

North Central WV Airport Announces New Flights Scheduled For Spring & Summer



Pictured here in front of an Allegiant aircraft is Rick Rock, who has been the Director at NCWVA since 2009. Although he does not deny that the pandemic has affected air travel, he says the airport is focused on being prepared with post-pandemic plans.

By **LEIGH C. MERRIFIELD**
News & Journal Editor

There have been MANY precautions issued and restrictions applied since the pandemic hit the U.S. Among them, nonessential travel was

discouraged. Naturally, that would have a strong effect on tourism and air travel. But despite it all, the North Central West Virginia Airport (NCWVA) has retained a positive attitude and has continued to focus on a brighter future! “COVID-19 still has

a presence in our world; that is a given. But we continue to be forward-thinking because it will end at some point, and when it does and people feel more comfortable with travel, we want to offer them what they have requested,” said NCWVA Director Rick Rock.

Following a substantial expansion project in recent years, NCWVA became home to the longest commercial service runway in West Virginia and that has stimulated many aerospace companies to occupy a large presence here in Harrison County. The airport has also undergone some major exterior and interior improvements that have

enhanced not only its appearance but also its functionality. NCWVA continues to host WVU team flights and those of their opponents as well, and the Airport Authority, Rock says, keeps looking ahead to more improvements and services that can be offered.

“We cannot deny that our enplanements dropped by 50% from 2019 to 2020 when the pandemic came into play. The same thing happened everywhere with the effects of COVID. But we remain steadfast that ‘it will NOT turn out our lights!’” Rock added. “We continue to look past this and focus on a brighter future.”

Rock noted that

extra diligence in cleaning, spraying, and disinfecting the airport facility has been applied for the safety of both the traveling public as well as airport employees. Everyone is required to wear masks, and if they have none, the airport will provide them. Rock admitted, too, that since enplanements have decreased since the pandemic, it made social distancing on board flights a little easier. “But we continue to prepare for getting on the other side of COVID. Air travel is here to stay,” he continued. “When the

pandemic is no longer a threat, we will be ready to get our numbers back to the level they were prior to COVID and even better.”

Just last week, NCWVA made the announcement that Allegiant Airline will be adding two new nonstop routes to the airport’s spring and summer schedule.

“Allegiant will be adding service to Chicago Midway (MDW) that will begin June 3rd. These will be Thursday and Sunday flights and will complement our existing daily flights to

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Pandemic Still Plagues RGPAC Events

Winter 2021 Reschedule Update

The Robinson Grand Performing Arts Center will be making changes to its winter schedule due to continued pandemic precautions and statewide restrictions on indoor performances.

“While the past year has been comprised of many rescheduled events, we look forward optimistically to the coming summer and fall when we hope to get back to presenting all of our exciting movies, concerts, and community events for public attendance. We sincerely appreciate our patrons’ understanding and can’t wait to

welcome guests through our doors once again,” stated Ryan Tolley, Executive Director.

This reschedule update affects three upcoming public events that are listed here, along with the rescheduled dates for each. All existing tickets will be honored for rescheduled events.

- 2-27-21 – Ferris Bueller’s Day Off (View & Brew); new date 5-28-21
- 3-14-21 – Disney’s Aladdin; new date 5-2-21
- 3-27-21 – Broadway Bound (3 Redneck Tenors); new

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Shinnston City Council Renews City Manager’s Contract At Feb. 8 Meeting

By **LEIGH C. MERRIFIELD**
News & Journal Editor

The most recent regular meeting of Shinnston City Council was held via zoom on Monday, Feb. 8th. Mayor Patrick Kovalck called the meeting to order at 7 p.m. No one responded to the Mayor’s call for petitions of citizens, but he once again interrupted the meeting at three different times to ask if any latecomers to the meeting wished to speak.

In his report, Mayor Kovalck stated that

the Harrison County Commission had approved the City’s request for boundary adjustments. This was in regard to ward locations during election periods. The entire downtown area will now be the downtown ward and will be in place for the next election.

The approval of minutes had been mistakenly omitted from the agenda; Council amended the agenda to include this and with no corrections cited, the minutes of both the Jan. 11, 2021 regular meeting and the Jan. 25, 2021 work

session were approved as presented.

VISTA Volunteer Jon Olsen spoke to Council about the community survey and the upcoming brainstorming session that the public and Council are welcome to participate in.

City Manager Chad Edwards proceeded with his departmental reports, that included the following:

- WATER DEPT. – Chief Operator Aldridge has the crew working three 13-hour shifts to keep staff in social distancing compliance and keep overtime to a minimum.

Edwards noted that the City’s water operation demands 11-12 hours of pumping daily to keep tanks full. There were no problems or issues to report in January.

- SEWER – A sewer line on Moore Street had to be flushed; Public Works dug up the line and sewer plant employees fixed the issue. Another sewer line on Martha Avenue was flushed as well. Two sewer lines will need replaced – the one on Martha Avenue and one by Donald Fortney’s property on the West Side. Some

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SPD Involved In Two Recent Local Criminal Captures

By **LEIGH C. MERRIFIELD**
News & Journal Editor

According to information gathered and published by marketbusinessnews.com and thecrimereport.org as well as data released by the National Commission on COVID-19 and Criminal Justice, crime rates have risen in the U.S. during the

pandemic after having dropped somewhat in previous years. As COVID continues to take many lives and create more ongoing effects, it may worsen even further.

When the pandemic was first reported in the U.S. and people began to shelter more at home, there were significant drops in traffic stops, DUIs, drug offenses, thefts and burglaries,

and even jail bookings. However, as time passes and folks begin to feel somewhat more desperate, violence and disturbances are once again increasing.

Many studies were conducted in larger cities with greater populations such as Los Angeles, Atlanta, Chicago, Detroit, Dallas, Philadelphia, etc., so high crime rates were a huge

concern. But even in smaller communities, call responses have increased enough to keep law enforcement on their toes.

As an example, the Shinnston Police Department reported having more than 1,100 calls for service during the month of January. This number is substantially higher than in previous

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Warnings Of Stimulus Check Scams & How To Avoid Them

BE ALERT

DON'T FALL FOR EXPEDITED PAYMENT

DON'T SHARE BANK OR PERSONAL INFO

DON'T CLICK ON LINKS





STIMULUS

check scams

More tips at www.blm.mn/stimulus_scams

The second stimulus check for \$600 being distributed to Americans has led to unprecedented online scams. The IRS reported 913,264 payments totaling \$1.5 billion were made in West Virginia for the first round and residents should be on alert for the most common scams currently being used.

The FTC has received more than 340,668 reports of fraud relating to Coronavirus,

costing victims more than \$321 million as of February 3. Google reported during the first stimulus it was blocking 18 million scam emails every single day; and 150,000 fraudulent stimulus check sites were launched.

With a third stimulus for \$1.9 trillion being negotiated in Congress, Americans must be on alert and know how to protect themselves right

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Building Amazing Cities

By JIM HUNT

author, speaker, consultant

This is a difficult column to write and it is one that I know will cause me a tear or two before it is finished. Loss is never easy and in these days of disease and uncertainty, it tears at your soul when you learn of another death in your community.

A pillar of our community lost his battle with COVID-19 after valiantly fighting for over a hundred days. His loss will be felt by thousands of friends, family and coworkers. Lou Aragona was a leader and someone who left a legacy of service to many people who will never know of his dedication and compassion to those in need. I had the opportunity to know this incredible human being and watched as he led his staff at the Clarksburg-Harrison Housing Authority to provide the gift of a safe shelter to those in need.

I first met Lou when he worked as the Assistant Director of the Harrison County Housing and Community Development office where my sister, Mary Hunt, was the director. Lou was outgoing and never met a stranger. My sister would tell me countless “Lou” stories and how much she liked working with this guy from Shinnston.

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McDonald's

of Harrison County

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Food For Thought

By Leigh Currey Merrifield

Editor

Doing Your Best

Last week I related a story about a contractor who left his frustrations on a ‘trouble tree’ when he returned home each evening so that he didn’t inflict his troubles on his family. This week, I will use another contractor story to make a different point.

A highly respected carpenter (we’ll call him Joe) had worked in the contracting business nearly all his life. He finally reached an age when he felt he had measured enough boards and pounded enough nails, and he was ready to retire and enjoy a more leisurely life. He would miss having a paycheck, but he thought he had earned enough to carry him comfortably through the rest of his life. Always a good worker, reliable, good natured, and particular about his workmanship, the company he worked for truly hated to lose him. They asked him for a huge favor one day. “Just build one more house for us, PLEASE!”, they begged. “This job is really important to us.”

Although his heart wasn’t really in it, Joe relented and agreed to do the job. Well, he did the job, but wasn’t as particular

about details or seem to care quite as much. His measurements were off a little; it didn’t bother him if he noticed something was somewhat inferior. Upon completion, the house ‘appeared’ to be solid, but it was less than top quality.

On the final day of work, the owner of the company he worked for showed up, and much to Joe’s disbelief, he handed Joe the keys and said, “The house is yours; it is my gift to you for all the years that you gave our company your very best!” Joe wasn’t expecting this and now shamefully regretted that for the first time, he had not given his best, and now, he would have to live with what he had made with his own hands.

How many times have we all heard someone say to us “Do your best”? How many times have we said it to others? These three words are often echoed by parents, teachers, coaches, mentors, bosses. Doing your best is not necessarily about success or failure; it is not about perfection either. It’s about putting all of your energy into something and caring about the result.

Our lives resemble

‘do-it-yourself’ projects somewhat. If we give less than our best efforts, when the job is complete, we have to live with what we have created. We are the carpenters who measure and saw the lumber, pound the nails, and erect the walls in our lives, and if we don’t do it with care, we have to live with what we’ve built.

We do-it-yourselfers’ will sometimes make mistakes, but those mistakes shouldn’t be labeled as failures – not if we learn from them and challenge ourselves to do it differently the next time. That last house that Joe built had a surprise ending and can teach all of us something about living life to the fullest and always striving to do our best. Build your life with care. Put your heart in the decisions you make. Your tomorrows will be the result of the choices you make today. Vow to learn something from each mistake you make and be determined to do better.

This week’s dessert: “We should not judge people by their peak of excellence, but by the distance they have traveled from the point where they started.” Henry Ward Beecher

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.

Feb. 18, 1843: Ritchie County was created from portions of Wood, Lewis, and Harrison counties. The county was named for Virginia journalist and politician Thomas Ritchie.

Feb. 18, 1890: Ellison Mounts, a cousin to the Hatfield family, was hanged for murder, ending the Hatfield-McCoy Feud.

Feb. 18, 1969: Hundreds of miners in Raleigh County went on strike over the issue of black lung. Within days, the walkout spread throughout southern West Virginia.

Feb. 19, 1872: The Glenville Branch of the State Normal School was established by an act of the legislature. The first session of the college opened on January 14, 1873, in the old Gilmer County courthouse.

Feb. 19, 1908: Orval Elijah Brown was born near Lizemores in Clay County. Brown, a free-spirited individual, gained notoriety as the “Clay County Wild Man” during the Great Depression for his untamed physical

appearance that included a flowing beard and the wearing of little more than a self-made loincloth.

Feb. 19, 1943: Author Homer Hickam was born in Coalwood, McDowell County. Hickam’s second book, Rocket Boys: A Memoir, was published in 1998 and became a runaway bestseller.

Feb. 20, 1875: The West Virginia Legislature approved a bill to move the state capital back to Wheeling.

Feb. 20, 1995: The West Virginia Legislature voted to make the Golden Delicious apple the official state fruit.

Feb. 21, 1895: Bluefield Colored Institute was established by the legislature to prepare black West Virginians for the teaching profession. After several name changes, the school became Bluefield State College in 1943.

Feb. 21, 1913: Workers’ compensation passed the West Virginia Legislature, modeled on the German system Governor Hatfield studied in the Ruhr Valley coalfields.

Feb. 21, 1940: Former Governor Gaston Caperton was born in Charleston. Caperton defeated Arch Moore to become the state’s 31st governor.

Feb. 22, 1927: Longtime Agriculture

Commissioner Gus R. Douglass was born in Mason County. Douglass, a Democrat, was first elected commissioner of agriculture in 1964. Reelected nine times, Douglass was the longest serving agricultural commissioner in the country.

Feb. 22, 2018: 33,000 schoolteachers and service personnel walked off the job over wages and health benefits. The strike drew national attention, and teachers in five other states organized work stoppages.

BACKUP FUNCTION

Super Crossword

ACROSS

1 "When — your age ..."

5 Having two systems

12 One of the "Little Women"

16 Angry crowd

19 "99 Red Balloons" band

20 Really foolish

21 First digits dialed, often

23 * President of Nicaragua

25 Added yeast to, as bread

26 San —, Buenos Aires tribe

27 Oklahoma

28 * Rock yielding element #28

29 Riddle-me- —

30 1/36 yard

33 Jai —

35 Head, to Fifi

36 * Historical French area

40 Way of being torn, thrilled or loved

44 Put aside for future use

45 Handed out

47 Prefix with soul

48 With 8-Down, 1859 George Eliot novel

51 Cal. neighbor

52 * Crank-turned instrument

55 Prioritizes, as patients

58 Hosp. area

60 TV antennas

61 Bond film

62 Place for a welcome mat

66 CPR giver

77 Mil. officer

68 * An off-Broadway theater is named for her

71 Linden of TV

74 Ice-T's music

76 Plane fliers

77 Viewpoint

79 Apple tablet download

82 A fifth of fifty

83 Nuclear reactor part

84 * Popular citrus fruit

88 "I solved it!"

90 Nile vipers

91 China's Lao- —

92 Fully enjoy

93 1966-2013 bookstore chain

96 Funny feline photo meme

99 * Musical group playing industrial drums

104 Egg cell

106 Genesis twin

107 Diana of "Dance Hall"

108 Ball or bass ender

109 * Mafia boss

113 Newsman Koppel

115 2017 biopic about an Olympic figure skater

117 Per-night cost to stay at a 105-Down

118 "Mr. Mom" plot premise (and what the answers to the starred clues have)

121 Like not-yet-sampled food

122 Two-function

123 Fodder tower

124 Day, in Spain

125 Squirmey fish

126 Lee who advised Reagan and Bush

127 Couturier Cassini

DOWN

1 Gandhi of India

2 Ferret's kin

3 Lennox and Potts

4 Uttered

5 "Nonsense!"

6 Kin of "equi-"

7 Old space station

8 Hip about

9 Related to food intake

10 African land

11 Meadowland

12 Island east of Java

13 Build

14 Stovetop whistler

15 Can't say no

16 Part of MSG

17 Polish river

18 See 48-Across

22 Big name

24 "Fanny" author Jong

28 San Fran NFLer

31 Tribal groups

32 Gordie of hockey

34 Verdi's title slave

37 Makeup brand

38 Pasta dish

39 Head of corn

41 Collects, as a harvest

42 River duck

43 Many heirs

46 Sprang

48 24-hr. "bankers"

49 Tow

50 Business of Delta

52 Chemistry lab tube

53 Ominous last words

54 Cup edge

56 Female bud

57 Rhea's kin

59 Fizzy drink

62 Fraction: Abbr.

63 — gin fizz

64 Vicious vortex

65 Lifesaving locs.

69 "Lady for a Day" director Frank

70 It flows in la Seine

72 Rent- — (security guard)

73 Classic Ford models

75 Ending for lime

78 Blueprints

79 Part of IHOP: Abbr.

80 Part of UTEP

81 Claim the truth of

83 Actress Edie

85 Colorado NHLers, to fans

86 Eminent

87 Coll. seniors' tests

89 Challenging

93 "Never on Sunday" rule

94 Person who is prospering

95 Opposite of east, in Madrid

97 Key next to a period

98 Disinclined

100 Dine away from home

101 Throat part

102 "Casino —" (Bond film)

103 Not digital

105 Roadside lodging

109 "Dam it!"

110 Rice-A- —

111 Greek vowel

112 Crimson and cherry

114 Boxer Oscar — Hoya

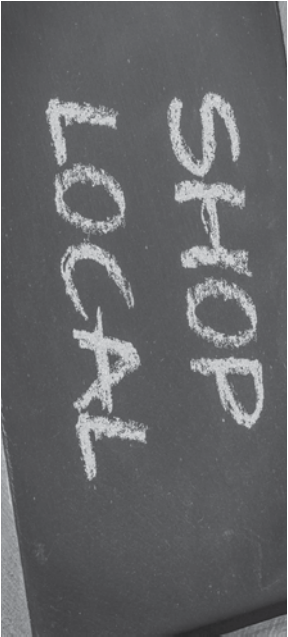
116 Roughly

118 Std. for a nutritionist

119 Deep groove

120 Suffix with Siam

Find the Super Crossword Answers on Page 8!



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LETTER TO THE EDITOR

‘Rules For Thee, None For Me’

Op Ed by
CATHERINE MORTENSEN
*VP of Communications,
Americans for
Limited Government*

House Speaker Nancy Pelosi’s appointee on the Hill appears to be giving her a pass from her own security mandates in another case of ‘Rules for Thee, None for Me’.

After the House Speaker fined two Republican lawmakers, Reps. Louie Gohmert and Andrew Clyde, \$5,000 each for violating

her Pelosi’s House metal detector rule, Republicans from the Committee on House Administration demanded that Pelosi be held accountable herself for the same offense.

According to a letter the lawmakers sent to the House Acting Sergeant at Arms Timothy Blodgett, who is appointed by Pelosi, Pelosi has been seen ignoring the metal detectors as she enters the House Chamber. Blodgett told the lawmakers that only the Capitol

Police have the authority to fine the Speaker, appearing as if he would not take action.

The Republicans on the Committee on House Administration tweeted Blodgett’s letter, saying, “This just proves this new rule is being arbitrarily enforced and clearly does not apply to all members. It was put in place for political gain, not for safety.”

House Democrats voted to impose a \$5,000 fine for first offense and \$10,000 for the second for

members who fail to comply with the new screenings.

The magnetometers were brought in by top Democrats last month after the Capitol attack on January 6th.

Many Republicans criticized the move to install the metal detectors, arguing the threat was coming from outside the building – not members. Several GOP lawmakers opted not to abide the new rule, leading Democrats to pass the measure implementing penalties for those who bypass the screening.

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).

EASTER BAKE SALE

Saint Ann’s Catholic Church in Shinnston will be having an Easter Bake Sale. Pre-orders must be placed by March 15. Curb side pickup on March 26 & 27 from 9:00 AM - 2:00 PM at St. Ann’s Catholic Church, 610 Pike St. Shinnston. Items for sale -Easter bread \$7/medium & \$10/large; Chocolate covered Easter eggs - \$6 each: peanut butter, coconut, almond covered in milk or white chocolate; Variety of homemade cookie trays - \$15 or \$20 platters, (by the dozen for \$7.00); galette, Italian wedding cookies or chocolate covered peanut butter balls. Call 304-592-2243, 304-476-6473, 304-592-0665, 304-841-1487, or 304-203-8905.

SHINNSTON SPRING SOCCER SIGN-UPS

The Shinnston Soccer League is now registering for their spring season. Age groups Under-6, Under-8 \$65 (born 2017,2016,2015, 2014,2013) Age groups Under-10, Under-12 \$75 (born 2012,2011,2010,2009) Age group Under-14 (born 2008,2007) \$120. Contact Registrar Wendy Spurling for more information at 412-719-9305 (cell phone) or email shinnstonsoccer@gmail.com.

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.

Attorney General Morrisey: Beware Of Romance Scams

West Virginia Attorney General Patrick Morrisey warns consumers to be cautious with online dating sites, particularly as many singles actively look for romance during and around Valentine’s Day.

While most people who engage in online dating are sincere, scammers are also active.

“The time around Valentine’s Day may be a great time to utilize online dating, but it pays to remember that there are a lot of heartless people who only see dollar signs when they look at you,” Attorney General Morrisey said. “Romance scam victims

have been robbed of their life savings, so all we’re saying is, use the utmost caution when you go online.”

Scammers will fake interest in or profess strong feelings toward an unsuspecting individual with the ulterior motive of eventually taking their money. Scammers may say they need money to cover expenses accrued while trying to meet their supposed match, to get into the United States or to help them out of some emergency.

In reality, scammers simply pocket the cash. Consumers have been known to lose thousands of dollars to such a scam.

Consumers can do a few things to help themselves not end up a victim:

- Research the person’s background, their company, their school, etc.
- Never wire money to someone without verifying the authenticity of the person or the reason for sending the money.
- Never send money via cash or gift cards because funds cannot be recovered. Funds sent through wire transfer may be lost unless the transfer is canceled before pickup.
- Be wary of someone who always makes excuses or “has something come up”

whenever plans are made to meet in person after they have received money.

- Take note of any attempt to make the consumer feel isolated or cut off from family and friends. Being directed not to tell others about the match should be a red flag.

Consumers who believe they may be the victim of an online dating scam should contact the Attorney General’s Consumer Protection Office 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.

“Stimulus Check Scams” cont. from page 1

now and going forward.

SocialCatfish.com released a report on four Stimulus Check Scams and How to Avoid Them based on information from the FTC, FBI and IRS during the Coronavirus pandemic.

1) ROBOCALL CHECK SCAMS: The scammer will call pretending to be the IRS and ask for your personal financial information. They will claim they need this to deposit the stimulus check into your account and will also ask for a fee to deposit said check. The truth is, they want your information so that they can pretend to be you and claim the check for themselves. They can also drain your bank account with this information and will keep the fee for themselves for

good measure.

How to Avoid: Do not give out any personal information. The government already has your information on file from when you filed your taxes. The stimulus check will either be automatically deposited into your account or you will get it mailed to your house.

2) EMAIL & TEXT SCAMS: Scammers will send you a phishing email, text message, or message on social media claiming that they are the government. They may email you telling you to click on a link to “verify” information, or text message you a link to fill out an application to receive your check.

How to Avoid: Do not click on any links that are emailed or texted

to you. Again, the government already has your information and checks or debit cards are either directly deposited or mailed to you.

3) FAKE WEBSITE: If you click on suspicious links, they will likely take you to fake websites that will download malware onto your device and steal your information to drain your bank account. These sites also contain fake forms so any personal or financial information you provide will go to the scammer.

How to Avoid: Do not go to any website that does not end in “.gov”. There are no non-government websites giving stimulus checks. If you suspect a fake website, get off it immediately and report it.

4) PHONY CHECKS: Scammers have been mailing fake checks that look exactly like the official government-issued paper stimulus checks. Once deposited, the scammers text you pretending to be the government asking for some of the money back claiming too much was sent.

How to Avoid: Make sure the check is legitimate, ask your bank to verify it. If anyone asks for a portion of the check back, tell your bank immediately.

If you encounter a coronavirus scam, contact local law enforcement, or file a complaint with the FTC. For more information on the status of your stimulus check, visit the IRS website.

“Local Criminal Captures” cont. from p. 1

months. And local police activity was strong early in February as well.

On February 4th, seven manned police cars were involved (both Shinnston Police and Harrison County Deputies), doing a traffic stop in the Lincoln High School area. This led to the apprehension of Paul Kenneth Trickett, Jr., age 40, of Owings, who was wanted for felony warrants out of Monongalia County. Trickett fled, but with the aid of one of SPD’s K-9 unit, he was captured behind Ace Hardware

in Shinnston. He is currently in the Regional Jail awaiting a hearing.

Then, on February 8th, Shinnston Police acted along with State Police and took Scotty Littleton of the Lumberport area into custody at the Shinnston Subway location (without incident). Littleton was wanted for misdemeanor drug warrants and a felony daytime burglary. He, too, was taken to the Regional Jail to await a hearing.

Shinnston Police Chief Jon Harbert stated that these are examples of how

beneficial it can be when there is a good working relationship among area law enforcement agencies. SPD is also currently on the lookout for other fugitives as well, one who is considered armed and dangerous.

“These are dangerous times and moreso since the COVID situation lingers on. More crimes are being committed because the pandemic has created a lot of social stress and more desperate financial hardships for some,” Chief Harbert added. “People are

wearing masks all the time now because of the pandemic, and often crime rates increase because criminals feel a little more confident that they will be harder to identify because of that.”

Harbert concluded, “Citizens need to be more aware of their surroundings and more vigilant. We encourage everyone to keep their eyes open and don’t hesitate to report anything they deem suspicious to the police. Our goal is to keep our community and its residents safe.”

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Be Brave Enough To Be The Light!



GRAPEVINE

By Rosalyn Queen

THE HILL WE CLIMB

By Amanda Gorman

*When day comes we step out of the shade
aflame and unafraid,
The new dawn blooms as we free it.*

*For there is always light,
If only we are brave enough to see it.*

If only we are brave enough to be it.

This is an insert of the poem written and read at the Presidential Inauguration by Amanda Gorman, a young black woman who is the National Youth Poet Laureate. Her presentation made more of an impression on me than many I have seen and heard. Her poem was very beautiful and meaningful and her animated presentation was very touching. I get so much meaning from the last three lines and think about how much it can mean to our youth of today. I urge you to look for the light and be brave enough to be the light you seek to see.

This past week has been very unsettling for me as I feel the loss of my brother-in-law, Bob Alonso

and my friend, Lou Aragona. I could fill several columns about each of them but will be content to say a sad goodbye and send my condolences to their families. Their absences will be felt in our community and much love follows them on their next step.

February 13 marked the 55th birthday of my daughters, Lisa and Leslie. I was fortunate enough to have been able to schedule a luncheon with them, together. We went to the Caboose where we had a delicious meal. But most of all was the opportunity to spend time alone with them. For some reason, I was able to see what beautiful, thoughtful and kind women they have turned out to be. Even though they are twins, there is no similarity in their looks or their actions. I feel content knowing full well that my granddaughter, Miranda, has a foundation her mother Lisa and her father have given her and that she is “brave enough to be the light”. I am also so content to know that my other four grandchildren and my great granddaughter will always have the presence and support of their loving Aunt La. I realized, as I sat at lunch, just how lucky I am to have been blessed with these two young women. At their age the only thing left for me to do is enjoy them and pray for their good health and happiness.

Stay healthy and follow the guidelines for the COVID pandemic. Choose to stay on the safe side ... spring will soon be here and it is my hope that things will get better. Prepare for a good Lenten season which means Easter is just around the corner.

Take care and until next week, “Now You Have Heard It Through the Grapevine.”

“As The Mop Flops”



Pine Bluff News

By Pat Matheny

It has been another boring week, so it’s time for a continuing edition of the PB soap opera, “As the Mop Flops”.

Saturday, Santana and Andrew stopped by for a visit and she brought me another Hot Sam’s sandwich from Casey’s in town. They came in from Virginia on Friday and left Sunday. We watched the WVU basketball game together. Santana is still pretty as ever and she works in an animal clinic and Andrew is, well Andrew, and he drives for an ambulance service.

Right after the game was over, Patty showed up with Miss Aubrey for a visit. It was nice that Santana got to see both before they left. Aubrey hit the snack bucket on the counter...she’s into Kit Kats now. She didn’t want a popsicle this time; she just had one at her other great-grandparent’s house prior to our visit. Then, she started playing with some of her toys that are piled behind the recliner before she fell asleep on the loveseat. She turned five last month and is really growing.

Sunday evening, Lee came down to watch the Super Bowl. He brought me some chili and pepperoni rolls that Patty had made. The Tampa Bay Bucs really put a whoppin’ on the Kansas City Chiefs and we were rootin’ for the Chiefs! I should have known not to bet against Tom Brady. I always enjoy spending time with my son...and my daughter.

Some Super Bowl observations: Please, can anyone sing the national anthem anymore like it’s supposed to be sung without all of the theatrics? It’s

sung to honor the country and not the performers. Also, what was the half time show all about..?? I have seen every Super Bowl and would have preferred watching past performers like the Rolling Stones, the Blues Brothers, or even Janet Jackson’s ‘wardrobe malfunction’.

Thursday morning, neighbor Jimmy Martin scraped the snow and ice off the driveway (again) after another overnight snow event. Later in the morning, I called Jimmy’s Mom, our Thelma Martin, to check on her. I’d heard she was in quarantine from being exposed to COVID. Thelma said two weeks ago, she accompanied Donna Wyke to get their hair done and on the way home Donna got sick. It was discovered that Donna had come down with the COVID virus. Donna has since recovered. Thelma said she is doing fine, but getting cabin fever like everyone else. She only has one more day of quarantine.

Thelma also told me that Junior Nuzum has been in ill health lately. In the afternoon, I called his son Roger and he said his Dad (95 years old) wasn’t doing very well at all and was back in the hospital. My brothers and I have known Junior since we were little kids; he would stop in at Uncle John Ford’s Transfer Service garage on Mahlon Street in town. I wanted him to know that the folks ‘over in the holler’ (as he would say) are thinking about and praying for him. I haven’t seen Junior in over a year due to the virus. We used to run into each other at the grocery store, Jimmy’s Diner, and at UHC when both of our late wives would be in there at the same time. He’s a proud US Navy Veteran of WWII.

John Wayne quote: “Courage is being scared to death...and saddling up anyway”.

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

Ace

“New Flights Scheduled”

cont. from p. 1

Chicago O’Hare with United. Allegiant has also added Wednesday and Saturday flights to Destin/Fort Walton Beach, Florida (VPS) at North Central WV Airport that will begin May 26th. Both of these additions are very reasonably priced for affordable travel. In fact,” Rock added, “they have introductory (one-way) offers available at just \$49 to Destin and \$39 to Chicago. I would advise people to take advantage of these now and begin to plan immediately because we anticipate them being very successful!” These opportunities for travel through

NCWVA are in addition to the existing flights to Myrtle Beach, SC and Sanford/Orlando, FL. Rock emphasized that tourism is a vibrant industry and not only will it enable travelers to visit elsewhere, it will also bring those from other areas to the Mountain State.

Rock stated that since the onset of Allegiant’s affiliation with NCWVA, it has been a beneficial relationship for both the airport and for Allegiant Airline.

“Because of that, it brought us a step closer to opening up these other markets with Allegiant. They reached out to us to discuss this expansion

and discussions began immediately. We appreciated the fact that they were anxious to continue working with us, and we also appreciate the great backing we’ve had from the public in supporting what we offer here,” Rock stated.

Plans for a new terminal have not been laid to rest either. Rock noted that the airport terminal was built in the 1960’s but was not built for the kind of volume that has grown in recent years.

“We have the acreage, but building a new terminal is a long process. We have not

abandoned those plans though; it will come to pass. There are all kinds of opportunities we want to offer our customers and we will keep working toward that. West Virginia has a lot to explore here year-round and our goal is not just to offer our customers options to travel elsewhere, but to bring people here to our state to see why it’s called ‘almost heaven’,” he concluded.



“A Life With Purpose”

cont. from p. 1

Once you knew Lou, you joined a huge network of people who had some connection with him. It might be the guys at the BlueBird or the morning crowd at the Sheetz in Bridgeport. He seemed to be the glue that held so many groups of people together. I can’t remember an Italian Festival that Lou was not on the streets of Clarksburg, usually telling stories to a large group of people, huddled around him.

When I was on the Clarksburg City Council, we merged the Clarksburg Housing Authority with the Harrison County Housing Authority and Lou became the first executive director. Each of the agencies had experienced staffs and there was some concern that it might be hard to join these agencies together. I can remember meeting with former Harrison County Commissioner Roger Diaz and Lou to discuss his ideas and thoughts on the challenge ahead. After talking for a while, we were convinced that Lou had spent hours thinking about this and had a plan to make the agency one of the best housing agencies in the state. We were not disappointed! Lou took the challenge and developed new initiatives to develop programs to provide hundreds of families with the ability to own their own homes and become self-sufficient.

Lou was proud of his staff and served as an able mentor to many over the years. He loved showing off the successes of his residents and I can remember his pride at the progress made at the Laurel Lanes Housing Project. He worked with the city to acquire grants to develop a police substation at Laurel Lanes. He also created a program to develop a pathway to home ownership for eligible residents. When he held a celebration for one of the residents who was getting a new home for her and her children, Lou was as proud of her as he could be for one of his own children. He also formed a separate agency to construct new housing and I had the opportunity to work with Lou, during my time at the West Virginia Housing Development Fund.

Lou Aragona will be remembered as a consummate professional with a heart. He enjoyed his work and loved his family and friends. The beautiful part of his legacy is that there are hundreds of families that are living in safe, secure housing through the efforts of this humble guy, who only wanted to help others and see the Pittsburgh Pirates rally around the flagpole, one last time.

WANTED: DIRECTOR OF STUDENT MEDIA AT WVU

The Division of Student Life at West Virginia University is seeking applications for a **Director of Student Media**. This position reports to the executive director of Student Enrichment and is responsible for the management, budgeting, staffing and successful operation of the Daily Athenaeum, U92 The Moose and Prospect and Price Creative. The Director of Student Media is responsible for all aspects of Student Media and for implementing innovative practices that result in respected and appreciated news organizations and profitable business operations; ensuring a welcoming community; and providing students valuable experiences and opportunities that prepare them for success upon graduation.

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 - Budgeting and supervising a staff
- Experience working in the higher education setting preferred
- Editing, budgeting, excellent interpersonal and social skills.
- Ability to perform assessments to determine program effectiveness.
- Experience leading a news organization through change, creating innovative and experimental coverage.

REQUIREMENTS

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- Resume
- Letter of Interest

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BLOOD PRESSURE 101 ... Questions & Answers on Blood Pressure



ANGELINA DAVIS

Are You In Control Or Is Your Blood Pressure?

Nearly half of the American population over age 20 has high blood pressure (HBP), and many do not even know it. Not treating high blood pressure is dangerous, as it increases the risk of heart attack and stroke.

1). Could I be at higher risk of developing high blood pressure (HBP)?

There are risk factors that increase your chances of developing HBP. Some you can control, and some you cannot.

Those that can be controlled are:

- Cigarette smoking & exposure to secondhand smoke
- Diabetes
- Being obese or overweight
- High cholesterol
- Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol)
- Physical inactivity

Factors that cannot be modified or are difficult to control are:

- Family history of high blood pressure
- Race/ethnicity
- Increasing age
- Gender (males)
- Chronic kidney disease
- Obstructive sleep apnea

Socioeconomic status and psychosocial stress are also risk factors for HBP. These can affect access to basic living needs, medication, health care providers, and the ability to adopt lifestyle changes.

2). How can I tell that I have high blood pressure?

The only way to

know if you have high blood pressure is to get it checked regularly by your health care provider. For proper diagnosis of HBP, your health care provider will use an average based on two or more readings obtained on two or more visits.

3). What can I do about HBP?

- Do not smoke and avoid secondhand smoke.
- Reach and maintain a healthy weight.
- Eat a healthy diet that is low in saturated and trans fats and rich in fruits, vegetables, whole grains and low-fat dairy products. Aim to consume less than 1,500 mg/day of sodium (salt). Even reducing your daily intake by 1,000 mg can help.
- Eat foods rich in potassium. Aim for 3,500 – 5,000 mg of dietary potassium per day.

• Limit alcohol to no more than one drink per day if you are a woman or two drinks a day if you are a man.

• Be more physically active. Aim for 150 minutes of moderate-intensity physical activity or at least 75 minutes of vigorous physical activity per week, or a combination of both, spread throughout the week. Add muscle-strengthening activity at least two days per week for more health benefits.

• Take medicine the way your health care provider tells you.

• Know what your blood pressure should be and work to keep it at that level.

By ANGELINA DAVIS, EP, MS,
Manager Of Cardia Rehab at UHC

Monitoring Your Blood Pressure

The American Heart Association recommends home monitoring for all people with high blood pressure, which helps healthcare providers to determine whether treatments are working.

1). How important is it for you to monitor your blood pressure regularly?

Nearly half of all adults in the US are at risk for high blood pressure. Unfortunately, these individuals are at a higher risk for a stroke or heart attack.

So monitoring your blood pressure is something that everyone

with high blood pressure should do, but it is something that most people do not know how to do correctly. Self-monitoring is also one of the easiest ways to be proactive about your health. Checking it regularly will help you to start to understand which factors are putting you at high risk for a stroke or a heart attack.

2). So, how often should you check your blood pressure at home?

If you have high blood pressure, you should check with your doctor to see how frequently you should be checking it at home. For most people, taking your blood pressure at home twice in the morning and twice in the evening, even just for a week, will help

give you and your doctor a better understanding of your blood pressure. For morning readings, it is better to take your readings prior to taking your medication. It is also important to avoid caffeine, exercise, or tobacco 30 minutes prior to testing, as those can affect your levels.

3). What should you look for in a home monitor?

You should start thinking about getting a self-monitoring device with an upper arm cuff—the type your doctor will most likely recommend. Wrist and finger monitors are not recommended because they yield less reliable readings.

You want to choose a monitor that has been validated. If you are

unsure, ask your doctor or pharmacist for advice. When selecting a blood pressure monitor for a senior, pregnant woman, or child, make sure it is validated for these conditions. Make sure the cuff fits — measure around your upper arm and choose a monitor that comes with the correct sized cuff.

Remember, home monitoring (self-measured blood pressure) is not a substitute for regular visits to your physician. If you have been prescribed medication to lower your blood pressure, do not stop taking your medication without consulting your doctor, even if your blood pressure readings are in the normal range during home monitoring.

How To Take Your Blood Pressure At Home

USE A VALIDATED MONITOR. ASK YOUR HEALTH CARE PROVIDER OR PHARMACIST FOR HELP.

IN THE 30 MINUTES BEFORE YOUR BLOOD PRESSURE IS TAKEN:

- NO SMOKING.
- NO EXERCISE.
- NO CAFFEINATED BEVERAGES.
- NO ALCOHOL.

FOR 5 MINUTES BEFORE YOUR BLOOD PRESSURE IS TAKEN:

- SIT STILL IN A CHAIR.

RIGHT BEFORE:

- MAKE SURE THE CUFF IS THE RIGHT SIZE.
- WRAP IT JUST ABOVE THE BEND IN THE ELBOW.
- WRAP IT AGAINST SKIN, NOT OVER CLOTHING.

WHILE YOUR BLOOD PRESSURE IS BEING TAKEN:

- RELAX.
- DON'T TALK.
- REST THE CUFFED ARM COMFORTABLY ON A FLAT SURFACE (LIKE A TABLE) AT HEART LEVEL.
- SIT UPRIGHT, BACK STRAIGHT AND SUPPORTED.
- KEEP LEGS UNCROSSED AND FEET FLAT ON THE FLOOR.

AFTER:

- IF AT HOME, WAIT ONE MINUTE AND TAKE A SECOND READING. AVERAGE THE READINGS.
- CONSIDER A THIRD READING.

RECOMMENDATIONS:

- KEEP A JOURNAL. BRING IT TO EVERY CHECKUP.
- HAVE YOUR HEALTH CARE PROVIDER CHECK YOUR MONITOR ANNUALLY.

GoRedforWomen.org

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	OR	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

BLOOD PRESSURE HIGHER THAN 180/120 mm Hg IS A CRISIS.*

*Wait five minutes and take your blood pressure again. If your readings are still high, contact your healthcare provider immediately.

LEARN MORE AT HEART.ORG/HBP

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As more people at home are practicing social distancing and with fewer chances to check blood pressure at public pharmacy machines or doctor visits, it is even more important than ever to know how to check your blood pressure at home.

1). Where should I begin with taking my blood pressure after I have purchased the appropriate blood pressure device?

You will want to find a quiet place to sit, where your back is in an upright, stable position. A dining room chair is great for this. You will want to make sure that your chair is not too soft so that your body is fully supported and you sit up straight. Your feet should be flat on the floor and do not cross your legs or ankles. Make sure you go to the

Continued on Page 9

How Well Do You Know Your Numbers?

Your blood pressure numbers do not have to be a mystery. However, your numbers are critical to your heart health and regular monitoring, which can help you reduce your risk of a heart attack or stroke.

1). When it comes to blood pressure, which number is more important?

Typically, more attention is given to systolic blood pressure (the first number) as

a major risk factor for cardiovascular disease for people over 50. In most people, systolic blood pressure rises steadily with age due to the increasing stiffness of large arteries, long-term buildup of plaque and an increased incidence of cardiac and vascular disease.

However, either an elevated systolic or an elevated diastolic blood pressure reading may be used to make a diagnosis of high blood

pressure. According to recent studies, the risk of death from ischemic heart disease and stroke doubles with every 20 mm Hg systolic or 10 mm Hg diastolic increase among people from age 40 to 89.

2). Something that I have always wondered is what the measurement of blood pressure means with the results you record?

The abbreviation mm Hg means millimeters of mercury. Mercury was

used in the first accurate pressure gauges and is still used in medicine today as the standard unit of measurement for pressure.

It is important to understand your results, as it is key to controlling high blood pressure. You want to learn what is considered normal, as recommended by the American Heart Association. You can see what the various levels of blood pressure

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WVU Climbs The Conference Standings!



The Bottom Line

By Bill Nestor
Sports Editor

West Virginia's and 52% from deep. Mens Basketball team They also knocked has been playing its down 84% of their best basketball of free throws on the the season recently. afternoon. However, Veteran Head Coach, it was their defense Bob Huggins recently and ball protection that picked up a pair of made the difference. huge wins over ranked Big 12 teams to pull They won the turnover into second place battle, committing just 13 compared to 18 by the Jayhawks. WVU also recorded

The win over Kansas nine steals compared in Morgantown was a to five for Kansas. confidence builder for Miles McBride led the Mountaineers. Hot the offensive charge shooting was the key with 31 points. Taz with the Eers going Sherman chipped in 50% from the field with 25 points and

Huggins tossed in 25. Huggins earns a \$25,000 bonus for beating the Jayhawks and he donated it to cancer research in his mother's name.

The other big win occurred last week over No.7 Texas Tech. It was the first win in Lubbock since 2016. Sean McNeil scored 26 points to pace WVU. McBride had 20 points to average 25.5 in the back-to-back affairs. Derek Culver had 15 and Fairmont native, Jalen Bridges contributed nine points in the victory. Huggins has the Red Raider's number this season completing the clean sweep of the Top 10 team.

It took an extended period of time to complete the last few minutes as foul after foul was called turning the tilt into a free throw shooting contest. Texas Tech Head Coach, Chris Beard contributed to the delay when he went ballistic after being tossed out of the contest. He did manage to recompose himself long enough to give Huggins a fist pound before sprinting off of the floor.

McBride also received national attention after the win over Kansas. The scoring of the roundball wasn't the only impressive number for the 6'2 sophomore from

Cincinnati. No COVID-19 inside Mountaineer has their program. Baylor produced those has paused due to numbers since Jerry positive cases and West. McBride is that has prompted now becoming one of the postponement of the final pieces of the not one, but both of puzzle for this year's WVU's bashes with the Bears. They were edition. Huggins needs scheduled for the 15th a go-to-guy that can and 18th of February and often, but can and will have to be hit down the stretch. played down the road. A closer that can be If the Mounties counted on to produce could get out the when the game is on the brooms and create a line. The ability to clean sweep of Baylor, create your own shot is it would draw them into striking distance. a hot commodity and McBride is 'Miles' It could create an ahead of most in that department. which could lead to

West Virginia is Huggins and company in hot pursuit of the contending for the top spot in the league illusive conference championships. That will do it currently undefeated for now. Until next in conference play week...take care and and have battled God Bless!

The Tom Brady Effect



When Tom Brady took to the field in Super Bowl LV, he was the oldest to ever appear in a Super Bowl at age 43.

While the average daily routine and health career span for an NFL regimen. Dr. Myles Spar, Chief quarterback is three years, Brady has been Medical Officer of Vault playing for two decades and made his 10th men's health specialist Super Bowl appearance and has served as a on February 7th . In medical consultant to defying the aging professional sports process and achieving leagues— educating peak performance, players, coaches, and he follows a rigorous trainers on best practices

and preventative measures.

“Any person – of any age, shape, or fitness level – can apply Tom Brady's principles in their pursuit of health, wellness, and peak performance,” says Dr. Spar.

To illustrate this, he has taken the key

principles of Brady's health regimen and adapted them into actionable tips to help men achieve optimal performance at any age. Here are his tips to achieve optimal performance at any age, even if you're not Tom Brady:

1. Eat Nutritious, Well-Balanced Meals and Snacks.

Tom Brady m i c r o m a n a g e s everything that goes into his body. Every calorie, every ingredient, and right down to the time he eats his meals. He's heavy on vegetables and lean protein and stays away from alcohol, caffeine, dairy, and sugar.

FOR YOU – “Think about what you're eating, and when. Sweat the details. If you're making changes, make one

Continued on page 9

Rails For Trails Projects Look To Begin By Spring



From The World Of Parks & Recreation

By Doug Comer

The grant dollars are in and the contractors are on the list for renovations on the local Rails for Trails program located throughout Harrison County. With projects set to begin in the spring, look for safer paths as you roam through the area on bike or foot.

A \$450,000 project will begin in the spring in the south region of Harrison County near the Lost Creek area where slips and rough terrain will be repaired and re-opened to almost the entire southern trail area for both cycling and walking. The Gee Lick area and below will be the primary properties that will receive the facelift.

Other properties on the trail that are leased to Harrison County Commission through the State Railroad Authority include the areas in North View through Spelter. While there are a few hurdles to jump, there is a vote of confidence that Harrison County can be completely connected whether traveling north, south, east or west.

One area in the Clarksburg city limits is the connecting strip from downtown Wendy's to North View. There are a few big projects that need finished before it can happen including a connector over Rt. 50. Personally, I feel that a steel arch bridge with wood walk-ways would be an ideal solution as a connector. There could be a sign saying “Welcome to Clarksburg” for those travelling through the area on Rt 50.

Small improvements like cleanup and stabilizing the hillside from falling debris and you have a connector without having to go on the city streets where accidents can happen. Also, small businesses and homes along the trail could open up shops. This will bring in revenue for the county through taxes. Bed and Breakfast operations could help with CVB dollars as long as Congress gets the bill passed during this current legislation.

Areas that have trails running through their towns and neighborhoods have taken advantage and small business owners are opening B & B's or restaurants to cater to the weary travelers. Perhaps the old train yard for Anchor Hocking Glass could be a new spot for food trucks that feed walkers or riders before their trip to Pittsburgh. In the old days, pioneers walked trails and explored new terrain and this will just be a modernized version of that.

I remember as a kid, in order to get to Adamston or Stealey, we would walk the train tracks to meet with our friends that went to other elementary or middle schools. It was great transportation not only for children but adults who would use those same tracks to walk to church on Sunday or get to work during the week.

In listening to the County Commission, trails is a topic that is brought up quite often. The trails program is a safe means to travel without a car for getting from point A to point B or for exercise. Either way, it will make a positive impact on the communities that it affects. With a complete trail system, you can bike from Clarksburg to the county lines and beyond in some cases. But, there are holes to fill. Look for those gaps to get a little smaller as time goes by.

Stonewall Sporting Clays – A “Class A” Shotgun Shooting Range



The 5-stand range provides a host of challenges for shooters and is heated for year-round access. Men and women of all ages can participate in clay shooting.

It has been a long and unique path that took a Braxton County boy to the only complete sporting clay facility in the Mountain State.

Kevin Teets is the son of Ray and Carol Lewis Teets of Keener's Ridge, Braxton County. Growing up, Kevin and family followed his father as he traveled the United States with the construction trades. During that time, Kevin

decided he wanted to be a professional cowboy when he grew up. So, after graduation, he moved to Texas where he also found work in the construction industry and began following his passion on the rodeo circuit.

Circumstances led Teets to return to his native West Virginia where he opened horseback riding stables

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What's Trending In Pet Travel

More and more pet parents are planning road trips with their furkids. Pets are beloved members of the family, and travelers want to include them in their adventures. To that end, the way pet parents plan for and travel with their pets has evolved. Likewise, a growing number of businesses are now catering to four-legged travelers to win

the hearts (and loyalty) of pets and their people. In response, here's what's trending in the world of pet travel!

Pets Are Top Priority When it comes to travel, pet parents are putting their pets first when thinking about where to go and stay, and what to do. Gone are the days when a family dog just came along for the ride. Pet

parents now want their pets to enjoy the full travel experience, and they are focusing on destinations that allow their pets to fit in to their travel adventures. Pet parents are easily finding there are many pet-friendly places to visit, along with plentiful pet-friendly lodging options, pretty much anywhere they desire to go!

Pet parents know their furkids best, so they are choosing destinations with activities for themselves and their pets to enjoy. For pups who love to get outdoors and be one with nature, pet parents are choosing rustic cabins with natural surroundings, or campgrounds near the woods for hiking and exploring. For dogs

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**LOUIS ANTHONY
“LOU” ARAGONA, II**



Louis Anthony “Lou” Aragona, II, 63, of Clarksburg passed away on Tuesday, February 9, 2021 in the Ruby Memorial Hospital following an extended illness.

He was born in Clarksburg on March 29, 1957, a son of the late Louis Anthony Aragona and Janice Marie Spenia Aragona.

He is survived by his wife, Tammy Marie Bork Aragona, whom he married on June 20, 1992; two sons, Louis Anthony Aragona, III and his wife Chandler of Charleston and Nicholas “Nick” Alexander Aragona and his wife Ashley of Bridgeport; one sister, Frances Ann Wagner and her husband Paul of Shinnston; and several nieces and nephews.

Lou was the Executive Director of the Clarksburg Harrison Regional Housing Authority for over 25 years. He served as President of the Board of Directors of Central WV Community Action and was President and a founding member of the North Central WV Coalition on Homelessness. Lou also served on the board of directors at Information and Referral and Criss Cross and the WV Association of Housing Authorities Board. He was previously involved with the WV Italian Heritage Festival and was a member of the All Saints Catholic Church.

A Private Mass of Christian Burial will be Celebrated with Father Walt Jagela as Celebrant.

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

**ROBERT ANTONIO
“BOB” ALONSO**

On the afternoon of February 6, 2021, Robert Antonio (Bob) Alonso, 79, passed away peacefully at United Hospital Center, Bridgeport, due to complications of Covid-19. He was born in Denora, PA, a son of the late Ramon Alonso and Leila Josephine Gonzalez Alonso.

He is survived by his fiancé, Pamela (Pammie) Hall, Flemington; his 2 sons, Robert (Tony) Alonso, II and wife Judi, Clarksburg, and Michael (Todd) Alonso and wife Christina, Flemington; his daughter Letitia (Tish) Alonso and her

companion Ivy Paugh, Bridgeport. He is also survived by his stepsons Mark Hall and wife Wendy, Charleston, WV, Jason and Wife Carla Houston, TX, and Justin Hall, Charleston, WV; his grandchildren, Allie Caplan and her husband Spencer, Bridgeport, Allura and her husband Devon, Palmyra Pa, Christian and his wife Emma, Greenville, SC, Justus and Jaelyn Campbell, Bridgeport, Lauren and Rob Whitehead, Winchester VA, Victoria Giffen, Virginia Beach, VA, Trey and Dylan Hall, Charleston, WV. Also surviving are his great grandchildren, Lyhla and Raelynn Caplan, Bridgeport and Adeline Whitehead, Winchester, VA; his brothers and sisters, Mary Talerico and Patty Alonso, Bridgeport, Leila Blair, Clarksburg, Lloyd Alonso, Cocoa Beach, FL, Dave Alonso, Bridgeport and many, many nieces and nephews.

Bob was preceded in death by his wife Donna Alonso; three brothers Jack Alonso, Jose Alonzo and William Bill Alonzo and one sister Margaret Golden. Bob grew up 1 of 10 children- he had 4 sisters and 5 brothers. He attended Notre Dame High School, Clarksburg, WV and at the age of 17 joined the United States Marine Corps. He faced many trials and tribulations throughout his life to which he handled with poise and determination. He was a member of the Elks and the Moose for many years where he enjoyed playing Bingo, tip jars and happy hour.

Bob was in the Carpenters union for most of his life and worked for the construction companies, Mellon Stuart and T’maro Corporation as Superintendent where he was credited for his hard work and dedication to both companies and was a very valuable asset to the success of both. He also worked outside sales for Foster Supply where he would later decide to pursue his dream of owning his own construction company. With his perseverance, and the backing by special friends Ron Foster, Bill Bare and Chuck King, A.A.M.C., was Incorporated in 1996. The company had a successful 17 years in the construction industry, and the business was dissolved in 2013.

Bob enjoyed deep sea fishing, hunting, cooking, canning, entertaining and spending time with his family. He was known by many for making the best Spanish sausage around and for those lucky enough to get

to indulge, some of the best Morcilla ever eaten. He was an avid car collector and enjoyed his many trips to West Palm Beach, FL for the Barrett-Jackson Automobile Auctions.

Over the past 4 years he has had two bouts with lung cancer for which he underwent surgery on two occasions, had chemotherapy and radiation and lived daily with COPD requiring him to have oxygen 24/7. The family would like to thank the doctors and nurses that cared for their loved one during such a horrific pandemic. We believe that during his extended stay in the hospital, he received the utmost care and for that we are forever thankful.

Condolences may be extended to the family at www.burnsidefuneralhome.com

Memorial donations may be made to the Wounded Warrior Project at www.woundedwarriorproject.org.

Funeral services were held on Friday, February 12, 2021 at Burnside Funeral Home with Pastor Randy Alonso presiding. Entombment followed at Shinnston Memorial Cemetery, Shinnston with Military Honors by the Harrison County Honor Guard.

JOHN DEMATTEO

John DiMatteo, 68, of Wallace, passed away on Friday, February 5, 2021 at the Madison Center in Morgantown. He was born June 1, 1952 in Hammonton, NJ a son of the late John and Doris Warner DiMatteo.

He is survived by his loving wife, Linda Hayes DiMatteo.

Also surviving are his daughter, Amy Marks and her husband Ryan, and their children; Lindsay, Dustin, and Emma all of Shinnston; his son, John DiMatteo of Huntington; his brother, William DiMatteo of IdaMay; his friends and caretakers, Taylor and Chris Collett and their children, Cade and Blaine; his best friend, Mike Collett and his wife Crystal; as well as his friends, Michael and Christina Collett and their children, Kaydence and Camden; all of Wallace.

John was a proud Vietnam Veteran and served our country in the U.S. Navy. He completed four tours in Vietnam serving on the USS Oriskany. John was very devoted to his family and friends. He loved his grandchildren more than anything. He enjoyed cook-outs that he called “friendship time” and the holidays

Out Of The Past

Memorable Photographs from around Harrison County.



The old Methodist Episcopal Church at Meadowbrook in 1911. Photo courtesy of Bobby Bice.

were a very important time for him.

In keeping with his wishes, cremation services were provided by Perine Funeral Home. There will be no public services. Online memories and condolences can be shared with the family at www.perinefunerals.com

VIRGINIA ANN LORIA

Virginia Ann Loria, 84, of Clarksburg passed away on Saturday, January 30, 2021 at United Hospital Center. She was born on February 24, 1936 to the late Sam Moschella and Cinderella Perri Moschella.

Virginia is survived by her son, Samuel A. Loria of Clarksburg; daughter, R. Michele Frye and her husband Harold Q. Frye II of Clarksburg; sisters, Carolyn Moschella of Spelter and Sandra Knight of Spelter; grandchildren, Justin K Frye of North Carolina and Mikala L. Frye of Clarksburg along with several extended family members.

She was preceded in death by her husband, Frank Loria Sr. and her brother Angelo “Moe” Moschella.

Virginia worked at Pettry’s and The Stone and Thomas and she loved spending time with her family and friends.

A funeral service was held at Harmer Funeral Home Rev. B. K. Akila Rodrigo T.O.R.

o f f i c i a t i n g . Interment was at Shinnston Memorial Cemetery.

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

EARL JUNIOR “BUD” ALLMAN

Earl Junior “Bud” Allman, 75, of Nutter Fort passed away on Thursday, February 4, 2021 at his home

surrounded by family. He was born March 27, 1945 in Jane Lew a son of the late Willis David and Flora Ellen Webb Allman.

Being one of thirteen children, Bud is survived by his siblings; Jane Lamm and husband Kenny of Clarksburg; Ellen Auvil and husband Gary of Quiet Dell; David Allman of Clarksburg; Laura Allman of Nutter Fort; Sandy Allman of Clarksburg; and Paul Allman of Jane Lew; his special niece with whom he made his home, Patty Riley and her husband Jerry; as well as several other nieces and nephews.

In addition to his parents, Bud was preceded in death by his siblings, Mary Ann Wagner; Carolyn Carroll; Brenda Allman; Virginia Jones; Eddie Allman; and Peggy Geddass.

Bud was best known for sitting on the front porch on Thomas Ave. and waving at every car that passed. He never knew a stranger and was always eager to lend a helping hand to the neighbors. To put it simply, Bud loved everyone.

In keeping with his wishes, cremation services were handled by Perine Funeral Home. There will be no public services. Online memories and condolences can be shared with the family at www.perinefunerals.com

DEBRA MARIE SANDY

Debra Marie Sandy, 73, of Reynoldsville passed away on Tuesday, February 2, 2021 in the Ruby Memorial Hospital following an extended illness.

She was born in Clarksburg on August 19, 1947, a daughter of the late Robert J. and Gertrude Sutton Hardman.

She was married to Reverend Rodney Sandy who preceded

her in death on February 16, 2016.

Surviving are one son, Reverend Timothy Sandy and his wife Kim of Lumberport; one daughter, Robin Tucker and her husband Jeff of Reynoldsville; eight grandchildren, Jessica Swiger and her husband Matt, Krista Flowers and her husband Austin, Kelsie Stewart and her husband T.J., Matt Pumphrey, Amber Tucker and her husband John Phillips, Breana Tucker, Alan Tucker and his wife Megan, and Andrew Tucker; eight great grandchildren, Abagale, Madalyn, Gideon, Leviticus, Kynzlee, Judah, Alistair and Hinley; and a special cousin, Ronda Lantz and her husband David, who was like a sister to her. She was also preceded in death by one son, Robert Joseph Sandy; one sister, Mary Ann Hardman; and her father-in-law and mother-in-law, Rev. William Sandy and his wife Wilma.

Mrs. Sandy was a 1966 graduate of Victory High School. She was a member of High Rock Ministries where she was involved in the Care Program, Women’s Ministry and a teacher of the Children’s Church. She was a Board Member and Prayer Warrior of Camp Consumed where she was also in charge of the snack shack.

Private services will be held with Pastor Bobby Nuzum officiating.

The family requests that memorial contributions be made to Camp Consumed, 200 Braxton Avenue, Clarksburg, WV 26301.

Expressions of sympathy may be extended to the family at www.amoscarvelli.com. A service of Amos Carvelli Funeral Home.

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MISCELLANEOUS

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HANDS ON THE RIVER MASSAGE, Geraldine Gardner, LMT, 3422 Pennsylvania Ave., Charleston, WV. Call (304) 541-9139 for an appointment.

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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 Feb. 28, 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.

STRENGTHEN YOUR COMMUNITY! SHOP LOCAL!

LEGAL NOTICES

(2019-S-00000009 - Harrison County - JACQUELINE CLOSSON)

To: RICKEY A. MYERS C/O DONNA MYERS ETAL *21, RICKEY A. MYERS, ESTATE OF RICKEY A. MYERS, DONNA MYERS, DONNIE MYERS, JR., DAVID MYERS, RONNIE MYERS, ROBERT TUCKER, TIM MYERS, TIM MYERS, DEVINA DUNEY, REBECCA RILEY, ERIC PAUL HENSIL, ADMINISTRATOR OF RICK MYERS ESTATE, CITY OF CLARKSBURG OFFICE OF DIRECTOR OF FINANCE, CITY OF CLARKSBURG COLLECTION DEPARTMENT, ARROW FINANCIAL SERVICES, LLC ASIGNEE OF FIRST NORTH AMERICAN NATIONAL BANK PAUL ATKINS, ARROW FINANCIAL SERVICES, LLC, CT CORPORATION SYSTEM, COMMERCIAL CREDIT CORP., CITIFINANCIAL, INC., CITIFINANCIAL SERVICES INC., CITIFINANCIAL INC., CITIFINANCIAL SERVICES INC, CT CORPORATION SYSTEM, AMERICAN GENERAL FINANCE, INC. A CORP., ONE MAIN FINANCIAL GROUP, LLC, ARROW FINANCIAL SERVICES, LLC, ARROW FINANCIAL SERVICES, LLC ATTN: LEGAL DEPT., ONE MAIN FINANCIAL GROUP, LLC, AMERICAN GENERAL FINANCE INC, ONE MAIN FINANCIAL GROUP, LLC, AMERICAN GENERAL FINANCE, INC., 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 JACQUELINE CLOSSON, the purchaser of the tax lien(s) on the following real estate, Certificate of Sale: 2019-S-00000009, 1 LOT 17 A W PRITCHARD UPLAND GROVE (1421 N 18T ST), located in COAL CLARKSBURG CORP, which was returned delinquent in the name of MYERS RICKY A, 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.	\$ 517.42
Amount of subsequent year's taxes paid on the property, since the sale, with interest to March 31, 2021.	\$ 393.80
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.	\$ 840.84
Amount paid for other statutory costs with interest from following the sheriff's sale to March 31, 2021.	\$ 1,598.00
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.	\$ 3,350.06
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-00000202 - Harrison County - WAGONER LAND HOLDINGS)

To: GARLAND OF DIVINITY'S LOVE, SYLVIA KRENG, 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 WAGONER LAND HOLDINGS, the purchaser of the tax lien(s) on the following real estate, Certificate of Sale: 2019-S-00000202, .0222 INT 104.67 AC O&G JACK RUN (CONS 77928), located in COAL OUTSIDE DISTRICT, which was returned delinquent in the name of KRENG SYLVIA, 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.	\$ 98.58
Amount of subsequent year's taxes paid on the property, since the sale, with interest to March 31, 2021.	\$ 5.32
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.	\$ 798.74
Amount paid for other statutory costs with interest from following the sheriff's sale to March 31, 2021.	\$ 210.50
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.	\$ 1,113.14
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-00000190 - Harrison County - WAGONER LAND HOLDINGS)

To: LARRY MCCANN, JW CORK UNKNOWN HEIRS, 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 WAGONER LAND HOLDINGS, the purchaser of the tax lien(s) on the following real estate, Certificate of Sale: 2019-S-00000190, 1 LOT #9 WESLEY ACRES SD J W CORK HRS, located in CLARK OUTSIDE DISTRICT, which was returned delinquent in the name of MCCANN LARRY, 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.	\$ 365.31
Amount of subsequent year's taxes paid on the property, since the sale, with interest to March 31, 2021.	\$ 254.06
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.	\$ 798.74
Amount paid for other statutory costs with interest from following the sheriff's sale to March 31, 2021.	\$ 255.50
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.	\$ 1,673.61
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**

Answers

I	W	A	S		B	I	M	O	D	A	L		B	E	T	H		M	O	B	
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BE ACTIVE! STAY ACTIVE!

WV Arbor Day Poster Contest Now Accepting Entries

West Virginia fourth and fifth grade students can showcase their artistic talents by creating posters for the 2021 Arbor Day contest. The poster contest theme is “Trees are Terrific...and Growing.” The West Virginia 2021 poster contest is presented by the West Virginia Division of Forestry (WVDOF), the Urban & Community Forestry Council and the West Virginia Forestry Association. Teachers whose classrooms will participate in the contest can utilize a free educational guide from WVDOF. The guide includes in-depth lesson plans, hands-on activities and contest information. “The guide will teach students about the subject before they create their posters,” said Andy Sheetz, state contest coordinator and WVDOF partnership coordinator. “Through this contest, students have the opportunity to learn how trees grow and develop an appreciation of what trees provide us.” Each school may submit one entry for fourth grade and one for fifth grade. Entries must be postmarked by May 3, 2021. A state winner will be selected from the fourth grade and fifth grade poster entries. The educational activity guide, contest rules and other information are available online at wvforestry.com/arbor-day-in-schools. Those interested can also contact Andy Sheetz at andy.i.sheetz@wv.gov or 304-382-9574. This year, West Virginia Arbor Day is April 9 and National Arbor Day is April 30. Arbor Day has occurred each year since 1872 to celebrate the importance of trees and to encourage tree planting.

“Shinnston City Council” cont. from p.1

deeper areas may have to be contracted out since the City lacks the proper equipment.

- POLICE DEPT. – The Shinnston Police Department responded to 1,118 calls for service in January.

- P U B L I C WORKS – There were three water line breaks, three sewer digs, 23 calls for service and three nights of snow/ice callouts.

- E C O N O M I C DEVELOPMENT – A Frontier Days meeting was held on Feb. 1st and entertainment options were discussed. There is a problem finding a carnival company available the second week of September so the tentative dates selected may need to be changed. There is also a possibility that COVID may still be preventing carnival operations.

- PARK BOARD – The Park Board met via zoom on Feb. 4th to induct two new members. Chad will create a job description for a pool manager. Hiring a few people for cleaning and minor upkeep at the pool was also discussed.

- O F F I C E / ADMIN. – Carla spoke with Rusty Kuhens at Bingamon PSD about the fire fee. He has 250 customers in Harrison County and will get her the names and addresses; he believes the City should bill them directly. Carla has about 20% of the new fire fees entered for the next billing cycle.

The City Manager will complete a revenue projection report; department heads will have their requested budgets to him by the end of the month. A Finance Committee meeting will be needed in early March to prepare for the 2021 budget.

- B U I L D I N G INSPECTIONS – Twenty-seven 30-day warnings were issued in the past month. \$722.22 was received for building permits; cost of those projects was \$96,204.

- S I D E W A L K REPAIRS – An estimate for these repairs was given to Council members. Chad recommends paying half of the amount from the street budget and the remaining half from levy funding. They may hold a special meeting prior to the next work session to address this further.

Two items were on the agenda for discussion. First was the street treatment methods being used on city roads. Edwards noted that the City has mainly been using cinders. Councilman Kevin Wiles wondered about using salt. Edwards said he had reached out to other city managers and they are diluting salt for a cost savings (using 1/3 salt and 2/3 cinders or half and half). He said there are many ideas of different procedures to explore, and added that while cinders don’t melt ice, the use of salt is hard on roads and vehicles.

The second discussion item was Lincoln Apartments and the AMR Bid updates. The City Manager noted that Richard Gaines of Stantec has everything he needs, and within the next three weeks, the bid should be ready to be published. In making a choice, Edwards said the City would need the bidders’ good points to meet the City’s needs for AMRs.

The City has right of ways from everyone except 7-11 to proceed with the sewer fix for Lincoln Apartments. The Health Department has approved the fix. More power will be needed to run the temporary pump and Mon Power has agreed to install more electric. Stantec is preparing the bid for this as well.

Action items included:

-An ordinance affirming, ratifying and enacting the municipal building code of the City of Shinnston, an ordinance amending prior ordinances of the City of Shinnston by providing for the adoption of the West Virginia State Building Code set forth and defined by Title 87, Series 4 of the Code of State Rules, as amended. Passed unanimously.

-Council approved opening a special checking account for donations and funding for a new stage on the downtown greenspace, a project to be completed as an Eagle Scout project.

-Council approved the two new Park Board members who will replace Duane Gump and Bob Riley; the new appointees are Walter Post and Lou DelRio.

-Lastly, Council voted unanimously to renew the one-year contract of City Manager Chad Edwards with a raise of \$5,000. They will also look into the auto-renew language for his next contract renewal. Edwards’ 2021 contract will expire in January of 2022.

Edwards thanked Council for the renewal, and later spoke privately with The News & Journal, saying, “I am absolutely thrilled to be here and after two years on the job here, I still love it! Shinnston truly has become ‘my home’. I work well with all members of City Council and believe that we have an open and good working relationship. I inherited a few problems when my job here began ... and then came the challenges of COVID-19, but we’ve done well and I look forward to having the opportunity to accomplish more here as time moves forward.”

“Tom Brady Effect” cont. from p.6

small change today and another small change next week. They start to add up, but they have to be sustainable. Remember, garbage calories in, garbage training out. And for those who need extra help shedding body fat or gaining muscle mass, Vault has affordable, easily accessible personalized treatment plans and supplements to help men get the results they desire,” says Dr. Spar.

2. Treat sleep like the priority it is. Brady’s in bed at 8:30 pm every night. He knows quality sleep can improve reaction time, increase overall health, increase focus and accuracy, and prevent mental errors. He naps. He solves a series of brain puzzles before bed to destimulate his brain, allowing him to get to sleep by 9 p.m. and wake up without an alarm.

FOR YOU – Get enough sleep! Besides the above-mentioned sleep benefits; late at night, people make poorer choices with food and alcohol. Shutting it down on the early side can reduce those temptations. Throughout the day, take time to rest when you can. Think about your craft, sport, or work – in a positive way – before going to bed.

3. Hydration is key. After he hops out of bed at 6 a.m., the first thing Brady reaches for is a 20-ounce glass of water infused with electrolytes. Then he sips a smoothie, which typically contains blueberries, bananas, nuts, and seeds. Pretty normal. During his 8 a.m. workout, he drinks more electrolyte-infused water, followed by a post-workout protein shake. When all is said and done, Brady drinks anywhere between 12 to 25 glasses of water a day. (However, he trains a lot harder than the average human being, so the 25 glasses of water make sense for him.)

FOR YOU – In general, you should try to drink between half an ounce and an ounce of water for each pound you weigh, every day. “For example, if you weigh 150 pounds, that would be 75 to 150 ounces of water a day,” says Dr. Spar.

4. Strengthen your overall health with supplements. Tom Brady has talked extensively about the supplements he takes in many interviews, which include whey protein powder, protein bars, multivitamins, probiotics, and a B complex, to name a few.

FOR YOU – “The best thing to do before starting to take any supplements is to consult your doctor, conduct a full self-audit of your mood, physical health, ability to focus, and overall wellbeing throughout the day to properly assess the areas you’d like to improve and what your overall goals are.

5. Train your brain, not just your body. Brady spends 15 minutes per day playing brain games, drilling his cognitive speed and pattern recognition. That prep, plus film study gives Brady the special edge he needs to outplay the opposing team’s defense at the line of scrimmage.

FOR YOU - “It’s natural for memory and cognitive function to decline with age, but there are many things you can do to rapidly slow down this process

6. Focus on longevity. Every season is predicted to be Tom’s last. Every summer the columnists and commentators declare he’s too old to perform at the top of the sport: He should retire, what else does he have to prove? He should exit on top, with his legacy intact.

FOR YOU – “Forget everyone else’s narrative for your life and your activities. If you still have a passion for your work or your sport, there is no reason to stop. It is also important to remember that once you stop it will be difficult to start back up or reach the level you have already achieved,” says Dr. Spar. For more information about how men can live a long, healthy life and thwart the negative effects of aging as Tom Brady has successfully done over the years, visit vaulthealth.com/consumer-health.

“RGPAC” cont. from p. 1

date 9-11-21

The Robinson Grand continues to execute private rentals that follow pandemic guidelines and safety measures. In lieu of public events, the theater has been creating virtual content for the community to enjoy as part of their Ghostlight Series. This popular series has included holiday content in December, Facebook live concerts featuring WV singer/songwriters in January, and is currently airing the Broadway Valentine series in February. Coming in March, area high school students will be featured in the highly anticipated Ghostlight Series: High School Edition.

Patrons can view video episodes from all available seasons of the Ghostlight Series by heading to the Robinson Grand Facebook Page or YouTube Channel.

“How to Take Blood Pressure” Cont. from p. 5

bathroom before your reading. You will want to rest in an upright position for a couple minutes.

2). Once I have the right seating position, what should I do with the blood pressure cuff?

You are going to want to rest your arm on a flat surface with your palms facing up. Place the blood pressure cuff on your bare upper arm just above your elbow. Your arm should be relaxed, the cuff is at the same height as your heart. Now rest quietly for five minutes before taking the first measurement. Avoid talking while taking your blood pressure measurement.

3). Okay, so I have taken my first blood pressure, what is next?

Once your first blood pressure measurement is completed, write down your first blood pressure reading, along with your pulse. Wait one minute and repeat this process again. As we have discussed, it is important to take your blood pressure around the same time each morning and evening. Be sure to share your blood pressure numbers with your doctor. It is important to discuss these readings with your health care professional so your care plan can be changed if necessary.

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“Pet Travel”

cont. from p. 6

who love to dig in the sand and frolic in the waves, pet parents are bringing their families to beachfront condos and lakefront vacation rentals to allow their dogs to enjoy the water and all the excitement that comes along with it. Additionally, more travelers are choosing privately-located vacation rentals and resorts when including their pets on their trips. This allows everyone, even the four-legged family members, to kick-back and relax in more secluded settings.

Safety Measures Are Key

It’s second nature for most people to buckle their seatbelts in their vehicles, and to make sure their other travelers are buckled up as well. But what about their pets? The good news is an increasing number of pet parents are also properly securing their precious furry family members in their vehicles. Pets have often been allowed to travel unsecured, which in the end poses a danger to themselves and others in the vehicle. The important and necessary safety measure of securing pets when traveling is trending among pet parents, and they are choosing to properly secure their pets with pet seat belts, travel kennels, vehicle pet barriers, and even pet car seats.

Pet Amenities Are Popular

When selecting places to stay, pet parents like to compare the special amenities that are available. As a result, many pet-friendly accommodations now offer expanded services, pet concierges, and on-site options for people and their pets. They realize that making pooches happy goes a long way in making pet parents happy, too! Offering unique and exclusive pet amenities is another way that pet-friendly lodgings are making themselves specialized for people and their pets. These pet perks can range from presenting pet welcome baskets at check-in, to offering special on-site play areas, and even providing room service just for pets!

Activities Are Pet Centric

Many businesses are jumping at the chance to “roll out the red carpet” in welcoming people and their pets. More readily available pet-friendly activities and experiences are popping up for people and their

pets. This quickly expanding activity list includes boating and sightseeing, going on whale watching tours, visiting wineries, mining for gems, stopping by pet-friendly breweries and restaurants, and popping in at local dog bakeries for some homemade treats.

Trips Are Adventurous

Pet parents are skipping the ordinary and jumping to the extraordinary when it comes to adventures with their pets. This type of adventure trip revolves around experiencing new and exciting activities for the first time. These include highly active and adventurous things to do, such as hiking to a mountain summit, participating in a 5K race, or getting down

and dirty in a mud run. However, pet parents are also choosing more low-key adventures, such as exploring caverns and caves, walking through towns on ghost tours, kayaking and paddle boarding, or just visiting historic sites. Ultimately, more pet parents are bringing their pets along for this wide assortment of new adventures.

“Your Numbers”

cont. from p.5

are with the handy graph on your screen. This is something you want to refer to often and you can find this chart by going to www.heart.org/bplevels.

3). Taking your pulse versus checking your blood pressure, do these health measurements indicate the same problem or a different issue?

While both are indications of health, blood pressure and heart rate (pulse) are two separate measurements.

Your blood pressure is the force of your blood moving through your blood vessels; your heart rate is the number of times your heart beats per minute.

- These are two separate measurements and indicators of health.
- For people with high blood pressure (HBP or hypertension), there is no substitute for measuring blood pressure.


Your blood pressure is recorded as two numbers:

- Systolic blood pressure (the first number) – indicates how much pressure your blood is exerting against your artery walls when the heart beats.
- Diastolic blood pressure (the second number) – indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

A rising heart rate does not cause your blood pressure to increase at the same rate. Even though your heart is beating more times a minute, healthy blood vessels dilate (get larger) to allow more blood to flow through more easily. When you exercise, your heart speeds up so more blood can reach your muscles. It may be possible for your heart rate to double safely, while your blood pressure may respond by only increasing a modest amount.

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



American Heart Association

heart.org/bplevels



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2020 SECOND HALF PROPERTY TAXES ARE NOW DUE

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ROBERT G. MATHENY

SHERIFF & TREASURER

HARRISON COUNTY

Teets couldn’t do it alone. Even with the help of his partners, he still needed his right-hand man, well, woman on board. While his wife of 15 years, Ginnie, knew of his love of sport shooting and his desire to open the business, it was a Christmas present that Teets bought his wife that ultimately drew her into the business.

“I bought her a shotgun for Christmas, which earned me a ‘you got to be kidding’ response. While she was not enthusiastic at first, just a couple of visits to the range was all it took,” Teets explained.

Following his philosophy that clay shooting is the perfect family sport, Teets’ whole family participates. “My oldest son Brandon, who is 21 and a college student, loves to shoot, as does my

The new shooting range has already been recognized for its central location and class A facility. They have hosted two West Virginia State Championships and a number of league activities. This year, they will host five sanctioned two-day matches for the National Sporting Clays Association.

Its Wednesday Night League — shooting under the lights — has become a big hit with those just venturing into the sport. From May to October the facility hosts Dine and Shoot every Thursday night where participants can take on 50 targets then dine on a delicious BBQ dinner catered by the Stonewall Resort, all for just \$50 to \$90 a person, depending on your shooting preference.

The range can accommodate up to

wife and our nine-year-old, Zoey. The younger girls — Katie, 7, and Gracin, 5 — keep score and run the target projection equipment. It makes for a perfect family outing.”

In 2019, Stonewall Sporting Clays opened for business with a 16-station course complete with state-of-the-art automated equipment. There is also a heated five-stand facility for year-round comfort. The five-stand features competitive skill testing for up to five shooters on a variety of target angles, locations, and distances. It also provides a suitable environment for instruction of new shooters.

A spacious lodge features restroom, refreshment area, comfortable seating and a retail corner for apparel and accessories.

Teets explains that Stonewall Sporting Clays make it easy. If you’re an experienced shooter, the modern equipment and challenging course are a marriage made in heaven, he said. If you’re a beginner, SSC can provide the gun, ammunition and an ATV to help you get around the course. They will even provide basic instruction.

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The range can accommodate up to

150 shooters at the same time. An average person can visit all 16 stations and fire off 50 to 100 rounds in about two hours. If you have your own gun, ammo, and ATV all you have to do is arrange for range time.

Stonewall Sporting Clays also extends a 10% discount to all military, law enforcement and first responders. Prices are what Teets calls “very reasonable.”

Teets still finds a little time for auctioneering of what he terms special events, like the Barrett-Jackson Antique and Classic Car Auction that he works five times a year.

Teets is extremely pleased with the reception his business has received from central West Virginia and beyond.

When asked what the future holds for his venture, Teets didn’t hesitate. “I just love introducing people to this great sport. I want the facility to grow as a safe, family-oriented venue. If you like to shoot, you really need to come and try clay shooting at Stonewall Sporting Clays. We also plan on building a 3-D archery course in the near future.”

Teets would also like to help develop programs for youth, maybe even in conjunction with area high schools. “Clay shooting is already an Olympic sport, plus there are a lot of college scholarships available in the shooting world which young people can take advantage of”, he explained.

The owner and his staff of seven invite those interested in sharpening their shooting skills or just trying something new to come to Stonewall Sporting Clays, check out the facility and be a part of the fastest growing sector in the shotgun shooting world.

The facility is open Tuesday through Sunday from 10 a.m. to dark. Appointments are preferred. Call 724-231-3812. Email Teets for additional information at: kevin@stonewallsportingclays.com Check out their website at stonewallsportingclays.com