his fiancé Allie Sayers; daughter, Ambra Bush and her fiancé Jackie Goodwin Jr.; grandchildren, Blake and Stephanie Drummond, Aliannah and Bryson Bush, Rayce Goodwin; one sister, Denalda M Bush and her companion Brian Jett and several nieces and nephews.

Bill was preceded in death by his parents.

Bill was in the United States Marine Corp. for 4 years during Desert Storm and worked at MEC Construction for over 18 years; he was a member of the NRA and enjoyed guns, old trucks, listening to heavy metal music, drinking some Jim Beam and he had a passion for drawing as he was very artistic. Bill loved spending time with his family and friends; he adored his grandchildren and was a treasure to all that knew him.

A funeral service was held at Harmer Funeral Home on Saturday, December 19, 2020 with Pastor Tim Sandy officiating. Interment followed with military honors at The Brown Cemetery.

Memorial donations can be sent to Harmer Funeral at PO Box 1852, Shinnston, WV 26431

Online memories and condolences may be shared at www.harmerfuneralhome.com

STRENGTHEN YOUR COMMUNITY! SHOP LOCAL!

West Virginia Statewide Classified Network

Featured in WVPA Newspapers Across West Virginia

HEALTH/MEDICAL... TION! World Health Link... UNABLE TO WORK DUE TO INJURY OR ILLNESS?... MISCELLANEOUS... INTERNET/TV... SAVE ON YOUR NEXT PRESCRIPTION... Place YOUR statewide ad today any of three easy ways:



Austin Elder

son of Eric and Melissa Elder of Lumberport. He is the grandson of Mike and Bettie Gillispie and Sharon Elder and the

honor roll all semesters. He is in the top 25 of his class and has received various top scholar awards. Austin was inducted into the National Honor Society his Junior year. He has earned the PROMISE scholarship and takes accelerated classes from WVU and Pierpont. Austin is also a 4-year member of the Lincoln High School band and Jazz band. He is a past member of the DECA and FBLA Clubs. Outside of school, Austin is involved in helping with the Mountain State softball league, where he has coached and helped in many other ways. Athletically, Austin has played soccer for Lincoln for 3 years where he was co-captain his Senior year. Austin was also on the track team and plans on running again this year. Outside of school, Austin works at Sheetz. Austin's future plans are to attend WVU and study Chemical Engineering.

"Dairies in Shinnston Area Long Ago" cont. from p.5

quart size. Mr. Lowe used a wagon to deliver his milk. The wagon was later destroyed by a fire. William Paul Vincent of Adamsville also had a dairy called Maple Grove Dairy. Ralph recalled that Willy Hinerman would milk the cows and deliver the milk for this dairy. They had embossed bottles which read Maple Grove Dairy, W. Paul Vincent, RFD Shinnston, WV. This milk was sold in quarts and pints. The half-pint size was used for the cream, which was usually bought by restaurants. This dairy was in existence later than the others mentioned.

There was a Rogers family that had a dairy in Lumberport and a Nuzum family that had one at McAlpin near Bridgeport. Many of the small, local dairies quit selling their milk in the 1920-1930 period when it was discovered that tuberculosis, typhoid fever and scarlet fever were associated with raw milk. States then began to require pasteurization of raw milk before it could be sold. This required heating the milk to 161 degrees for 15-20 minutes or to 145 degrees for 30 minutes. By 1973, federal law was enacted which required pasteurization in all the states.

The dairies used a cardboard milk cap for the bottles. Even dairies which used plain milk bottles could imprint their dairy name on these caps. Bottles were glass and had to be cleaned and sterilized before use. When the dairies delivered the milk to their regular customers, the empty bottles would be set out for collection at the same time. After pasteurization became the law of the land, farmers made arrangements with the Carnation Milk plant in Clarksburg to sell their milk. The milk would be collected in 5- or 10-gallon cans with lids and set on a platform by the road.

On the collection day the truck would go along collecting the raw milk for processing at the Clarksburg plant. I drank many glasses of raw milk growing up on the farm. One of my fondest memories is spooning off the cream that gathered at the top of the jug. You could whip this cream and add some sugar and use it to top off home-canned berries, pears or peaches. Now milk is both pasteurized to make it safe and homogenized so that the cream is evenly distributed throughout the milk. Cream is removed now to make it only 1% or 2% fat in the milk.

Answers
L A L A L A L A N D D A D T I L T A S A
E M U L A T O R E Y E L E V E L F O P
D O N T B E L I E V E M A N I A C R U E
A R G O A E R O S S E F A R M
B E N R E U N I T E D A F R I C A
C E S I U M R O N W O O D I E N
H E L P F O O L I S H R U N A W A Y
A L O O F T I C E N O L M O A T S
P I L E O N I A M B G O A
P E R F E C T S M O O T H S A I L I N G
P A G E U P A B U R O A R K E
R O Y A L S C H E R I S H T E Q U I L A
A L P I C O N S T E E R S
M O T E T C L O D D E G A C H O O
T R U L Y W I N D Y D O W N T O W N
C A T H Y S M O O E D S E L S
D I A N A A M A Z E D M I C K E Y
R E P O A B E I D O L H E A P
A L E N U M B E R O N E H I T S O N G S
C L U P R A I S I N G A N O D Y N E S
K O P R I S E B O O N E W S T A R T

"Lord's Pantry" cont. from p. 5

contributed \$50 worth of donations. Steve and Cindy Glass attended the event bringing the donations on behalf of the Lion's Club. The group's president, Assessor Joseph "Rocky" Romano, provided the canopy. Several members of Leadership Harrison, a group affiliated with the Harrison County Chamber of Commerce, donated as well. One member of this group includes Lisa Surton, who provided a generous donation on behalf of the Harrison County Hilton Garden Hotel. Employees from the Harrison County Courthouse also donated, as well as some local police officers. A very special shout out goes to Eugene Botting, a member of the American Legion Riders in Shinnston who generously volunteered

his time to play the role of Santa! He was absolutely outstanding, bringing the event considerable attention. Onlookers and passersby, both young and old, were delighted to see him and many people honked their horns as they passed by. Some lucky young people had a chance see Santa up close! Other key individuals who volunteered include Anna and Mark Jones, Timothy Craig (WVU Medicine), and Steve and Cindy Glass. Three young volunteers, Hunter Lott, Jordan Taylor, and Julia Jones, were also present. Roy, a volunteer from the Lord's Pantry, picked up the donations, delivering them to the Lord's Pantry. I would also like to thank anyone else who contributed or otherwise played a role in this event.

"Parks and Rec" cont. from p. 6

As I grow older, my priorities have changed through my maturity. Today, I am lucky to have my mom and dad to break bread with and enjoy their time. Plus, I have three wonderful kids that I can share a hug and a kiss that puts

me on the highest cloud. And, of course, a wife that melts my heart every time she walks into the room. These are the gifts that I am happiest to receive. Happy Holidays and God bless each and every one of you!

"2020 Is Almost Over" cont. from p.5

Christmas Decorating contest this year, but we did not receive any entrees and that is understandable with Covid-19 going on. The holidays this year are going to be a lot different for most us so let us look forward into 2021. Since we did not have a Christmas decorating contest as we had hoped, we are looking at moving that forward into a home property clean-up contest like we had in 2019. More

to come on that later. We will have a cleanup day similar to what we did last year except we would like to have it in the spring closer to Earth Day. Here are a few other things to look forward to this year: We are currently planning for this year's Frontier Days. We look to have a good turnout this summer. The next Wind-Down Wednesday is scheduled for May 5th.

We are looking forward to seeing you at the City Green Space on Pike Street. We are planning to do more at our amphitheater in Fergusson Park. One of the ideas we would like to put out there is an open mic night for aspiring comedians, musicians, poets, etc. The community garden will be restarting in a new location. The

groundwork is being laid out for that. Our pool will open Memorial Day weekend with a new roof, fresh paint in the restrooms, and a newly painted pool. A lot of faith and a lot of prayers got us through 2020; now let's focus those prayers toward a future we can honestly say we've earned. In the meantime, Happy Holidays!

"Local Library" cont. from p.5

The merger began as a way to provide more purchasing power for the libraries. The larger consortia, makes the way for larger purchasing powers as the libraries work toward getting new, updated and improved services for our communities and patrons. Please be patient as we transition through this. Call your local library if you have a problem. YOUR LOCAL LIBRARY WANTS YOU TO KNOW that even during the COVID 19 pandemic, we still offer freebies and many

services: E - B O O K S HAVE NO FINES: If returning a book on time is tough for you, try borrowing an E-book. When the library's check-out period ends, you simply lose access to the file. Nothing to bring back—Check at our library's website. ASK US ANYTHING: Even with the internet, your local librarian may just have the answer you're looking for. Log onto library sites and you can find answers to your reference questions

24/7. You have access to find a doctor, plan a trip, look for a recipe and even find answers to your crossword puzzles. YOU CAN RESERVE NEW RELEASES: Most libraries have reserve lists before the titles hit the shelf. Just let the librarian know what book you would like to reserve. FINDING A JOB? The library has two workforce computers that are equipped to help you find a job. Stop in to search job listings, use

resume software, job applications or learn how to ace an interview. Many of our programs are on hold due to COVID-19. We will resume these when it is safe to do so. Please note the following holiday closures at our library; we will be closed on December 24th, 25th, and 31st and on New Year's Day. We wish all of our patrons and Merry Christmas and look forward to continuing to serve you in a less restricted 2021!

"Shinnston Garden Club" Cont. from p.5

which had been suffered by those early settlers. She led the group in prayer. Dorothy Rota led the pledge to the flag. Cards were signed for members known to be ill, shut in or staying home due to high risk of infection. The group shared concerns and requests for prayer. Minutes were read by Secretary Letha

Stutler and Treasurer Debra Herndon gave a financial report, listing the charities that had received a donation from the Shinnston Garden Club for the holiday season. Dorothy Rota read a thank-you card from the Harberts who were recognized for their volunteer efforts at the last meeting. Debra Herndon

introduced guest Jon Olsen who is working for the City of Shinnston under the VISTA program. Olsen explained his role with the City to help expand economic opportunities and help create healthy lifestyles. Olsen will be working to identify and engage volunteers and had visited the Lord's Pantry earlier in the day.

He encouraged filling out the survey available at the City Office which will help identify the needs and priorities of the community. Present in addition to those previously mentioned were: Chad Edwards, Kathleen Panek, David Harbert, Beth Linn, Juanita Pumphrey and Paula Harrison.

DENTAL Insurance
Get Dental Insurance from Physicians Mutual Insurance Company. It helps cover over 350 procedures - from cleanings and fillings to crowns and dentures.
See any dentist you want, but save more with one in our network
No deductible, no annual maximum
Immediate coverage for preventive care
Call to get your FREE Information Kit
1-855-405-3412
or visit dental50plus.com/press
Includes the Participating (in GA: Designated) Providers and Preventive Benefits Rider. Product not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This offer is not available in CO, NY, call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C2500); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN); Rider kinds 8438/8439 (GA: 8439B).

Good Health Guide

Approach The New Year With HOPE



Words of Wellness
By Jill Fratto
Life and Health Coach
jillfratto@gmail.com
www.mindbodysuccessacademy.com
Twitter: @JillFrattoCoach

As 2020 comes to an end, there is hope that we can finally start to emerge from the upside-down world in which we have been living. I never allowed myself to say "I just want it to be normal again" because that thought

seemed so far off that I wanted to accept current reality without feeling like everything was wrong. Now, with vaccines rolling out to citizens, it feels like we may have a chance to return to a life we knew before Covid-19 - one

where we can gather in joy with friends and family.

For some, the tracks left from this time will be deep. We have lost loved ones, precious time with friends and family, and perhaps even a job or business that we relied on for our livelihood. To those who have lost greatly, we must remember, share compassion, and give love and support wherever we can. We must hold on

to hope that our losses will continue to be minimized as we move into a new year.

We must also maintain the good things that came out of this year. I have seen those things too.

- Quality time spent with family
- Less travel for people who were on the road 5-6 days a week for work
- Companies becoming open minded to working remotely

• Finding creative ways to communicate with loved ones

• Supporting our community - food pantries, schools, small businesses

• Opportunities to complete long awaited house projects and very clean closets

• Time to work puzzles, play games, and enjoy the outdoors

As I get older and reflect on the things I have lived through, I see that people are

resilient. We still have a little way to go in this pandemic, but I hope we can reflect on this year with thankfulness for the good things and hope for the future.

The holidays may look a little different this year. In this time, take moments to reflect and plan for the future, rather than regret and despair the losses of 2020. May 2021 bring health, peace, and prosperity to you and your family.

PART II ... New Year, New YOU! Healthy Eating Solutions



Become mindful of your eating habits; remember the 3R's - Reflect, Replace and Reinforce!

When asked where to start with developing healthy eating patterns, Dr. Elizabeth Hess offered the following ... "Most of us have developed habits of how, when and why we eat. When we want to make changes in our diet and nutrition, I think it's very important to also reflect on our attitudes toward food and our relationship with food. How, when, and why we eat can often have deep seated emotional triggers and if these issues are not addressed, it can be difficult to make lasting changes to how we see and use food to nourish ourselves. A lot of patients often want to adopt a radical change or a so-called 'fad diet' and

hope to see rapid changes in weight."

Dr. Hess continued, "Weight loss management experts often don't recommend just one way of eating or prescribed diet plan. It's important that all the nutrients and micronutrients our body requires are included or supplemented in our eating pattern, but for a starting point, I would suggest starting with a mindfulness-based eating program. Mindful eating is about using mindfulness or our full attention to learn to recognize the difference between true hunger and non-hunger triggers and to really pay attention to our experience of eating. Eating has

become a mindless act, often done quickly in front of televisions and smartphones. It can take the brain up to 20 minutes to realize the body is full so often this signal is too late and we have already eaten too much. Mindful eating involves eating slowly without distraction, learning to distinguish between true hunger or emotional or habit eating cues and only eating until you are full. It also stresses engaging all the senses in the act of eating and noticing how food affects your feelings. It makes eating intentional and not automatic. This mindful act of eating will lead to any nutrition program you adopt for weight management but most importantly it will build a healthy relationship and appreciation for the food you eat."

Healthy eating solutions - The 3R's of Nutrition -

Permanently improving your eating habits requires a thoughtful approach in which you Reflect, Replace, and Reinforce, otherwise known as the 3R's.

Healthy eating solutions - Reflect -

You will want to reflect on all of your specific eating habits, both bad and good; and, your common triggers for unhealthy eating. Create a list of your eating habits. Keep a food diary for a

few days. Write down everything you eat and the time of day you eat it. This will help you uncover your habits.

Highlight the habits on your list that may be leading you to overeat. Common eating habits that can lead to weight gain are:

- Eating too fast
- Always cleaning your plate
- Eating when not hungry
- Eating while standing up (may lead to eating mindlessly or too quickly)
- Always eating dessert
- Skipping meals (or maybe just breakfast)

Look at the unhealthy eating habits you have highlighted. Be sure you have identified all the triggers that cause you to engage in those habits. Identify a few you would like to work on improving first.

Create a list of "cues" by reviewing your food diary to become more aware of when and where you are "triggered" to eat for reasons other than hunger.

Common triggers for eating when not hungry are:

- Opening up the cabinet and seeing your favorite snack food.
- Sitting at home watching television.
- Before or after a stressful meeting or situation at work.
- Coming home

after work and having no idea what is for dinner.

□ Having someone offer you a dish they made "just for you!"

□ Walking past a candy dish on the counter.

□ Sitting in the break room beside the vending machine.

□ Seeing a plate of doughnuts at the morning staff meeting.

□ Swinging through your favorite drive-through every morning.

□ Feeling bored or tired and thinking food might offer a pick-me-up.

Circle the "cues" on your list that you face on a daily or weekly basis. Ask yourself these questions for each "cue" you've circled:

□ Is there anything I can do to avoid the cue or situation? This option works best for cues that do not involve others.

For example, could you choose a different route to work to avoid stopping at a fast food restaurant on the way? Is there another place in the break room where you can sit so you are not next to the vending machine?

□ For things I cannot avoid, can I do something differently that would be healthier? Obviously, you cannot avoid all situations that trigger your unhealthy eating habits, like staff meetings at work.

In these situations, evaluate your options. Could you suggest or bring healthier snacks or beverages? Could you offer to take notes to distract your attention? Could you sit farther away from the food so it will not be as easy to grab something? Could you plan ahead and eat a healthy snack before the meeting?

Healthy eating solutions - Replace - Replace your unhealthy eating habits with healthier ones.

• For example, in reflecting upon your eating habits, you may realize that you eat too fast when you eat alone. So, make a commitment to share a lunch each week with a colleague, or have a neighbor over for dinner one night a week. Another strategy is to put your fork down between bites. Also, minimize distractions, such as watching your favorite TV program while you eat. Such distractions keep you from paying attention to how quickly and how much you are eating.

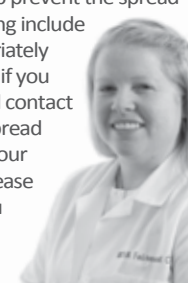
• Eat more slowly. If you eat too quickly, you may "clean your plate" instead of paying attention to whether your hunger is satisfied.

• Eat only when you are truly hungry instead of when you are tired, anxious, or feeling an emotion besides hunger. If you find yourself eating when



MONONGAHELA VALLEY ASSOCIATION OF HEALTH CENTERS

As we progress towards flu season, it is important to realize the need for vaccination-especially to the vulnerable age groups. This includes any child 6 months and older as well as the elderly over 65 and anyone who is immunocompromised. Some simple tips to help prevent the spread of the influenza virus beyond vaccinating include covering your cough or sneeze appropriately and proper hand washing. In addition, if you feel ill, you should stay home and avoid contact with other individuals to prevent the spread of infection. If you have not received your influenza vaccine for this flu season, please contact MVA in Shinnston today so you can get immunized.



Krista Flesher, FNP-BC

1 Columbia Road • Shinnston, WV 26431 • 304.592.1040



Dr. Harry M. Murray, Jr.
Dr. H.M. "Hank" Murray III
Dr. Gregory A. Groves
Optometrists

Adult & Children's Eye Examinations
Complete Eye Health
Optical & Contact Lenses

24 HOUR EMERGENCY EYE CARE

842-6226 or 1-800-296-6226
107 Doctors Drive, Bridgeport
Free Front Door Parking • Saturday Appointments
Insurance Forms Completed



MOUNTAIN STATE
PHYSICAL THERAPY

"Making West Virginia better ... one patient at a time."

We specialize in the rehabilitation of orthopedic, sports or work-related injuries.

Mountain State Physical Therapy is ready to get you back on your feet!

* Clarksburg 304-622-4600
* Shinnston 304-592-5041
* Weston 304-269-5554

Treating patients for over 15 years!

“Jimmy Malfregeot Urges Citizens To Report Suspicious Activity” cont. from p. 1

“I saw myself standing in what appeared to be a wheat field, and I heard a voice say, ‘Not yet,’” he recalled. “There is no doubt that the paramedics in that ambulance saved my life. When they got me to Morgantown, I remember being wheeled in and immediately seeing bright lights in the operating room and then an oxygen mask was put over my face. The next thing I knew, several days had passed.”

Throughout the next couple of weeks, Malfregeot underwent three surgeries, and prior to the last operation at Cleveland Clinic, his doctor suggested that in case things didn’t go well, he should perhaps say good-bye to his family.

“I told my wife and my sons that I loved them, told the boys to be sure and take care of their mom, and even told them my preference for arrangements that might need to be made. Amazingly, I remained pretty calm,” he continued. “I later woke up in a room that was real white and I thought for a moment that I must

have been in heaven; then I realized I was in recovery.”

Jimmy remained at Cleveland Clinic from September 23rd through the week of Halloween. With tubes still in place, he was discharged and permitted to convalesce at his son’s home in Cleveland. One week later, the tubes were removed and his trauma surgeon told him he was a ‘miracle’. He was then allowed to return home to Clarksburg - with no meds and no physical therapy required!

Since coming home, Jimmy has had lots of time to reflect on what happened and is still overwhelmed by the thoughtful gestures and the abundance of cards and prayers he received.

“I can tell you that my faith in humanity is through the roof,” he said. I received over 500 get well cards; and every student at Emmanuel Christian School made me a card. My family received large trays of food from restaurants, friends and neighbors for two weeks until I was out of the woods. One family

gave my wife \$200 worth of gas cards to help as she traveled back and forth to the hospital. And prayers were overwhelming – from my family, friends, and from people I didn’t even know. Gestures of kindness were absolutely overwhelming, and there is NO WAY to discredit the power of prayer. I can attest to that!”

While this experience was certainly no picnic for Jimmy, he says that people who refer to him as a hero for making it through this ordeal are giving credit to the wrong person. He says that God and his doctors played a huge role in his outcome ... and that if anyone deserves to be credited for bravery, it should be his wife and his mother-in-law who was 88 years of age at the time of the incident.

“I can’t even begin to imagine their trauma!” he continued. “They were carjacked and forced to drive the assailant at gunpoint, leaving me behind and not knowing my condition or what would happen to me. My wife was finally able to talk this man into letting

them out of the car in Gore, and he shoved them out while the car was moving, leaving them on the side of the road. I am so thankful that someone finally stopped to help them, but they still didn’t know my fate. I might have been physically hurt, but their mental and emotional anguish was just as bad or worse!”

Following this experience, Jimmy has now become a dedicated advocate for a campaign initiated by the U.S. Department of Homeland Security designed to urge citizens to remain alert about their surroundings and to inspire, empower and educate the public on suspicious activity reporting in order to keep communities safe. The campaign is called “If you see something, Say something”.

Malfregeot was recently joined in Clarksburg City Council Chambers by many area law enforcement officers who support him advocating this promotion.

Malfregeot said, “I am pushing this crusade

so that no other family has to suffer what my family went through. It takes everyone working together and we all have to get involved. This is no longer the 1950’s when folks were not at all apprehensive about leaving their doors unlocked, leaving a basketball in the yard or a bicycle in the driveway. We live in a different world now, so I ask everyone that if they see something they feel seems suspicious, don’t question how insignificant it might be, call 911 immediately and let law enforcement make that decision. We are not in Chicago or Miami or Detroit or Baltimore; this is Clarksburg in Harrison County, WV and this doesn’t happen here! With the public’s help, this won’t happen again in our area. So if you see something, say something!”

Malfregeot added that while he respects and wholeheartedly supports the efforts of the Mission that offers help to the homeless, he said, “If backpackers and the homeless are going to

abide in our community, they must follow our rules and respect those who live here.”

The bullet that wounded Malfregeot is still in him. Doctors said that it is not uncommon for a 22-caliber bullet to enter the body and bounce around, and that is why Malfregeot had damage done to several of his organs. However, doctors also say there is no danger with the bullet remaining in him; his body will eventually encapsulate it.

The miracle of his recovery is a blessing, and he concluded, “I am just happy and so thankful to be alive. I look forward to my future, which, as soon as COVID will allow it, will include me visiting lots of area churches to personally thank these people for their prayers.”

His sense of humor has not waned either. He says he has learned to appreciate a lot of little things. “After having no food or water for a long time,” he joked, “you can’t believe how wonderful a popsicle tastes!”

Attorney General Morrissey Urges Consumers To Be Cautious With Holiday Credit Card Offers

West Virginia Attorney General Patrick Morrissey warned consumers to exercise caution when evaluating credit card offers this holiday season.

Consumers may see an uptick in credit card offers with the Christmas shopping season now in full swing. While it may be tempting to take advantage of the “buy now, pay later” option, the Attorney General urges consumers to verify the credit card offer is legitimate.

“It’s critical to look at the fine print if you’re

getting a new credit card,” Attorney General Morrissey said. “Take the time to know what the interest rules are. Know what you’re getting into so you don’t get sticker shock at the other end of the line.”

Holiday credit card offers require a close reading of the contract. Deferred interest promotions may promise zero-percent interest through December 2021, but failure to pay off the entire balance by the promotion period’s end could stick the consumer

with an interest charge dating back to the item’s original purchase date.

Before responding to a credit card offer, keep these things in mind:

- Do an online search if the offering company looks unfamiliar. Include the word “scam” after the company’s

name to see if it triggers additional results.

- Call the offering company directly if an offer to increase a line of credit looks suspicious. The phone number is often printed on the back of the card.

- Do not provide personal information

or click on any link in an email warning of a problem with the card.

The advice comes as part of the Attorney General’s Holiday Consumer Protection Month.

Anyone who believes they have been the victim of a fraudulent

credit card offer, contact the Attorney General’s Consumer Protection Division at 1-800-368-8808, the Eastern Panhandle Consumer Protection Office in Martinsburg at 304-267-0239 or visit the office online at www.wvago.gov.

“Hiking Trails” cont. from p. 1

sled run on the East Coast and is a must-do every year.

The Blackwater Sled Run is more than a perfectly groomed hill. Half the fun is riding to the top on the conveyor belt, the Magic Carpet. The Magic Carpet is the longest on the east coast and takes riders through a cozy wooded path to the top of the hill right in their sleds. Ride up and sled down – it’s fun both ways!

All guests need to do is come dressed warm and ready for the sled run. The park provides the sled and all necessary equipment. Children 8 years old and younger must ride with an adult.

Social distancing reminders and hand sanitizing stations have been placed throughout the sled run and Warming Hut areas. The state wide indoor face covering requirement remains in effect and visitors are encouraged to maintain a safe social distance.

Create cherished memories and experience wintertime fun with friends and family at Blackwater Falls State Park.

you are experiencing an emotion besides hunger, such as boredom or anxiety, try to find a non-eating activity to do instead. You may find a quick walk helps you feel better.

- Plan meals ahead of time to ensure that you eat a healthy well-balanced meal.

Healthy eating solutions – Reinforce —

“New Year, New You II” cont. from p. 9

Reinforce your new, healthy habits and be patient with yourself. Habits take time to develop. It does not happen overnight. When you do find yourself engaging in an unhealthy habit, stop as quickly as possible and ask yourself: Why do I do this? When did I start doing this? What changes do I need to

make? Be careful not to berate yourself or think that one mistake “blows” a whole day’s worth of healthy habits. You can do it! It just takes one day at a time.

“Remember that even a modest weight loss of 5 to 10 percent of your total body weight is likely to produce health benefits, such as improvements in blood pressure, blood

cholesterol, and blood sugars,” said Dr. Hess. “So even if the overall goal seems large, see it as a journey rather than just a final destination.”

You will learn new eating and physical activity habits that will help you live a healthier lifestyle. These habits may help you maintain your weight loss over time.

“Big 10 Football Team” cont. from p. 6

Running Back Zach Snyder – Wide Receiver Corey Prunty – Wide Receiver David Tate – Quarterback

Austin Corley – Defensive Line Levi Moore – Linebacker Johnny Lopez – Defensive Back The Shinnston News

and Harrison County Journal congratulates all players and coaches for a job well done during a difficult and unprecedented season.

“Closing Dolly Sods Roads” cont. from p. 6

residents affected by the road closures to ensure they have access to their property. Landowners and residents who need access behind the gates should contact the Cheat-Potomac Ranger District office in Petersburg for

assistance. Forest Road 19 and Forest Road 75 are scheduled to reopen by mid-April 2021. “We will monitor road conditions in March and April, and reopen the roads as soon as weather permits,”

Morgan said. For more information, contact the Cheat-Potomac Ranger District at 304-257-4488. Information about the status of roads and facilities is also available at <https://www.fs.usda.gov/mnf/>.

The Management & Staff of

Shinnston Price Cutter

would like to thank all of our loyal customers for your support throughout this past year.

May the magic & wonder of the Christmas season be yours ... and may the new year greet you with good health and greater peace and joy.

Best wishes for a Happy Holiday season!

“Missy Kellar”

cont. from p. 6

coaching staff,” stated GSC Athletic Director Jesse Skiles. “She is already a big part of our Athletic Department family, but more so, she has a strong understanding of the role that cheerleaders play in game day atmosphere ... and she also has an

understanding of recruiting at a high level. We are confident that these attributes will elevate our cheer program,” he added.

“I’m super excited about the opportunity to lead this program. I have loved being a cheerleader my whole life and college athletics

has been a family affair for over 27 years. With the combination of those two things, I’m ready to start working with our current roster, as well as recruiting future Pioneers,” stated Kellar.

The Kellars have four children, Diedra, Jarrod, Anthony, and Jacob.