

Infection Control Specialist Shares Facts About COVID-19



DR. MARK POVROZNIK

By LEIGH C. MERRIFIELD

News & Journal Editor

In the United States, COVID-19 has dominated the news for close to a year now. While staying informed is unquestionably good, it is important to make sure that the news source is factual. Social media posts and conversations with Facebook friends may not always be totally accurate. That is why we contacted a knowledgeable professional to share with us reliable information – Dr. Mark Povroznik, Vice President/Chief Quality Officer and chair of Infection Control at WVU Medicine-United Hospital Center.

While case numbers and deaths from the coronavirus are continually changing, at

the time of our interview last week, Dr. Povroznik stated that 5,724 cases had been reported just since the new year began. Total cases for West Virginia stood at 93,162 and Covid-related deaths were 1,442.

“In West Virginia, cases were slowly rising from July through mid-October. Then towards the end of October until the present, the rate has risen much more dramatically. This was likely due to the fact that there were essentially three holidays back-to-back – Thanksgiving, Christmas, and New Year’s Eve,” Povroznik stated. “Despite warnings to the contrary, people were travelling more to visit family and gathering in larger groups during these holidays, and Covid-19 suffered its steepest increase.”

Dr. Povroznik noted that multiple variants of the virus that causes COVID-19 have been documented since the pandemic erupted and that viruses have the potential to change over time, sometimes helping them to disappear and other times enabling them to persist.

“Scientists are monitoring changes to the spike proteins on the viral surface to better understand how mutations may affect community spread and the ill effects caused by the virus,” he explained. “The most recent variants have been discovered in the United Kingdom and South Africa. Both appear to spread more easily than other variants. However, neither appear to be causing more severe illness or increased risk

of death. Already, the UK variant has been discovered in the U.S. and Canada. Despite concerns, most experts believe this is unlikely to change the effectiveness of the COVID vaccines that are now available.”

When asked why some people (even many healthcare workers) are rejecting taking the vaccine, Dr. Povroznik said there may be a myriad of reasons.

“Some people are concerned about possible side effects, and some distrust the government to ensure that the vaccines are safe,” he continued. “There are others who believe the dangers of COVID have been exaggerated, and they have adopted the ‘wait and see’ attitude. Skepticism they may

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FAQ's On The COVID-19 Vaccine

By LEIGH C. MERRIFIELD

News & Journal Editor

‘Operation Warp Speed’ was launched in May of this past year by the U.S. Department of Health and Human Services to support pharmaceutical companies in the development of a Covid-19 vaccine. The goal was to bring distribution of safe and effective vaccines to Americans by January 6th. It seems to have met with success.

While having a vaccine available for COVID is a good thing to rush with which it was developed, some people considered. Some may recall that it took years before the vaccine went through clinical trials and was available to market. However, a scientist at the University of

Pennsylvania, Drew Weissman explained why the COVID-19 vaccine’s research and development process moved along much faster.

“It was because of the enormous investments from the U.S. government,” he stated. “Usually, pharmaceutical companies must commit millions of dollars to hire staff, recruit participants for clinical trials, and secure facilities to manufacture vaccines. They for their own best interests make an argument to government agencies that the investment is great and that it’s worth the investment.”

The Operation Warp Speed effort paid for much of the clinical trial research so companies did not have to invest as much in other processes. With government

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2021 Holly Ball Will Be A ‘Virtual’ Event

In recent years, the Holly Ball has raised virtual funds for such things as women’s health care, pediatric adoption, and a hungry robot at United Hospital Center.

The fundraiser will continue this year, but in the face of the COVID-19 pandemic, the event has been reimagined literally.

“Holly Ball Reimagined will be a new experience as well as an opportunity to financially support a West Virginia University School of Nursing program at the UHC campus. The award

program will be held on the 5th floor of the school building in East Wing.

Featuring a ‘Red Carpet’ theme, the 60th Annual Holly Ball will offer fine food, wine and an exclusive silent auction from the community.

Guests will receive a hand-rafted charitable bracelet loaded with fine meat, cheese, fruit, Baci chocolates, crackers, biscuits and peppers – all food items from Muniello’s Italian Kitchen. Also included in the package will be a ticket with admission to the event.

Bonnie Belle’s Desserts.

Attired in their Holly Ball best – if desired – guests will pick their selection of food and wine at the entrance of the Robert G. Grad Performance Arts Center. Pick-up time can be scheduled for Feb. 6.

Guests will have access to the exclusive online feature of a Canaan Valley online stay with the Peltone Bik, Pittsburg Steeler

Reimagined is big change by Tomasz and Kryta Fazalare. This year, though, has been normal, they said. So it is with the community safety in mind that the choices, along with Denise Steffich and Lora Egli of UHC and the Holly Ball committee, have decided that

Continued on Page 3

Beware Of Potential Stimulus Check Scams



West Virginia Attorney General Patrick Morrisey is warning consumers to beware of potential scams as they await their stimulus checks.

The federal government is set to send stimulus checks to each household in coming days or weeks as part of a larger COVID-19 relief package. While many consumers eagerly

await the money, it is imperative they watch for scams and protect sensitive information.

“Many Americans are understandably anxious for their stimulus check to arrive,” Attorney General Morrisey said. “Don’t be impatient and, in haste, fall for a scam. Consumers should take steps and carefully verify any unsolicited email, text message or phone

call. This will help ensure that you do not lose money or personal, identifiable information.”

Consumers should note that government agencies will not call, text, email or contact individuals via social media asking for information such as Social Security numbers or bank account numbers.

Here are a few more tips to keep in mind:

- There’s no way to expedite the arrival of the check. Anyone who promises to get money to a consumer faster is likely a scammer.
- The government will not ask consumers to pay a fee upfront to receive their stimulus checks.

- Be cautious with unsolicited phone calls, texts and emails that ask for financial information.

- Be wary of pressure tactics.

- Beware of look-alike checks that may come in the mail. If a consumer deposits a fake check, they could be stuck with fees from their bank.

Anyone who believes they have been the target of a stimulus check scam should 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.

U.S. Capitol Building



Building Amazing Cities

By JIM HUNT
author, speaker, consultant

On my many visits to Washington DC, there is no greater sight than the dome of the United States Capitol Building overlooking the city. I can remember going to the Capitol Building when I was a pre-teen at Linden Grade School and we took the train to Washington DC for a whirlwind one-day visit. The building was perched on a hillside and walk in with any security check or metal detector. It was clearly a different time. Over the years, the security has ramped up and access to the building was more and more secure. The main focus seemed to be in order to prevent a truck bombing or something else in the building. Even with this increased security, the Capitol Building remained an accessible building with an open and welcoming feel.

It was not uncommon to see a well-known Sea to Sea spokesperson just standing and talking to people sitting on the steps of the Capitol Building. I even met future President Joe Biden in front of the Capitol and he was kind enough to spend a few minutes with me and my daughter. I also met with former West Virginia Sea to Sea Jay Rockefeller many times

Continued on Page 4

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



Food For Thought

By Leigh Currey Merrifield
Editor

Let's Call It A 'New Focus'

It has been a general consensus among those with whom I have spoken since the new year began that most are focusing on making New Year's resolutions this year. I guess that is a drastic but typically we take an oath to 'give up' something — like a bad habit or cutting calories, etc. — and that is often a very difficult battle. Most said that 2020 was such a difficult year in so many ways, they just didn't have it in them. It is true that we have adjusted to some MAJOR changes during the past year that have caused us to surrender a lot, so I can appreciate how many people simply can't face giving up something else! According to statistics I have read more than half of those who make New Year's resolutions fail to achieve their goal any day.

I was curious, though, why there is such a low success rate with resolutions. So I consulted Google, which seems to answer always better than any question! There, I learned that success is low because we often bite off more than we can chew. For example, many things are to be done in five or six months, and despite very good intentions, as time wears on following that diet and exercise plan seems to lose its glow. Perhaps aspirations are set a little too high OR many of us simply think "cutting out" something we're accustomed to ???

Well, let's change this pattern. If you find giving something up too challenging, maybe try taking small steps to make a change to something small that can still make a big impact in your life! Let's call it adding better habits! Here are a few examples:

- Turn off your phone (and TV) off 30 minutes before going to bed at night. That way text alerts and notifications

with disturb you in the morning and you may notice that you have more energy. - Eat a balanced breakfast every morning. It will help your metabolism going and better energy. - Try to get to bed at least 30 minutes before each day. Even if that's a half hour, it's better than nothing. - Aim to eat at least five servings of fruits and vegetables a day in the future. That is a small goal that can have huge benefits in the long term. AND you're adding something to your diet, not taking away something. - Limit your social media time to a reasonable amount and control your rate of online life!

- Allow yourself an hour a day for self-care! Do what pleases you for an hour — take a walk, stretch, or lean back and soak in the tub with water loses its warmth. - Want to read a book a month? Reading can take you out of your own world for a little while and it relieves stress. Plus, it is also an opportunity to learn something. - Go for a 30-minute walk just three times a week. Don't think of it as a calorie burner; just enjoy some fresh air and take a break from the scenery. Do it when it's convenient for you. Just 30 minutes three times a week is a realistic goal — even if you just stroll around your own block a few times.

- Practice getting up when the alarm clock goes off. No one wants to start their day off being rushed or feeling like you're already behind first thing in the morning. Besides, that extra snooze of five minutes isn't going to make you feel that much more rested.

- Start paying attention to how much time you spend every day on social media. It can be addicting and may be taking more time out of your day than you realize. Is it really that important to know what your friends are doing and saying throughout each day? Limit your social media time to a reasonable amount and control your rate of online life!

- Try going to sleep a half hour earlier at night. You may be surprised to find that even 30 minutes more rest can make you feel much more refreshed

in the morning and you may notice that you have more energy.

- Eat a balanced breakfast every morning. It will help your metabolism going and better energy.

- Try to get to bed at least 30 minutes before each day. Even if that's a half hour, it's better than nothing. - Aim to eat at least five servings of fruits and vegetables a day in the future. That is a small goal that can have huge benefits in the long term. AND you're adding something to your diet, not taking away something. - Limit your social media time to a reasonable amount and control your rate of online life!

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- Start paying attention to how much time you spend every day on social media. It can be addicting and may be taking more time out of your day than you realize. Is it really that important to know what your friends are doing and saying throughout each day? Limit your social media time to a reasonable amount and control your rate of online life!

- Always allow yourself a little quiet time. Turn off the racket ... radio, TV, etc. Quietly read, work, or still and pray. Your life should be full of NOISE at all times.

- Don't call these 'resolutions'; they are just new habits to try to focus on.

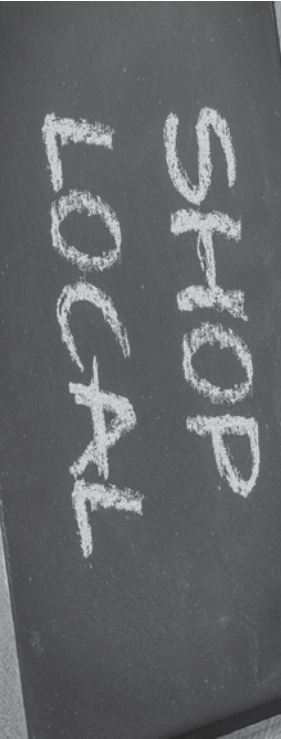
This week's dessert: "Your life is a canvas and you are the artist, so be sure to use all the vibrant colors in the coming new year." ~ Author Unknown

Super Crossword 21 AND SINGLE

- ACROSS**
- 1 Alcatraz Island locale, for short
 - 6 Info-filled
 - 11 Subjective paper pieces
 - 16 Yeshiva student, e.g.
 - 19 Land, in Italy
 - 20 Fast Amtrak service
 - 21 Salsa singer
 - 22 Pal, in Nice
 - 23 Concerning the effects of drugs on the mind
 - 27 Maestro — Pekka Salonen
 - 28 12:00, half of the time
 - 29 South, in Spanish
 - 30 Finch in fear
 - 31 Squid feature
 - 34 "Chill out!"
 - 37 Amply skilled
 - 38 Belief in a national power structure
 - 42 Acting signal
 - 43 Blarney
 - 44 "Sometimes you feel like —"
 - 45 Get moving
 - 48 Org. for tooth drillers
 - 50 Lid
 - 52 Bullfight yell
 - 55 Official endorsement via an amendment, say
 - 61 Savings acct. addition
 - 62 Days before holidays
 - 63 Rises
 - 64 Heaps
 - 65 Ornamental hairnets
 - 67 Jogged
 - 69 — Pointe, Michigan
 - 71 Gazpacho, e.g., in Spanish
 - 72 Talisman
 - 73 Cookie for 100+ years
 - 75 He's a doll
 - 76 Ear, nose and throat doctor
 - 81 B-ball official
 - 82 Sneak off to say "I do"
 - 83 The same: Prefix
 - 84 — Carlo
 - 85 Street — (popular acceptance)
 - 86 Video file format, in brief
 - 89 Wrestling win
 - 90 Quality among identical things
 - 100 TV's Griffin
 - 101 Oaths
 - 102 Swiss city on Lake Geneva
 - 103 Shelling out
 - 106 Moo goo — pan
 - 107 Short comic sketch
 - 108 Fist bump, colloquially
 - 109 Machine for a brain test
 - 115 Palme — (film award)
 - 116 Coiled
 - 117 Sprightly
 - 118 China's Zhou
 - 119 Mil. officer
 - 120 Taunts in fun
 - 121 Swift
 - 122 Nation south of Sicily
 - DOWN**
 - 1 Fla. Gulf city
 - 2 Admits guilt, with "up"
 - 3 Kobe of hoops
 - 4 Curved path
 - 5 "Boo —!" ("All right!")
 - 6 Port southeast of Roma
 - 7 Canyon comebacks
 - 8 Stop nursing
 - 9 35mm camera type
 - 10 Thanksgiving staple
 - 11 Like mystical practices
 - 12 City in Illinois
 - 13 Added wing
 - 14 Fashionable Christian
 - 15 Stuffing herb
 - 16 "I, Claudius" star Derek
 - 17 PC-to-PC letters
 - 18 Actor Dafoe
 - 24 Aunt's spouse, in Paris
 - 25 Unified
 - 26 "Sorry, already have plans"
 - 32 Cantina snacks
 - 33 Bordered on
 - 34 Roman 901
 - 35 Above, in verse
 - 36 Country crooner
 - 39 Fire output
 - 40 Mother of Don Juan
 - 41 Magical glow
 - 45 Clip out, as a coupon
 - 46 Imply in its definition
 - 47 In addition to
 - 48 Gorged on
 - 49 Fluffy floor-cleaning tool
 - 50 Walking aid
 - 51 They can't be taught new tricks, in a saying
 - 52 Raincoat material
 - 53 Most baggy
 - 54 Pact among nations
 - 56 ER hookups
 - 57 Bit of land in 'oceanic
 - 58 Mink relative
 - 59 In smart garb
 - 60 Eastern spiritual path
 - 66 Crew tool
 - 68 Precept
 - 69 Salon goop
 - 70 Suiemates, say
 - 72 Like one of a battery's terminals
 - 74 Pal of Piglet
 - 77 That girl's
 - 78 "How did — this happen?"
 - 79 Close by
 - 80 Fixin' to
 - 85 Longtime
 - 86 Rock or jazz
 - 87 Thanksgiving staple
 - 88 Suffix with host or lion
 - 89 Mickey's dog
 - 90 Obstruct
 - 91 Kevin of the Attic
 - 92 Maytag products
 - 93 Rocker Ted
 - 94 Big pianos
 - 95 High-pH substance
 - 96 Skipped out (on)
 - 97 Ultimate purpose
 - 98 Be short with
 - 99 Old compact
 - 104 Abbr. on a food carton
 - 105 Escalate
 - 107 Clipper, e.g.
 - 110 "Sure," in Soissons
 - 111 Pointy part of Mr. Spock
 - 112 Links gp.
 - 113 Ruby or onyx
 - 114 Stuff in some viral genes

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Find the Super Crossword Answers on Page 10!



"A Newspaper The Whole Family Can Read"

Shinnston Harrison County

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WORK TOGETHER!

This Week In West Virginia History

These dates in West Virginia history:

Jan 3: Braxton Craven was created from Kanawha, Lewis, and Nicholas counties. It is named for Carter Braxton, a Virginia statesman and a signer of the Declaration of Independence.

Jan 5: Hancock County was established as a medical for J.H. Anok.

Jan 5: Frances Bejamin Johnston was born in Grafton. Johnston graduated from the first female press photographer, and enjoyed a long and remarkable career as a theatrical leading dramatic, portrait, and artistic photographer.

Jan 16, 1790: Henry Ruffner was born in Lincolnton, Virginia. In

organized two Presbyterian congregations in the Kanawha Valley. He is best known for his controversial anti-slavery treatise, Address to the People of West Virginia.

Jan 6: Lawman Dan Cully was born in Jackman County. His remarkable career involved him in the Hatfield-McCoy feud in West Virginia and Mine Wars, and the destruction of the hills.

Jan. 16, 1869: Ephraim Franklin Morgan was born in Marion County. Morgan, a Republican, was governor during the tumultuous West Virginia Mine Wars.

Jan. 17, 1918: The War Department hired a New York engineering firm to build the DuPont munitions plant in Nitro. Within 11 months, the powder plant and a complete town with houses, a civic center and a hospital were completed.

Jan. 17, 1956: Musician Blind Alfred Reed died. He was a street singer and fiddler from Pipestem, Summers County.

Jan. 18, 1842: Wayne County was established from part of Cabell County. It was named for General "Mad Anthony" Wayne, a Revolutionary War hero who later defeated Ohio Indian tribes at the 1794 Battle of Fallen Timbers.

Jan. 19, 1818: The Virginia General Assembly established Preston County from part of Monongalia County. The new county was named for James Patton Preston, then governor of Virginia.

Continued on page 10

N&J Briefs

Lincoln High School Announces December Students Of The Month

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 pickup is available. Readers can access the library's catalog by reserving books on their website at www.wvpubliclibraries.org/bridgeport and may pick up books on the following days and times: M-W-F 2:00pm - 7:00pm and Tues. & Thurs. 2:00pm - 4:00pm. Additional information will be available to answer questions, and the library's digital resources will continue to be available. • Contact Amy at the library at 304-828-0100 for information.

LOWE PUBLIC LIBRARY

The Lowe Public Library has resumed its regular hours to the general public: Monday 11:00 am - 7:00 pm and Tuesday Friday 11:00 am - 6:00 pm, CLOSED on Saturday. Children's service will still be available to the whole request it by calling 848-0000. The library is dedicated to the community through the day (also immediately after child service).

FREE CLOTHING GIVEAWAY

Join the Redmond Community Church's free clothing giveaway every 2nd Saturday of the month from 9:00 am to noon. We are located at 8000 Redmond We have a lot of nice clothing for everyone and men's clothing items. Open to everyone and no limitations on what you may take. Questions call 848-8888.

MONONGALIA COUNTY BEEKEEPERS MEETING

The Monongalia County Beekeepers have a meeting at Myan Park in the new Monongalia County Extension Service and 4th 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 848-7888 or debbie@wvbeekeepers.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, is now free from domestic violence, will meet on Thursday at noon at Kipling Towers, 800 West Pike Street in Clarkburg. For more information call 848-8888 or email ashley@hopeinc.com.

KIDDING AROUND YOGA

Kidding Around Yoga is a big highlight every Thursday at 10:00am at the Progressive Women's Association Upward Event Center, 800 Washington Ave., Clarkburg. These 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 2-step program for adults, the Brotherhood meets every Friday at 6:00pm at the Hazards Church in Lost Creek with COVID capacity. Offers childcare (birth to 4 yrs.) and The Ladies for Brothers. For more information call 848-8888.



ADAM DOTSON



EMMA MARKS

Lincoln High School has earned her letter as a 4-year member of the Track team. Her freshman year she was a member of the 4 team and competed at the state level in December.

Emma Marks is the daughter of Ryan and Amy Marks of Shanton.

She has been a member of the staff and enjoys taking part in many different sporting events. She also was a member of the AP and calculus classes, has been awarded trophies and awards in several different sports, and is in the top of her class.

Athletically, Emma

has earned her letter as a 4-year member of the Track team. Her freshman year she was a member of the 4 team and competed at the state level in December.

Emma is a 3-year member of the varsity staff and enjoys taking part in many different sporting events. She also was a member of the AP and calculus classes, has been awarded trophies and awards in several different sports, and is in the top of her class.

Emma is also a 4-year member of the Key Club and has been

member of the varsity service activities such as the Ag Leader program, Trick or Treat for UNICEF, Feed a Family, and reading to elementary aged children.

Emma has been accepted to WVU, West Virginia University, and Fairmont State University. Her future plans include attending the Radboud University Tech program at Pierpont.

Adam and Nicholas Dotson is the son of John and Crystal Dotson. His parents are Reg

and Janet Dotson. His maternal grandparents are Richard Wise and Margaret Wise.

Adam has been a member of the Key Club and the Drug Free Club for two years. He is a straight A student and has made the honor roll for 4 years.

Outside of school Adam likes to play basketball with his friends.

Adam plans on attending West Virginia University and majoring in business management.

"2021 Holly Ball Will Be Virtual" cont. from page 1

in quarantine format for the year's fundraiser.

There has been much attention to detail to ensure that guests receive a quality experience. Handrafted by Ron Seese of Harrisville, the Charleston Ballroom are available in two

sizes: 9x12 (to accommodate 90) and 12x12 (to accommodate 120). The smaller packages come with a bottle of wine and a bottle of beer.

The larger ballroom includes two bottles of wine and dessert by

Almost Heaven Winery available to choose are charity, cabaret, and a silent auction.

To request an

invitation package, contact Egil at 848-342-1455 or Steffich at 848-848-8488. RSVPs must be returned by Jan 20.

Sponsorship packages remain available. Call the 848-listed phone numbers for details.

"FAQs on COVID-19 Vaccine" cont. from p. 1

development rate seen daily after the second dose. The vaccine was 90% effective in adults older than 65. The Moderna vaccine showed a 94% efficacy rate 14 days after the second dose. These results were consistent across gender, age, race and ethnicity.

Some people still have questions, and again Dr. Mark Povroznik, Vice President/Chief Quality Officer and chair of Infectious Control at WVU Medical Center, has been gracious in providing answers to some of the questions. However, many of the questions cannot be satisfied with a simple 'yes' or 'no' answer. Because of space limitations, we will offer Dr. Povroznik's responses to some of the most frequently asked questions in weeks.

How effective is the vaccine? In Phase 3 trials, the Pfizer vaccine showed a 95% efficacy

or protein subunits contained in the vaccines cannot cause infection. The CDC states that protection from the vaccine is not immediate, though. It will take 1-2 weeks following the second dose of a two-dose series vaccine to be considered fully vaccinated. That means it is possible you could catch the virus from the community just before or after vaccination and get sick. But the vaccine itself does not cause infection.

Will taking the vaccine cause a false positive COVID test? No, the COVID-19 vaccines will not cause a false positive result on COVID-19 viral tests that test for a current infection. There is a possibility that you will test positive on some antibody tests that detect antibodies to the spike protein. A positive antibody test means you may have previously

been infected with COVID-19, or it may result from vaccination. Do I still need to wear a mask after I take the vaccine? Yes, wearing a mask and practicing social distancing is still important after receiving the vaccine. There will be limited doses available initially, and because people will be vaccinated in waves, it will take time to vaccinate enough of the population to stop the spread of COVID-19. In addition, we don't know how long immunity will last. Furthermore, infection after receiving a vaccine may still be possible, although it may be less severe, such as a mild asymptomatic infection. Others can still be infected in this scenario, thus necessitating the continued use of masks.

Look in next week's edition for more frequently asked questions and their answers.

This Past Week I Crossed Several Things Off My List



GRAPEVINE

By Rosalyn Queen

Well, I did it! If you are a regular reader of mine, I can just assure you that this is a good thing. First, you might say she got married. Then you might think that I decided to move down south. Then there comes the possibility that I wrote another book. How about I enabled in college to graduate? There is also the possibility that I got a job and I guess there is a long list of other things we could do. It is not about the book.

The answer to the question is that I got my COVID-19 vaccination. I was able to get an appointment at the local Health Department; they were so organized. We were taken in and they assisted us with filling out our forms, then we took our shot. Every hour went just like clockwork and the next thing I knew I was heading on my way home. When I get home, I will have to check that I did have a little reaction but I can handle it. I was assured that I would have to return in about 2 days for another shot and then I guess I am done. I had made my mid-pager while back that I would take the shot as soon as it was available. I feel more at ease taking the shot than

taking a chance on getting the virus. It is certainly scary with all the death and with all the COVID-19 that the health workers reacted to. The health workers were so helpful with those in wheel chairs and with canes. Hats off to the Health Department for their careful and considerate handling of this problem.

Well, I did do other things and that was getting my Christmas decorations done. I was in a hurry because I so enjoy the lights and especially, my nativity scene. But every thing is packed away and ready for next year. I did get my Valentine decorations to be placed on the door. I leave my Christmas tree on the patio all year round and I decorated it according to the season. It was a wonderful and cheerful arts and crafts project.

I do think that there is an advantage to me. I can make about 10 trips in Washington this week. I was so disappointed to see the shopping and the things that I had to do that we will get to the business at hand. There are greater things than mine as to how to settle the situation and I suddenly feel better with the situation.

Stay healthy and continue to follow the guidelines for the quarantine. Remember to wear your mask and wash your hands frequently. If we follow the guidelines, maybe it soon will be over and we can return to a normal life - whatever that may be. Take care and in a few weeks "New Year's Heard the Truth about the Grapevine."

"U.S. Capitol Building"

cont. from p. 1

and it was always easy to see him coming since he would be there at 6:30. The other thing that is pretty common is that many news crews who are doing interviews, both inside and outside of the Capitol Building. I can remember seeing Tom Brinkman and other well-known reporters on my times visiting Washington.

The Capitol Complex is a unique set of buildings connected by underground tunnels and even a small people mover that is reserved for Senators and Congresspeople. It is hard to believe that our founding fathers had the vision and forethought to construct such a grand and impressive building.

On many of my trips to foreign countries, I am surprised at how different the capitol buildings look. Many are not nearly as grand as the U.S. Capitol Building and it makes you appreciate the attention that has been given to it over the years.

Many years ago, I visited the Kremlin in Moscow, Russia and it has a completely different look and feel. The Kremlin is surrounded by a huge, brick wall that totally surrounds the buildings within the Kremlin complex. Others, like Italy, are very historic and you can see the influence of the Italian architecture in the United States Capitol Building.

The recent events surrounding the death of George Floyd and the Capitol Building are so different to me since it takes away the elements that represent our Democracy to our country and to the world. On children and grandchildren will be the things that are passed on associated with the building. I am sure that the government will be able to deal with the restrictions to access, and that, taking something away that is a symbol of freedom is something that takes away something that is a part of our lives.

I would hope that we can heal from the attack on our Capitol and begin to align the different sides that exist in our country. On democracy is a fragile thing and few countries have sustained the freedoms that we often take for granted.

Let's spend a moment to reflect on our great country in its time of need.

I Have Plenty Of Ties To Shinnston



Pine Bluff News

By Pat Matheny

Although I have lived all of my life in PB (Except for the three years as guest of the US taxpayers), I have plenty of ties to Shinnston. On my Mom's side, her Mom, Rosa Dean (Tetrick) Martin, was a sister to Uncle Paul Tetrick of Tetrick Funeral Home. When Mom was going to SHS back in the late 30's, she would sometimes stay overnight with Uncle Paul and Aunt Emma when there would be after school activities. They had one son, Don, that was a little younger than Mom.

When my brothers and I were young, Mom would take us to visit them. Aunt Emma always had the best homemade cookies, but that was as far as it went. Aunt Emma would always invite my brothers and me to stay overnight. Very politely we would decline. I believe that was the only decision all three of us ever agreed on. There ain't no way the three of us were going to spend a night in a house with dead bodies downstairs...just ain't going to happen!

Mom's Dad, Paul Henry Martin, was a brother to Russell (Russ) Martin who worked at the Bank of Shinnston. He looked like the typical banker - heavy set, wore a three-piece suit, and always had the butt of a big stogy sticking out of his mouth. Uncle Russ's wife was Aunt Layla Martin. If you are over fifty years old and were raised in Shinnston, you know who I'm talking about. She taught at the Shinnston Grade School for decades. Mom would also stay overnight with Aunt Layla and Uncle Russ when in school. Mom would also take us to visit with them (They had no

children). Aunt Layla was pretty cool, but she would always ask us about school. And the last thing we boys wanted to talk about was school!

On my Dad's side, his mom, Opal Goldie (Heldreth) Matheny, was a sister to Aunt Lelia (Heldreth) Ford. She was married to Uncle John who owned John Ford Transfer Service (Trucking) back in the 40's and 50's. Back then, they lived on Mahlon Street in the house below the grade school. Uncle John had a real raspy voice. When we were young, he told my brothers and me that he was working under a truck and a piece of dirt fell down his throat. He always wore a dark suit with a gray shirt, black tie and wore a fedora. In later years, he always hung out at Fred Bice's Service Station spinning out country humor.

Aunt Lelia was the matriarch of the Heldreth family (7 children). She was the one you would call when a kid was sick at 2 am or if you needed a ride to the doctor or hospital. She drove a '54 Ford with 'three on a tree'. They were two kind and gentle people. They had one son, Tommy Sr., and one grandson, Tommy Jr. We used to hang out together when we were young.

In '54, Uncle Tommy moved to Florida. In '79, Junior went to work at the Kennedy Space Center. He retired in 2011 as the Supervisor of the Criminal Investigation Unit. The highlight of his career was escorting Astronauts to the pad for launching, including the return to space flight by John Glenn in Oct. '98.

Years later, this is what happened to their old Ford. Tommy (Junior) said, "They had it parked across the street where they lived on Main Street. I don't know who the person was that had a pet groundhog, but he was coming down the street and the groundhog bit him causing him to crash into Pappy John's car...totaled it! They told me that and I couldn't stop laughing".

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

Ace

"Specialist Shares Facts About COVID-19" cont. from p.1

read on social media can be another negative force; and still others remain focused on the idea that if they continue to mask and social distance from other people, their risk of contracting the virus is being adequately controlled. I can tell you that after trials involving tens of thousands of participants including the elderly and those with chronic health conditions, the scientific evidence is clear regarding the safety and efficacy of the vaccines that have been produced."

The shots are recommended for everyone with the exception of those who have had a severe allergic reaction to any of the ingredients. Povroznik advocated people who have experienced anaphylaxis to an IV medication or any prior vaccine should discuss this with their healthcare

provider. Should someone taking the vaccine expect a reaction of some sort? Dr. Povroznik stated that the key word when it comes to vaccines is 'to expect' some possible side effects because it is priming our immune responsiveness. Some of those side effects may be mild pain and swelling at the injection site, possible fever, chills, headache or feeling tired, but these side effects tend to go away within a day or two, he reported.

"The seasonal flu shot, for example, can cause fever and fatigue among other reactions. And the vaccine to prevent shingles can induce shivering, muscle pain and an upset stomach to name a few," he continued. "An interesting finding from the Pfizer-BioNTech and Moderna clinical

trials is that while the vaccines seem to be just as effective in older adult participants, people 65 and older experienced fewer side effects than younger volunteers."

Anticipated full immunity comes about a week after receiving the vaccine series of two doses. However, for those who have taken the vaccines, it is not a 'get out of jail' free card! Prevention efforts such as masking and practicing social distancing should still be continued!

At the time of our interview, Dr. Povroznik stated that 56,354 doses of the COVID vaccine had been administered in West Virginia. Locally, they are administered to the public through the Health Departments. While there is no charge for the vaccine itself, there may be a fee for administering the

vaccine.

"Many area health departments have begun receiving vaccine allocations and vaccinating high risk elderly members of their communities," he concluded. "Currently, those 80 and older should call to obtain an appointment. As vaccine is delivered, those with an appointment will be notified. As the vaccine continues to roll out, the initial focus has been on workers in essential and critical industries, people at high risk due to underlying medical conditions, and people 65 and older. These numbers alone could total upwards of 80 million essential workers and 53 million people over 65 - all of whom would require two doses each. In view of this, it will take some time and patience before everyone can be vaccinated."

College scholarships available for 2021

Interested in being a journalist or working in the media industry?

The West Virginia Press Association Foundation is accepting student applications for 2021 West Virginia Press Association Scholarships.

If awarded, the WVPAF provides scholarships to West Virginia residents to a West Virginia college or university for up to \$1,000. Programs are open to journalism majors and students in related fields such as business management, human resources, advertising, social media and marketing, with preference given to students in at least their sophomore year of college.

Application deadline is Jan. 29, 2021.
Applications may be downloaded from wvpress.org

For information or to have the applications mailed, contact Executive Director **Don Smith** at donsmith@wvpress.org, at 304-342-1011 or write to: WV Press Association Foundation, 3422 Pennsylvania Ave., Charleston, WV, 25302.

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HCSCC SPOTLIGHT

Featuring news from the Harrison County Senior Citizen Center

Harrison County Senior Center To Continue Tai Chi Classes Virtually



Pictured here (l-rt) are Tai Chi instructors Bill O'Field, Carol E. Brown, and Mark Coffindaffer. Virtual Tai Chi classes for seniors will begin later this month.

The Harrison County Senior Citizen Center is making plans to offer virtual Tai Chi classes for Arthritis and Fall Prevention. Classes will be held via Zoom at 10 a.m. every Tuesday and Thursday beginning late January to early February.

trainers, Master Trainer Mark Coffindaffer and instructor Carol E. Brown will be leading the virtual classes.

Tai chi is slow and gentle movement that is slowly shifting your weight from side to side to forward and back, and stepping in circles, all of which improve balance. It makes your leg stronger by improving muscular strength and flexibility which lowers your chances of falling.

The benefits of Tai Chi include improved balance, reduced stress levels, improved circulation and mobility, and they enjoy the socialization offered by the class time. All of these benefits are health benefits for Harrison County seniors.

In fact, the fall prevention program offered by HCSCC was developed by Dr. Paul Lam who practiced as a family physician in Sydney, Australia for 40 years. In 1997, he and his team created the 12 movement Tai Chi for Arthritis program.

For more information about the upcoming virtual classes and to register, call HCSCC at (304) 623-6795.

Special Donation Blesses A Senior



Kathryn Michalik is pictured here in her new lift chair, a donation from an anonymous giver, that was a very special Christmas blessing for her!

An anonymous donor made a senior feel "very blessed" this Christmas. Kathryn Michalik needed a recliner lift chair that would help her keep her leg elevated and assist her in standing up. Her current lift chair had served her well for more than 10 years and was beyond repair. However, she was able to purchase a new one.

Upon learning this, the HCSCC staff put out a request on its Facebook page for a lift chair donation for a senior in need. Someone responded and the chair was picked up from the donor and a surprise delivery and setup was made to Kathryn in December.

She later called to express her appreciation and said "It is the best Christmas ever! I feel so very blessed."

Kathryn, who was the first poster child for Easter Seals, has been an active and spirited member of the Center for many years. She never complains and always has a smile and kind words for everyone.

This is an example of how the Harrison County Senior Center continues to help fulfill the needs of its seniors, whether it be gently used lift chairs, wheelchairs, hospital beds, shower chairs, and other assistive devices. The Senior Center also accepts and provides all types of apparel, footwear as well as other items.

Please contact the Senior Center at 623-6795 if you happen to have such items; call and ask if one of our seniors might benefit from what you have. You are welcome to drop off items by the "blessing" for another senior in need.

Senior Center Employees/Caregivers Urged To Practice Self-Care During Pandemic

Volunteer & Holiday Donors Thanked For Their Support



Food boxes and gift bags were given to In-Home staff as an expression of appreciation for the care they provide to seniors and as an incentive to give themselves a little self-care as well.

Senior Center employees and caregivers are urged to practice self-care, especially during the pandemic. Self-care is an important part of living for seniors.

During this stressful time, it is even more important to take care of yourself. You need to find ways to deal with stress and reduce your anxiety.

The Sufi Psychology Association has made it their mission to help others, especially the front-line workers, to take time for self-care.

The Sufi Psychology Association has made it their mission to help others, especially the front-line workers, to take time for self-care. They received tips on how to deal with meditation as a way to care for self. Their focus is on seniors in hospitals who have been caring and working extra to cover shifts, wanting to remind them to take time for self, to deal with stress and get a little relaxation. Sufi has provided iPads to several hospitals for their staff to utilize.

Continued on Page 9

Senior Center's Golden Angel Tree Program Another Success



Each year, the Harrison County Senior Center's Golden Angel Tree Program seeks to provide wish list items for 'senior angels'. The Senior Center as well as the senior angels appreciate all of those who contributed to make the Christmas holiday a brighter one for many area senior citizens. Pictured here, Nathaniel L. and KJ L. assist with loading Angel Tree gifts into a caregiver's vehicle.

Book Club News

The Senior Center's Book Club will meet virtually on February 10 to discuss "The Nickel Boy" by C. B. Smith. The author, Fredrickson, is a biographer and author of the book "The Book Club Discussion," contact the Center at 623-6795.

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HCSCC's January Board Meeting Info

The Harrison County Senior Citizen Center Board of Directors meeting will be held via Zoom on January 20. If you would like to attend the virtual meeting, please contact Bill O'Field at the Center at 623-6795 so that the access information and link may be emailed to you.

WVU Hoops Program Has Ups & Downs



The Bottom Line

By Bill Nestor
Sports Editor

West Virginia University is well known for its sports teams and the second most popular is men's basketball. It has been that way long before current veteran member Bob Huggins returned to his alma mater in 2007 to guide the program. The statewide love for the Mountaineers and Huggins has been a bygone season and the optimism surrounding the season's end has been a sky high. The entire country was in agreement as the ranking of Huggins and company second only in the top.

All was well in Morgantown until New Year's when Oscar Tshiebwe, WVU's highly touted big man announced that he would step away from the program. That step turned into a spin as Oscar reportedly entered the NCAA transfer portal after announcing, when asked if the Big "O" could possibly return to the team responded "Absolutely not". It looks like a deal that the highest profile player to come to the program during the Huggins era is to be taken for a Sunday leaving Mountaineer Nationalized and confined. From game to this season the world departed present and future himself with the members providing the production level that suffered as the effort meter was running low. Oscar looked sluggish and disinterested before finally calling it quits on a team that has the potential to compete for a national championship.

If you yourself in the season a current Mountaineer player, you would be aligned with several issues. Many of these players are returners from last year's edition and their championship chase was cut short when the coronavirus came to town. The offseason was less

than traditional which made it difficult to come together as a team which impacted the opportunity for the players to develop team chemistry. There was a big question mark surrounding the season itself. Until the middle of the season, they waited to see if games would be cancelled.

After getting off to a quality start and after building a level of confidence, a big part of their squad says goodbye leaving them left to mourn their loss. Life goes on and so does the hoops season.

WVU went on the road to Oklahoma a day later and faced the season's longest game at halftime. The Mountaineers were down by more than 20 points in 10 minutes while the Sooners led 38 to 18. However, the Eers did everything but surrender in the second half, making a change that put them back in the contest. In the end, they suffered the loss but Huggins heroes showed that same grit that is possessed by their leader.

Three days later, another Big 12 road tilt would ensue as WVU took on Oklahoma State. It was déjà vu all over again as the Mountaineers found themselves in a deep hole against the Cowboys. Down 19 points just over midway through the second half, WVU more than doubled up the hosts on the scoreboard enroute to an emotional come from being victory. The Tshiebwe wake lasted a game and a half and it left a loss in the record book but it might have been just what this squad needed. Sometimes loss brings people together and there is no coach in the country that does a better job of huddling the troops together than Huggins. The "us against the world" philosophy has been utilized more than once by the admiral of this ship, most notably in 2010 when Huggins guided WVU to their last final four appearance. This campaign has been anything but normal for many reasons, but hopefully, it will culminate into something very special for this year's edition.

That will do it for now. Until next week, take care and be less!

Mountaineers Bowl Over Army!

By Bill Nestor Sports Editor

West Virginia University Head Football Coach, Neal Brown earned his first bowl win at the helm of the program. His team knocked off Army 24-21 in the Liberty Bowl played in Memphis, Tennessee. The victory also provided Brown his first winning season in "Touchdown City" at 6-4.

This win will pave the way and set the scene for the program to enter next year with a full head of steam.

However, this game was the last for several players, many of which are from North Central West Virginia. The most impactful of them were on the defensive side of the ball. Two of them (Dylan Terry and Donte Bannick) were from Bridgeport and the other two (Bohannon and Darius Stills) are from Fairmont Senior.

Tonkery saved his best for last finishing with 11 stops in the game for solo stops. Bannick finished with a career high of three tackles in the game with five of those being solo.

Darius Stills had the best stop, while Bohannon had the most. Danton had the most tackles in the game. They are looking to make it a family affair, joining their father Gary who had a career of playing professional football.

Also participating in the game is quarterback Austin Kedell. Kedell came in on the game in relief and threw for 23 yards and two touchdowns. Kedell earned his name in the transfer portal shortly after his second professional season.

The bowl game triumph was the team's first since their last victory over Arizona State.

Hey, Costa Is 5-Years Old And I Have The Grey Hair To Prove It!



From The World Of Parks & Recreation

By Doug Comer

January 15th marks the day that our lives would be changed forever as Costa Gianni Comer was born and our lives would never be the same. Words like charming, loving and cute come to mind when you interact with this kid. He has a heart of gold and he loves his family for sure.

Then there are the other words that describes him like stubborn, difficult and impatient. No need to argue where he gets that from... his mother of course. This kid can flip the light switch in a heartbeat and it drives me crazy. But then he smiles and says, "I love you daddy" and then my heart melts.

The impact that this kid has on us is immeasurable. He brings a joy to our family that you only wish you could bottle and hang on to forever. He likes to mimic his parents and it shows in his mannerisms. He hugs and kisses you for no reason and he is so ornery at times. Again, I blame Jeovanna.

I must say, Jeovanna loves to put his photos on "the Book" and the comments she receives are heartwarming to her. She is so proud of this kid and wants him to excel to be at the top of his class, to be the smartest around and have a heart full of love. And it goes both ways as he worships her and I know he is very protective of his mommy. He will be that way for the rest of his life. They have a bond that will never be broken.

And now he has a new buddy to hang out with as Roxie and Costa are thick as thieves when together. He loves to be chased by her but she still has those puppy teeth and his little 'culo' buns takes the nips during the action which makes him upset. Already, they have a bond knowing they have many years of play in them. He is the first to give her a treat after she does her business outside and they snuggle together when sleeping at night. He loves that dog.

Costa loves to tell jokes too. One of his favorites is "You know what? Chicken butt," which always makes him chuckle out loud. He loves to do things to make us laugh and more often than not he gets a smile from us. And something I still find hard to believe, but Costa thinks that he and his Poppi are the same age. He says they both will be five years old on their birthday. It is pretty cute to hear him say that but we will work on the age thing later down the road.

For now, we will just let him continue to be that kid that we were hoping to have. You know the kind of kid that wakes you up at 6:00 am on a Saturday requesting waffles and Sprite for breakfast. And later, has 100 Hot Wheels cars with 30 feet of track strung across our living room racing as his stuffed animals are lined up watching like its Daytona in February. And the Picasso magnets formed like a castle in between the lanes.

Fourteen hours later, he curls up on the couch and looks at you and says "I love you" and instantly closes his eyes as the day is through. He hits the wall and drops like a fly nearing that 24th hour. And to be honest, we love every minute of it.

Happy Birthday y'all from Mommy and Daddy.

Seven Mountain State Hiking Trails To Enjoy In WV During The Winter-Week 6



Pictured is just one of the beautiful scenes you will see during the year on Red Creek Trail.

A person might think winter as a prime hiking season in the Mountain State, but some of the best 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.

The last five weeks we have taken a look at five of these trails for you to enjoy. This week's featured trail (and last installment) is Red Creek Trail (Dolly Sods Wilderness).

Dolly Sods is also in West Virginia's high country, so backcountry hikers should watch out for serious winter conditions. No matter the weather forecast, it can/will snow during the winter. This will affect trail conditions and visibility dramatically... plan accordingly.

If you want a great out-and-back trail that gives you a sample of some of the open, wind-swept mountain meadows, check out the Red Creek trailhead off

Forest Route 75. You'll have to be extra careful about trail junctions and stream crossings in the winter, but the beauty of snow-covered meadows makes it worth it. Peek-a-boo sceneries include waterfalls, overlooks, even the river shows up a few times on the trail.

Camping is allowed anywhere, as long as you are 300 feet from roads or trailhead. Everything is literally FREE!!!! No stickers, no special permit, no camp fees, no wristband, no harassment.

All the routes we have featured are great winter hikes other days of the year, too! Which ever trail you decided to explore, be careful and enjoy the great outdoors that West Virginia has to offer all year round.

Pioneer Basketball Picked Seventh In MEC Preseason Poll

West Liberty has picked to win the Mountain State East Conference championship after a vote conducted by the league's head coaches. West Liberty finished atop the poll with 21

first-place votes. The top three are coming off a sweep of the conference regular season and to a meet titles a season ago. WLU returned two-time All-American Dalton Bibo to the lineup to

go along with starters Will York and Pat Robinson. The Hilltoppers are currently ranked sixth in the most recent NABC poll.

Fairmont State was tabbed second with 111 points and had a first-place vote. The

Falcon returned from last year, including the All-MEC player Dale Barr and Cobe Vahl and freshman Divin Itrasfers in Zyr De (James Mailson and Bradn

Continued on page 9

Hall Of Famer Floyd Little Passes Away



Three-time All-America halfback for Syracuse from 1964-1966, Floyd Little passed away January 1, 2021.

Floyd Little, a College Football Hall of Fame inductee and three-time All-American halfback for Syracuse from 1964-1966, passed away January 1 after a battle with cancer. He was 86.

"When one thinks of what defines a Hall of Famer, there is probably no better example than Floyd Little," said NFF Chairman Archie

Continued on page 9

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LEGAL NOTICES

(2019-S-00000184 - Harrison County - WV TL LLC TESCO CUSTODIAN)
To: INTERNAL REVENUE SERVICE, WV STATE TAX DEPARTMENT THE REVENUE CENTER, WV STATE TAX DEPARTMENT THE REVENUE CENTER, HARRISON COUNTY PROSECUTING ATTORNEY, CITY OF BRIDGEPORT, CITY OF BRIDGEPORT, JOHN ZIRKLE, or heirs at law, devisees, creditors, representatives, successors, assigns, all known heirs, guardians, conservators, fiduciaries, administrators, lienholders, co-owners, other parties having an undivided interest in the delinquent property, and other parties that may have an interest in the subject property.

You will take notice that WV TL LLC TESCO CUSTODIAN, the purchaser of the tax lien(s) on the following real estate, Certificate of Sale: 2019-S-0000184, 1 LOT 7 FLAVIUS B DAVISSON ADD, located in SIMPSON BRIDGEPORT CORP, which was returned delinquent in the name of ZIRKLE JOHN, and for which the tax lien(s) thereon was sold by the sheriff of Harrison County at the sale for the delinquent taxes made on the 7th day of November, 2019, has requested that you be notified that a deed for such real estate will be made to him or her on or after April 1, 2021, as provided by law, unless before that day you redeem such real estate. The amount you will have to pay on the last day, March 31, 2021, will be as follows:

| | |
|--|-------------|
| Amount equal to the taxes and charges due on the date of the sale, with interest, to March 31, 2021. | \$ 3,16 |
| Amount of subsequent year's taxes paid on the property, since the sale, with interest to March 31, 2021. | \$ 2,88998 |
| Amount paid for the Title Examination and preparation of the list to be served and for preparation and service of notice with interest from January 1, 2020, following the sheriff's sale to March 31, 2021. | \$ 1,0454 |
| Amount paid for other statutory costs with interest from following the sheriff's sale to March 31, 2021. | \$ 29925 |
| Total Amount Payable to Sheriff - cashier check, money order or certified check must be made payable to The Honorable Robert Matheny, Sheriff and Treasurer of Harrison County. | \$ 7,401.23 |
| Cost of Certification of Redemption - cashier check, money order or certified check must be made payable to The Honorable John B. McCuskey, State Auditor. | \$ 35.00 |

You may redeem any time before March 31, 2021, by paying the above total less any unearned interest.

Return this letter and both certified funds to the WV State Auditor's Office, County Collection Division 1900 Kanawha Blvd East, Building 1, Room W-114 Charleston, West Virginia 25305. Questions please call 1-888-509-6568 option 2

(2019-S-00000185 - Harrison County - WV TL LLC TESCO CUSTODIAN)
To: INTERNAL REVENUE SERVICE, WV STATE TAX DEPARTMENT THE REVENUE CENTER, WV STATE TAX DEPARTMENT THE REVENUE CENTER, HARRISON COUNTY PROSECUTING ATTORNEY, CITY OF BRIDGEPORT, CITY OF BRIDGEPORT, OCCUPANT, JENNIFER MOSES, DANIEL T. BAKER, TRUSTEE, WV OFFICES OF THE INSURANCE COMMISSIONER, CITY OF CLARKSBURG, MARTHA J. RAMAGE, or heirs at law, devisees, creditors, representatives, successors, assigns, all known heirs, guardians, conservators, fiduciaries, administrators, lienholders, co-owners, other parties having an undivided interest in the delinquent property, and other parties that may have an interest in the subject property.

You will take notice that WV TL LLC TESCO CUSTODIAN, the purchaser of the tax lien(s) on the following real estate, Certificate of Sale: 2019-S-0000185, 1 LOT 160 SANDUSKY ADD, located in SIMPSON BRIDGEPORT CORP, which was returned delinquent in the name of MOSES JENNIFER, and for which the tax lien(s) thereon was sold by the sheriff of Harrison County at the sale for the delinquent taxes made on the 7th day of November, 2019, has requested that you be notified that a deed for such real estate will be made to him or her on or after April 1, 2021, as provided by law, unless before that day you redeem such real estate. The amount you will have to pay on the last day, March 31, 2021, will be as follows:

| | |
|--|-------------|
| Amount equal to the taxes and charges due on the date of the sale, with interest, to March 31, 2021. | \$ 1,041.76 |
| Amount of subsequent year's taxes paid on the property, since the sale, with interest to March 31, 2021. | \$ 884.79 |
| Amount paid for the Title Examination and preparation of the list to be served and for preparation and service of notice with interest from January 1, 2020, following the sheriff's sale to March 31, 2021. | \$ 1,119.44 |
| Amount paid for other statutory costs with interest from following the sheriff's sale to March 31, 2021. | \$ 513.00 |
| Total Amount Payable to Sheriff - cashier check, money order or certified check must be made payable to The Honorable Robert Matheny, Sheriff and Treasurer of Harrison County. | \$ 3,558.99 |
| Cost of Certification of Redemption - cashier check, money order or certified check must be made payable to The Honorable John B. McCuskey, State Auditor. | \$ 35.00 |

You may redeem any time before March 31, 2021, by paying the above total less any unearned interest.

Return this letter and both certified funds to the WV State Auditor's Office, County Collection Division 1900 Kanawha Blvd East, Building 1, Room W-114 Charleston, West Virginia 25305. Questions please call 1-888-509-6568 option 2

(2019-S-00000188 - Harrison County - WV TL LLC TESCO CUSTODIAN)
To: INTERNAL REVENUE SERVICE, WV STATE TAX DEPARTMENT THE REVENUE CENTER, WV STATE TAX DEPARTMENT THE REVENUE CENTER, HARRISON COUNTY PROSECUTING ATTORNEY, TOWN OF LOST CREEK, TOWN OF LOST CREEK, OCCUPANT, RALPH ERIC CHILDERS, BRANCH BANKING & TRUST COMPANY NOW TRUIST BANK, CT CORPORATION SYSTEM, BB&T COLLATERAL SERVICE CORPORATION, or heirs at law, devisees, creditors, representatives, successors, assigns, all known heirs, guardians, conservators, fiduciaries, administrators, lienholders, co-owners, other parties having an undivided interest in the delinquent property, and other parties that may have an interest in the subject property.

You will take notice that WV TL LLC TESCO CUSTODIAN, the purchaser of the tax lien(s) on the following real estate, Certificate of Sale: 2019-S-0000188, 1 LOT 0.516 AC STCAMORE & BUFFALO, located in UNION OUTSIDE DISTRICT, which was returned delinquent in the name of CHILDERS R ERIC, and for which the tax lien(s) thereon was sold by the sheriff of Harrison County at the sale for the delinquent taxes made on the 7th day of November, 2019, has requested that you be notified that a deed for such real estate will be made to him or her on or after April 1, 2021, as provided by law, unless before that day you redeem such real estate. The amount you will have to pay on the last day, March 31, 2021, will be as follows:

| | |
|--|-------------|
| Amount equal to the taxes and charges due on the date of the sale, with interest, to March 31, 2021. | \$ 986.96 |
| Amount of subsequent year's taxes paid on the property, since the sale, with interest to March 31, 2021. | \$ 790.11 |
| Amount paid for the Title Examination and preparation of the list to be served and for preparation and service of notice with interest from January 1, 2020, following the sheriff's sale to March 31, 2021. | \$ 1,104.62 |
| Amount paid for other statutory costs with interest from following the sheriff's sale to March 31, 2021. | \$ 470.25 |
| Total Amount Payable to Sheriff - cashier check, money order or certified check must be made payable to The Honorable Robert Matheny, Sheriff and Treasurer of Harrison County. | \$ 3,351.94 |
| Cost of Certification of Redemption - cashier check, money order or certified check must be made payable to The Honorable John B. McCuskey, State Auditor. | \$ 35.00 |

You may redeem any time before March 31, 2021, by paying the above total less any unearned interest.

Return this letter and both certified funds to the WV State Auditor's Office, County Collection Division 1900 Kanawha Blvd East, Building 1, Room W-114 Charleston, West Virginia 25305. Questions please call 1-888-509-6568 option 2

(2019-S-00000180 - Harrison County - WV TL LLC TESCO CUSTODIAN)
To: INTERNAL REVENUE SERVICE, WV STATE TAX DEPARTMENT THE REVENUE CENTER, WV STATE TAX DEPARTMENT THE REVENUE CENTER, HARRISON COUNTY PROSECUTING ATTORNEY, CITY OF BRIDGEPORT, CITY OF BRIDGEPORT, WIRT C. WEBB JR C/O ROBERT CURTIS WEBB, ROBERT CURTIS WEBB, or heirs at law, devisees, creditors, representatives, successors, assigns, all known heirs, guardians, conservators, fiduciaries, administrators, lienholders, co-owners, other parties having an undivided interest in the delinquent property, and other parties that may have an interest in the subject property.

You will take notice that WV TL LLC TESCO CUSTODIAN, the purchaser of the tax lien(s) on the following real estate, Certificate of Sale: 2019-S-0000180, 1 LOT #2 BLK A RAIN TREE ACRES, located in SIMPSON OUTSIDE DISTRICT, which was returned delinquent in the name of WEBB WIRT C JR ESTATE, and for which the tax lien(s) thereon was sold by the sheriff of Harrison County at the sale for the delinquent taxes made on the 7th day of November, 2019, has requested that you be notified that a deed for such real estate will be made to him or her on or after April 1, 2021, as provided by law, unless before that day you redeem such real estate. The amount you will have to pay on the last day, March 31, 2021, will be as follows:

| | |
|--|-------------|
| Amount equal to the taxes and charges due on the date of the sale, with interest, to March 31, 2021. | \$ 2,407.26 |
| Amount of subsequent year's taxes paid on the property, since the sale, with interest to March 31, 2021. | \$ 2,129.84 |
| Amount paid for the Title Examination and preparation of the list to be served and for preparation and service of notice with interest from January 1, 2020, following the sheriff's sale to March 31, 2021. | \$ 1,060.16 |
| Amount paid for other statutory costs with interest from following the sheriff's sale to March 31, 2021. | \$ 342.00 |
| Total Amount Payable to Sheriff - cashier check, money order or certified check must be made payable to The Honorable Robert Matheny, Sheriff and Treasurer of Harrison County. | \$ 5,939.26 |
| Cost of Certification of Redemption - cashier check, money order or certified check must be made payable to The Honorable John B. McCuskey, State Auditor. | \$ 35.00 |

You may redeem any time before March 31, 2021, by paying the above total less any unearned interest.

Return this letter and both certified funds to the WV State Auditor's Office, County Collection Division 1900 Kanawha Blvd East, Building 1, Room W-114 Charleston, West Virginia 25305. Questions please call 1-888-509-6568 option 2



FSU Set To Begin Spring 2021 Semester

Fairmont State University has begun welcoming students back for the start of the spring 2021 semester as part of the institution's phased return to campus plan. Classes began Monday, January 11, though the plan calls for all students taking courses on campus to complete mandatory COVID-19 testing and receive a negative result prior

to attending in-person instruction. Students, as well as faculty and staff, have been assigned to one of four testing groups; courses will be offered both face-to-face and synchronously until each group has completed testing. The University has implemented this model of staggering the arrival of students and their return to the classroom in an

effort to gradually reintroduce the Falcon Family back to campus, contain the spread of the coronavirus and keep the number of positive cases low. "From the very start, this historic pandemic disrupted the way higher education operates," Mirta M. Martin, president of Fairmont State University, said. "But disruption

doesn't have to mean derailment. Our goal has always been to safely and securely continue to provide Fairmont State's trademark affordable, transformative education and keep our kids on track to graduate on time. And thanks to the best leadership team around, we've created innovative strategies like staggered arrival that enable us to do

just that." Testing of groups one and two, comprised of employees, graduate assistants, resident assistants, freshmen living in residence halls and nursing and education students, began on Monday, January 4, with 25 positive results identified from these groups as of Friday morning. Testing of off-campus, international

and graduate students is taking place this week, with sophomores, juniors, seniors and graduate students living in residence halls to follow. All testing is scheduled to be completed by Wednesday, January 20. Last week, the University followed state guidelines in administering its first

Continued on Page 10

"Pioneer Basketball Picked Seventh In Poll" cont. from p.6

Palm (Syaca) Fairmont State is also currently nationally ranked coming in at No. 2 in the most recent NABC poll. Charleston is picked third with 9 points. The Golden Eagles will look to Seth O'Neal to run the offense after leading the league in assists last year, and also return Lamb McManis and his five points a

Richardson, was picked fifth (77 points). The Cardinals return three players that averaged double figures last season in Jordan Reid (18.0 ppg), Jarett Haines (15.1 ppg) and Jay Gentry (10.1 ppg). Concord was tabbed sixth with 65 points. The Mountain Lions will be led by senior Malik Johnson (13.2 ppg) and sophomore

Ethan Heller (11.2 ppg). Glenville State was picked seventh with 57 points, followed by Notre Dame (52) and league newcomer Alderson Broaddus (35). West Virginia Wesleyan checked in at 10th (32 points), and Davis & Elkins (29) and Frostburg State (21) rounded out the poll.

Cherokee - 9
4 WV State -- 9
5 Wheeling - 7
6 Ohio - 6
7 Glenville State -- 5
8 Notre Dame -- 5
9 Alderson Broaddus -- 5
10 WV Wesleyan -- 3
11 Davis & Elkins -- 2
2 Frostburg State -- 2

Cherokee - 9
4 WV State -- 9
5 Wheeling - 7
6 Ohio - 6
7 Glenville State -- 5
8 Notre Dame -- 5
9 Alderson Broaddus -- 5
10 WV Wesleyan -- 3
11 Davis & Elkins -- 2
2 Frostburg State -- 2

"Hall Of Famer Floyd Little Passes Away" cont. from p. 6

Manning. "He was exceptional in every possible way both on and off the field. A gifted and elusive ball carrier, he etched his name in the Orange record books, always remaining humble and giving credit to those around him, and he did the same in the pros. He cared deeply about the game, and he worked hard to give back to those who came from disadvantaged circumstances, similar to his experiences as a youngster. We lost a great one yesterday. He will be missed." Little's accomplishments, along with Hall of Famers Jim Brown and Ernie Davis, led to the retirement of the famed No. 44 jersey at Syracuse, and Plaza 44, which is outside the entrance to the team's indoor practice facility,

features bronze statues of each of the legends Little, whose father passed away when he was six-years old, was raised by his single mother as one of six kids. He excelled at Hillhouse High School in New Haven, Connecticut and then at Bordentown Military Institute before arriving at Syracuse. Little stood 5-11 and weighed 195-pounds when he headed to central New York, and he was a 9.6 sprinter in track. In three seasons for the Orange and 30 regular-season games, he rushed for 2,704 yards and scored 46 touchdowns. He also caught 50 passes and threw for another. A standout return man, he led the nation in all-purpose yards (1,990) and punt return average (23.5) as a junior in 1965. He still

holds the Syracuse career record with six punt returns for touchdowns. The 1966 ECAC Player of the Year, Little finished fifth in the Heisman Trophy voting twice. He averaged 5.4 yards as a rusher, 20 yards on punt returns, and 29 yards on kickoff returns. His longest punt returns included 90 yards against UCLA and 71 yards against Penn State in 1964; 95 yards against Pittsburgh and 91 against Penn State in 1965. His best rushing games included 216 yards in the 1967 Gator Bowl against Tennessee; 196 against West Virginia in 1965; and 193 against Florida State in 1966. He scored five touchdowns against Kansas in 1964. Little played in the same

Orange backfield as 1989 College Football Hall of Fame inductee Larry Csonka for two seasons. The six-time NFL Draft pick played with the Denver Broncos from 1973 to 1984. He was a five-time Pro Bowler and three-time All-Pro running back. In 1973, he was in a group of athletes who visited American troops in Vietnam. Little Syaca, Denver retired No. 4 in his honor. He graduated from Syracuse University, majoring in history and religion. While playing professionally, he added a master's in judicial administration. He worked three years as

an NBC broadcaster, then joined Ford Motor Co. and set up dealerships in Colorado and California. Little made his home in Denver for many years and was involved in many charitable groups. In 2011, Little returned to his alma mater to serve as special assistant to the director of athletics, a position he held until 2016. In 2016, Little was presented with an honorary doctorate in humane letters from Syracuse University. Little is a charter member of the Broncos Ring of Fame in 1984. He was elected to the Pro Football Hall of Fame in 2010, and his induction into the Greater Syracuse Sports Hall of Fame in 2019 marked the 11th hall of fame to recognize him.

His many citations included the 1973 Brian Piccolo Award, 1974 Whizzer White Award, 1979 Walter Camp Foundation Man of the Year, 1992 NCAA Silver Anniversary Award. Floyd Little became a public speaker and often used this quote: "God gave you two ends. One to sit on, one to think with. Heads you win, tails you lose." Another: "I chose not to be a common man, because it is my right to be uncommon, if I can." He said of Syracuse University: "I liked it because they made you be a student first, an athlete second." Born July, 4 1942 in New Haven, Little is survived by his wife DeBorah, son Marc, daughters Christy and Kyra, and several grandchildren.

"Employees/Caregivers Urged To Practice Self-Care" cont. from p. 5

ad click on the link to get signed up. They are short and easy and available in print, big or small. On December 16, the In-Home Department had a COVID Christmas drive-by through Traders Alley. The workers had signed up for a time for meeting in small groups but then due to the increase in COVID positive tests, it was decided to be safe and go with drive-thru. We stayed with the group times in order to be able to get things ready. Each worker received a bag with the Center's gift that contained self-care items made possible by local businesses and individuals' generosity. They received an MP3 player preloaded with relaxation music and

meditation, journaling, and scarves to stay warm, tissues, job envelopes, and a calendar. I can't stress enough the excellent job they have done keeping themselves safe and healthy, as well as keeping their homes running. I am blessed to have a great team of direct care workers to help take care of our senior patients. Each group had their names in a hat to be drawn for prizes donated by area merchants on individual lists. This morning was Stuart S. received a BlackBerry case from Sally Ann. Winner Lana V. got a calendar from Bath & Body (individual's

calendar) and a gift card from Bath & Body. Barbora O. is the in-home assistant in charge of food prep, and she has six volunteers who helped with the cleanup. Thank you to all who participated in this project. We are grateful for your support and generosity.

Christmas dinner. They also prepared a variety of dishes so that all employees could enjoy. We provided essential shopping for seniors not on any In-Home program, and a couple of workers stepped up to help Tricia F. and Kristi C. The seniors were very much appreciative of this service. Tricia received a bag with movie-themed items and Kristi received a basket with home décor items; these were made possible from an anonymous donation. Three workers stepped up to fill in when regular workers were ill and their seniors needed taken care of: Pam P. gift card Apple Bees; Nicole A. gift card Wal-Mart; Paula S. gift card Stonewall Coffee and each received a hand lotion.

Board members Bill O'Field and Donna Stuart made Christmas cards for all employees with boxes of Russell Stover candy. Thank you! Bill also donated three Kroger cards and the workers names were put into a drawing with winners being Robert W., Debra H., and Jennifer R. I want to thank all the folks who made donations; their generosity is what keeps the meaning of Christmas alive! We are to help and care for one another. I thank each of the In-Home workers for doing such an outstanding job. Thank you!

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Area Students Named To Fall 2020 Dean's Lists

Katie Koenig, a graduate who earned an adjusted semester grade point average of 3.0 or higher, named to the fall semester Dean's List at Ohio Wesleyan University, a premier liberal arts university located in Delaware, Ohio. To earn Dean's List recognition, Ohio Wesleyan students must

achieve a graduate who earned an adjusted semester grade point average of 3.0 or higher, named to the fall semester Dean's List at Ohio Wesleyan University, a premier liberal arts university located in Delaware, Ohio. To earn Dean's List recognition, Ohio Wesleyan students must

achieve a graduate who earned an adjusted semester grade point average of 3.0 or higher, named to the fall semester Dean's List at Ohio Wesleyan University, a premier liberal arts university located in Delaware, Ohio. To earn Dean's List recognition, Ohio Wesleyan students must

600 Bob Jones higher grade point outstanding regionally University students average for the accredited Christian liberal arts education named to the Fall semester. 2020 President's List. Located in purposely designed Greenville, South Carolina, Bob Jones University provides an

Residential Lighting Contest Winners Announced For 2020

According to the Cherry Hill Road from the cookie sale. The Christmas Committee, 6000 Dwyer Street, Stead and Karla Hively of Pine Glen Drive, Stead Baker of Meadow Heights, Lewis Hall and Judith Hellenbach of Maple Avenue, and Justin Cimig of Walnut Street. The Christmas Committee thanks the 100 plus individuals and/or organizations that decorated the Christmas trees throughout town and those volunteers who set the trees and strung the electrical connections. Those trees have brought much joy to many people this year.

The Christmas Committee congratulates the winners in the residential lighting contest for Christmas. The winners are also the recipients of a monetary award: Derrick and Chelsea McDowell of Sharrow Drive, Kelly and Eric Bean of Erie Sisler of Lost Avenue, and Lidia of those who benefited

"FSU Spring Semester" cont. from p.9

round of COVID-19 vaccines to a group of high-risk employees. A total of 80 doses were distributed with plans to vaccinate additional members of the campus community as more access becomes available. In accordance with guidelines set forth by the Marion County Health Department, the West Virginia Higher Education Policy Commission (WVHEPC), Office of the Governor and West Virginia DHHR, safety protocols such as wearing masks and physical distancing will continue to be required and enforced throughout the semester. The spring semester will conclude

"WV History" cont. from p.2

Jan. 19, 1820: Fairmont was established by the Virginia legislature on the farm of Boz Flemig. The original name of Millstown was changed to Fairmont in 1828. Jan 9, 1863: The West Virginia's most famous soldier, Thomas Jonathan Jackson, was born near midnight in Clarksburg. When Virginia left the Union in 1861, Jackson dutifully went with his native state. He commanded the strategically important post at Harpers Ferry until being appointed a brigadier general of infantry. In the opening battle at Manassas on July 21, 1861, he won the name "Stonewall" for steadfastness at the critical point in the engagement.

Jan 9, 1863: The West Virginia's most famous soldier, Thomas Jonathan Jackson, was born near midnight in Clarksburg. When Virginia left the Union in 1861, Jackson dutifully went with his native state. He commanded the strategically important post at Harpers Ferry until being appointed a brigadier general of infantry. In the opening battle at Manassas on July 21, 1861, he won the name "Stonewall" for steadfastness at the critical point in the engagement.

Jan 19-20, 1978: An overnight snowstorm paralyzed Charleston. Unusual in that more snow fell in the capital city than in Randolph County, total snow depth in Charleston averaged 24 inches, the deepest snow on record for the city. January 1978 became the snowiest month for both Huntington and Charleston and exceeded both snow records in March. The largest winter contest snow cover for most towns in West Virginia. e-WV: The West Virginia Encyclopedia is a project of the West Virginia Humanities Council. For more information contact the West Virginia Humanities Council, 30 Kanawha Blvd E, Charleston WV 25309-0306

Agriculture Educational Webinar Series Planned

Each winter, WVU Extension Service brings education, know-how and research right to your community through a series of educational dinner meetings. Though we can't gather in person this year, you are still invited to join us virtually for the 2021 agriculture webinar series! You will have the same opportunity to learn from WVU Extension Service specialists and industry experts about relevant topics to help you improve your own agricultural operations. Because of the virtual format, we're able to connect you with industry experts from across the US.

Beginning on January 14, 2021, please join us every Thursday from 7 to 8 p.m. as we cover a new farm-focused topic. These weekly webinar sessions will take place via Zoom through the end of March. Below is an overview of each course. Registration must be completed ahead of time by completing the online registration form at: https://wvu.qualtrics.com/jfe/form/SV_40LtOK6JMniOHFH: Grazing Management, January 14, 2021 Presenter: Jeff Lehmkuhler, Extension Beef Cattle Specialist at the University of Kentucky Small-scale Poultry Production, January 21, 2021 Presenter: Joe Moritz, WVU Extension Poultry Specialist

Answers

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| T | E | R | R | A | A | C | E | L | A | C | E | L | I | A | A | M | I |
| P | S | Y | C | H | O | P | H | A | R | M | A | C | O | L | O | G | I |
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| R | E | F | E | L | O | P | E | I | S | O | M | O | N | T | E | | |
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| P | A | Y | I | N | G | G | A | I | S | K | I | T | D | A | P | | |
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| D | O | R | W | O | U | N | D | A | G | I | L | E | E | N | L | A | I |
| E | N | S | T | W | I | T | S | R | A | P | I | D | M | A | L | T | A |

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