

Food For Thought

By Leigh Currey Merrifield

Editor

March Forward – Into Spring!

Spring doesn’t ‘officially’ begin until March 20th, but we’ve certainly experienced a little winter reprieve lately with somewhat warmer temperatures and a little welcomed sunshine at least for a few days. AND, here’s another plus ... in just a few days Daylight Saving Time will begin, offering us an extra hour of daylight in the evening. So don’t forget to move your clocks ahead one hour this Sunday, March 14th!

Experts say that tampering with our clocks – whether springing forward or falling back an hour – has a very dramatic and adverse effect on our bodies. Supposedly, according to one Mayo Clinic sleep neurologist, we have a more difficult time with springing forward than we do falling back – because we lose an hour’s needed sleep. This M.D. said this effect on our body is comparable to jet lag if we fly from one time zone to another and find the hours on the clock not in accordance with what our body clock thinks it should be. This being “out of our NORMAL routine” is a difficult adjustment. Well, typically I might agree, but after the year we have just endured, with very few things being “NORMAL” any more, I think we just might adjust fairly well to this time change in a few days! I know I’m VERY anxious to have an extra hour of daylight in the evening and I’m looking forward to warming temperatures! I’ve seen proof already

that we’re SO READY for the change to Spring that is on the way. One recent sunny afternoon, I was returning from a meeting and the cars were lined up at Gibby’s in Shinnston with people exiting its drive-thru window with ice cream ... and there were LONG, LONG lines at the car wash as well. Then, as I approached my driveway, I also noticed throngs of birds in the yard searching for worms. Even the birds are anxiously awaiting this change!!!

A survey conducted by the American Academy of Sleep Medicine, an organization representing sleep scientists and clinicians, says that most Americans will feel fatigued after Daylight Saving Time begins in the Spring. We’re already SO fatigued – of COVID and all that it has thrown at us over the last 12+ months – I think we’ll be able to bounce forward with gusto this year!!! We’re READY to throw evening darkness out the window and embrace that extra hour of daylight.

They say that getting more sleep equals better health, so we should expect that losing that one hour of sleep is going to have a negative effect on our body. Okay, so EXPECT IT! Why not try to prepare for it in advance to perhaps make the transition easier? There are a few simple things we can do to help that happen; for example, make it a point to go to bed earlier. When you wake up, eat a healthy

breakfast first thing in the morning because food will tell your body it’s the start of a bright new day. And if it’s a sunny day (even if it’s a little chilly), throw on a sweatshirt and take a little walk. Exercise can also help your body clock to adjust, and some fresh air may help you sleep better.

Take notice every day of your surroundings; begin to watch for some greenery beginning to pop up through the ground. At my house, it’s usually the hostas that I notice springing to life first. Before we know it, we’ll see more than just bark on the trees; they too will begin to show signs of greening and leaves will start to bud. I can’t recall a year when I’ve looked forward to this quite so much. Seeing the signs of Spring this year may be enough to make us all weep!

There is a quote that I often try to remember as winter comes to an end. It says something like ‘no winter lasts forever, and no spring will miss its turn’. It won’t be long now, folks, and Spring will get its turn to shine! There may still be a few chilly days coming our way, but let’s find hope in the fact that spring is drawing near ... and rejoice in it! Spring forward ... and look forward to it.

This week’s dessert: “It’s spring fever. That is what the name of it is. And when you’ve got it, you want – oh, you don’t quite know what it is you do want, but it just fairly makes your heart ache, you want it so!” ~ Mark Twain

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.

March 11, 1847: Boone County was formed from parts of Logan, Kanawha, and Cabell counties and named for Daniel Boone.

March 11, 1848: Putnam County was formed from portions of Kanawha, Mason, and Cabell. The new county was named in honor of Gen. Israel Putnam, who commanded the Continental Army at Bunker Hill.

March 11, 1856: Roane County was created from parts of Kanawha, Jackson, and Gilmer counties. The new county was named for Judge Spencer Roane, a son-in-law of Patrick Henry.

March 12, 1835: Marshall County was created from part of Ohio County. The

county was named for John Marshall, chief justice of the U.S. Supreme Court.

March 12, 1850: Wheeling Hospital was chartered. During the Civil War, the institution was used as a general military hospital. The Sisters of Saint Joseph were hired as army nurses, treating wounded Union and Confederate soldiers side by side.

March 13, 2002: Herbalist and folk doctor Catfish Gray died in Huntington. Gray was known for his vast knowledge of traditional plant lore and for his quaint and engaging personality. At the height of the folklore revival of the 1970s, Gray was a frequent newspaper and television interview subject.

March 14, 1931: Noting the interest in the annual reunion of Carnifex Ferry battle veterans, the legislature created the Carnifex Ferry

Battlefield Park Commission.

March 15, 1882: Union leader Frank Keeney was born on Cabin Creek, Kanawha County. Keeney, who went to work in the mines as a boy, became a rank-and-file leader during the Paint Creek-Cabin Creek Strike of 1912–13.

March 15, 1952: Governor Earl Ray Tomblin was born in Logan County. He was elected as a Democrat from Logan County to the House of Delegates in 1974, when he was only 22 years old and still a senior at West Virginia University.

March 16, 1906: Country musician Buddy Starcher was born Oby Edgar Starcher near Ripley. In 1946, Starcher cut his first recordings on Four Star, including his best-known composition, “I’ll Still Write Your Name in the Sand,” which became a hit in 1949.

STICKY STICKY
CROSSWORD CROSSWORD

Super Crossword

ACROSS

1 Plates, e.g.
6 "Star Wars" villain — the Hutt
11 Longtime fashion mag
16 "Got it!"
19 Muslim god
20 Has left the office, say
21 Bilbao locale
22 "Whether — nobler ..."
23 Sudden-death extra in a golf tournament
25 Supermodel Klum
26 Hi-fi platters
27 Cook gently
28 Behave obsequiously
31 Secretive U.S. org.
32 Redding of song
36 Opp. of horizontal
37 Film preview
38 Sort who's at hand whenever needed
42 Part of a hunting outfit
43 Lucy of "Kung Fu Panda"
44 French painter Rosa

45 Narcissists
48 Bone: Prefix
50 Insult, informally
51 YWCA part
54 Yule, briefly
57 Small Vlasic offering
63 Domestic Explorer Ericson
68 Glossy surface
69 "As above," in a footnote
70 Morning joe, maybe
75 Tear to bits
76 Gambols
78 Inventory
79 Board, as a ship
81 One who's distraught with feelings
86 1/16 ounce
87 Perfectly
88 "— aboard!"
90 Baker's unit
94 Pec-building exercises
98 Tilling tools, to Brits
101 King, in Caen
102 Old Peruvian
103 Connections making people feel close
108 Big name in hygiene products

111 "QED" part
112 Beneficiary
113 Certain PC readout
114 Purplish fruit spread
117 Male ducks
120 — Lingus
121 Rivulet
122 What the last word of 23-, 28-, 38-, 57-, 70-, 81-, 103- or 114-Across is a synonym of
126 Hang behind
127 Giant in life insurance
128 Televised
129 "... and vice —"

130 Hip-hop "Dr."
131 Hide, as loot
132 Old Russian dynasts
133 German city

DOWN

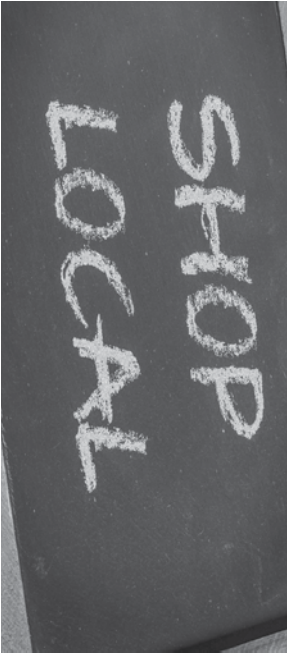
1 Does a fist bump, colloquially
2 Chicago's home
3 Close loudly
4 The Caribbean's — Islands
5 Slipper, e.g.
6 Peanut butter brand
7 Volcano stuff
8 Startling cry
9 Light source in a socket
10 Had dinner at a friend's house, e.g.
11 Note equivalent to 66-Down
12 Not necessarily against
13 Spoke
14 In the — of (during)
15 In readiness
16 Map-filled references
17 Most with it
18 Alleges
24 Ice-cream alternative, for short
29 "Scream" director Craven
30 Sitarist Shankar
33 Weight unit
34 With a sharp picture, briefly
35 Shrek creator William
38 "Gigli" co-star, familiarly
39 Certain nuclear weapon, for short

40 "Be silent!"
41 Adolescent
46 Country's econ.
47 Suffix of medical conditions
49 Free (from)
51 Plump bird
52 "— From Muskogee" (1969 hit)
53 Annoys
55 Circle part
56 Ionian, e.g.
58 Upper crust
59 Purity of a color
60 Razor-sharp
61 Advanced
62 Lead-in to skeleton
63 Give a job to
64 Former Laker Lamar
65 Office letter
66 Note equivalent to 11-Down
71 Do a tax task
72 J.D. Salinger title girl
73 "— be my pleasure"
74 Baby of a boomer
77 In — (as first found)

80 Big name in beer brewing
82 "Alley —!"
83 Condé —
84 Mall lure
85 Spill clumsily
89 Guitar's kin
91 Con artists
92 Abridge
93 Took cover
94 Patchy horse
95 Vague
96 Plague
97 Fit as a fiddle
98 Sound of falling hail
99 F-J link
100 One of two in "crocodile"
104 Wading birds
105 R&B singer — Badu
106 — Mahal
107 Accuses
109 PLO head Mahmoud
110 Brimless cap
115 "The Godfather" score composer Nino
116 Some med. scans
118 All-night bash
119 Comic Laurel
123 Eon subunit
124 Bonn article
125 TSA requests

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Find the Super Crossword Answers on Page 8!



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Shinnston Harrison County

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Michael Showell
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Leigh Merrifield
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Debra Smith
Advertising

Bill Nestor
Sports Editor

Sandy McIntyre
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N&J Briefs

Frances Benjamin Johnston Exhibit Now Open

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; 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.

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 debbieez7@yahoo.com We look forward to helping you start your beekeeping journey and will help you every step of the way!

HOPE, INC. DOMESTIC VIOLENCE SUPPORT GROUP

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

KIDDING AROUND YOGA

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

CELEBRATE RECOVERY

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

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Frances Benjamin Johnston was a remarkable West Virginian who forged a prolific career as a photographer in a time hostile to professional women.

The Harrison County Historical Society is hosting the Preservation Alliance of West Virginia’s traveling exhibit about Frances Benjamin Johnston, a prominent artist and photographer from West Virginia. “Frances Benjamin Johnston: West Virginia Icon” officially opened on March 1st and will run through the month of March. Visitors may view the exhibit on weekdays between the hours of 9:00 a.m.- 5:00 p.m. at 445 West Main Street, Suite 150, Clarksburg. The exhibit is free, but parties must be made of four or less individuals and need to make an appointment prior to attending the exhibit to ensure compliance with COVID-19 safety policies. You can contact the HCWVHS by phone

at (304) 709-4902 or by email at hewvhs@gmail.com in order to make an appointment. The exhibit includes enlargements of approximately twenty rare photographs from the Library of Congress collection that embody Johnston’s career over the span of sixty years. Johnston was a trained artist and photojournalist who worked as a portrait photographer for high society in Washington, D.C. including Teddy Roosevelt, Booker T. Washington and Mark Twain. She transitioned into photographing gardens of the rich and famous during the 1920’s and then got interested in architecture, especially humble dwellings of colonial times that were falling into ruin

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“Term Limits Amendment”

cont. from p. 1

helps ensure they serve the people rather than themselves.”

“I’ve been proud to unwaveringly push for constitutional officer term limits since I was first elected State Auditor,” said Auditor J.B. McCuskey. “We’ve seen newly elected constitutional officers bring fresh ideas to modernize and reform their office to better serve the citizens of our state. In the last election cycle, I made the commitment this would be my last term as State Auditor. I believe term limits will help ensure

our statewide elected officials maintain offices that efficiently and effectively serve the people, and I’m proud to stand with our group in support of SJR 11.”

“Those of us who have replaced long-time incumbents know how difficult it is to reform an office after decades of one-person control,” said Commissioner of Agriculture Kent Leonhardt. “We have to spend too much time during our terms to simply right the ship. Establishing term limits will help guarantee that these offices are

constantly improving, forcing politicians to be more focused and seek faster change.”

“I’m happy to support the resolution to establish term limits for the Board of Public Works,” said Attorney General Patrick Morrissey. “I have pushed for a similar resolution in the past and believe it will restore more power back to the people.”

“Government is best when it is close to the people,” said Secretary of State Mac Warner. “Term limits for constitutional

officers will ensure the exchange of fresh ideas while granting ample time for office holders to accomplish the goals and challenges they were elected to address.”

West Virginia currently has term limits for the offices of Governor and sheriffs. If Senate Joint Resolution 11 is adopted by the Legislature, the proposed amendment extending term limits to the other statewide offices would need to be approved by the voters during the 2022 General Election.

“RGPAC’s Ghostlight Series”

cont. from p.1

out by the Robinson Grand Performing Arts Center back in January. Over 50 audition videos were submitted to the center and the difficult selection process began.

When creating her video, 16-year-old Emma Davisson remarked, “I enjoy using my ring light and filming for my YouTube Channel, so I approached my audition tape in the same manner.”

Once the talented ten students were selected and announced, planning began for a safe and socially-distanced filming so that the students could perform their pieces live on the Robinson Grand stage.

Rachel Yurkovich, mother of Corinne Yurkovich who performs in the series, said, “This was bittersweet for us to watch. It has been a long year and not what they hoped their senior year would be. The current seniors have missed so much, especially in the realms of music and theater. For those 60 minutes of filming, we watched Corinne do what she loves and makes her happy. It was a blessing.”

Kaleigh Nutt, a 14-year-old student at Robert C. Byrd High

School, performs in her school’s show choir and also takes voice lessons with Pam Krall. She said, “It means a lot for me to be able to perform! Being without it causes me to not feel like myself. I’m more myself when performing because that’s what makes me happy!”

The last time Nutt was able to perform live was back in February of 2020 until her time on the Robinson Grand stage while filming for the series.

The Ghostlight Series is a collaboration with The Vintage Theatre Company, LLC, Geminiye Studios, local artists, and students. Patrons will be able to view the series through the Robinson Grand Facebook page at (<https://www.facebook.com/RobinsonGrand>) or on the RGPAC’s YouTube Channel (<https://bit.ly/RGPACyoutube>).

The first Series Performance was on March 5th at 7p.m. with Corinne Yurkovich of Bridgeport High School singing, dancing by Brook Lantz of Philip Barbour High School, and Notre Dame High School student Nicole Schumacher singing.

Episode 2 will be

aired on Friday, March 12, 2021 at 7pm with performances by:

- Ben Long (17 years old, Notre Dame High School) singing “Find Your Way Again” by Ben Long
- Kaleigh Nutt (14 years old, Robert C. Byrd High School) singing “Anyone” by Demi Lovatto

Episode 3 will be on Friday, March 19, 2021 at 7pm with performances by:

- McKenzie Fittro (18 years old, Notre Dame High School) singing “Va Godendo” from the opera Serse by Handel, accompanied by Josh Stubbs on piano and Jeremiah Smalldridge on recorder

- Jessica Nuzum (16 years old, Liberty High School) singing “Overwhelming” by Jessica Nuzum
- Maelee Henderson (16 years old, Robert C. Byrd High School) singing “(You Make Me Feel Like A Natural Woman” by Aretha Franklin

Episode 4 will be on Friday, March 26, 2021 at 7pm with performances by:

- Maryn Seamon (16 years old, Notre Dame High School) singing “Lost in the Brass” from the musical

Band Geeks by Tommy Newman

- Emma Davisson (16 years old, Bridgeport High School) singing “Out Here on My Own” by Irene Cara from the musical Fame by Lesley Gore and Michael Gore

“This difficult time has made me realize how much performing means to me. You never know how much you miss something until you don’t get to experience it anymore. I am so thankful to be able to perform in the midst of this unprecedented time and to bring light to our community again,” says Maryn Seamon, a 16-year-old student at Notre Dame High School.

All of the previous episodes in The Ghostlight Series are available to the public for viewing completely free of charge on the Robinson Grand Facebook page (<https://www.facebook.com/RobinsonGrand>) or on the Robinson Grand Performing Arts Center YouTube Channel (<https://bit.ly/RGPACyoutube>). Donations to the Robinson Grand are being accepted via PayPal link on each viewing platform.

HCSCC SPOTLIGHT

Featuring news from the Harrison County Senior Citizen Center

JoAnn James Joins Black History Month Book Discussion With Senior Book Club



JoAnn James is pictured here reading to Energy Express in 2020.

Black Heritage Colson Whitehead with Festival Board Member the Harrison County and local writer JoAnn Senior Citizens Center James joined a virtual (HCSCC) Book Club on book discussion of Wednesday, February “The Nickel Boys” by 10th.

“The Nickel Boys” was recommended by Clarksburg-Harrison Public Library Manager Julia Todd for the Club’s Black History Month selection for 2021.

“This book was also highly recommended by Phyllis Moore who is an advocate for West Virginia authors and reading,” Todd stated. “The author is a new Pulitzer Prize winner and was scheduled to be at the 2020 West Virginia Book Festival, but the Festival had to be cancelled due to COVID-19.”

Whitehead’s novel is based on a true story of two boys sentenced to a wretched reform

school in Jim Crow-era Florida. Abandoned by his parents, Elwood, one of the main characters, is in high school and is kept on the straight and narrow by his grandmother. He is about to start classes at a local college, but for a boy in the Jim Crow South of the Early 1960s, one innocent mistake is enough to

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Senior Center Contributes Handmade Valentines For Home Federal Credit Union’s Outreach Project

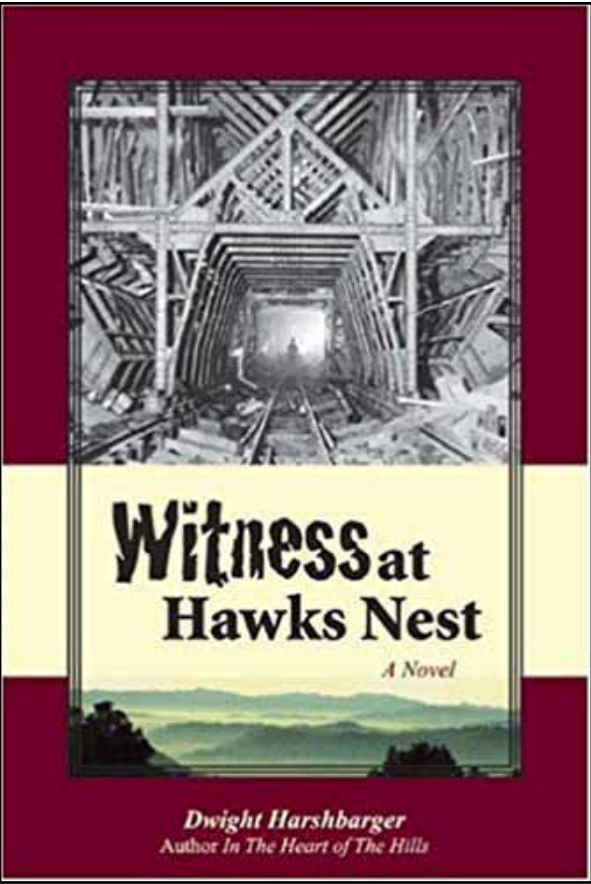


Pictured l-rt, Harrison County Senior Citizens Center Board Officers Donna Stuart and Bill O’Field present handmade valentines for nursing home residents from the Center to Home Federal Credit Union Member Service Representative Jordan Margenau.

Harrison County home residents. typically would. The purpose of “This is the first time we have partnered with a local business in a card making project,” reported HCSCC Board Secretary Bill O’Field. “Over the years, local businesses have been very supportive of the

Continued on Page 9

Details Of Upcoming April Book Club Mtg



The next meeting of the Harrison County Senior Center’s Book Club will be on Wednesday, April 14th at 12:45 p.m. via Zoom. Participants will be discussing “Witness at Hawks Nest” by Dwight Harshbarger.

During the Great Depression in 1930, thousands of men, mostly African Americans, were attracted to West Virginia for a job paying twenty-five cents an hour. Union Carbide’s Hawk Nest tunnel was being drilled through

near-solid rock. Within months, a mysterious illness and eventual death took many workers. The company doctors labeled it “tunnelitis”. It became America’s worst industrial disaster.

The case for the company’s responsibility for the deaths is exposed by a company paid deputy sheriff who secures the first autopsy of a tunnel worker. Along with the surviving daughter of a tunnel worker/union organizer, they risk their lives to expose the truth about the workers’ lack of respiratory protection resulting in death from silicosis.

To find out what happens, join the Book Club discussion on April 14th – even if you haven’t read the book!

For more information about the Book Club, the virtual meeting, and to find out how to get a copy of “Witness at Hawks Nest” to read, call 304-623-6795.

Good Reading Recommendations

As we settle into the month of March, knowing that Spring is very near, it is important to realize that there will likely be many cool, wet, and windy days ahead to get through. After suffering through the pandemic for months now and tolerating more isolation than we’re accustomed to ... along with winter weather, the hope of Spring bringing some relief is encouraging – especially for senior citizens who have perhaps felt even more secluded than others have.

you can at least feel comfortable sitting outdoors for a while, an enjoyable hobby that is suggested for seniors is reading. Getting lost in a page-turning book can enhance both your mental and emotional health while you still must deal with staying indoors.

Whether it’s poetry or prose, fiction or nonfiction, research indicated that readers may experience many health benefits. Here are a few reasons to curl up with a ‘good read’:

- Improves brain functioning
- Reduces stress
- Helps combat

anxiety

- B o o s t s happiness and life satisfaction
- Helps you fall asleep

If you enjoy reading, here are a few other books that are recommended by the Senior Center’s Book Club and are available at your public library: “The Nickel Boys” by Colson Whitehead, “Haunting at Howard Hill: A Ghost Story” by Betty Larosa, and “The Redbird Christmas” by Fannie Flagg.

Let a good book help you pass the time as you wait for warm weather!

HCSCC Announces Next Board Meeting

The Senior Center’s next upcoming Board meeting will be held via Zoom on March 25, 2021 at 1:00 p.m. To receive information on how to join the meeting, call 304-623-6795 prior to the meeting.

During the board meeting, Katie Hudak, Currently serving on Director, from the the Harrison County

HCSCC Continues Convenient COVID-19 Drive-In Testing



The Harrison County offer free (drive-in) Senior Citizens COVID-19 testing for the community in their parking lot on Tuesdays

and Thursdays from 11:00 a.m. to 6:00 p.m. at 500 W. Main Street in Clarksburg. No appointment is required.

Individuals who wish to be tested should park in one of the three convenient spaces that have been set aside for testing in the Center’s parking lot and follow the instructions that are posted there.

For more information, please call 304-623-6795.

The Harrison County Senior Citizens Center Building and Satellites currently remain closed to the public by Governor’s Order 39-20. When permission is granted to reopen, information will be posted via printed and online media. Transportation, Food Box Programs, and In-Home Services continue to be provided during the pandemic.

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High School Hoops Are Back!



The Bottom Line

By Bill Nestor
Sports Editor

This is normally the time of year when high school basketball is putting the finishing touches on another campaign. Ironically, it was when COVID-19 claimed last year's hoop glory that the girls basketball tournament was happening and Lincoln and Bridgeport were making a push for a title. On the boys side, Robert C. Byrd was riding a 22 game win streak into regional action and Notre Dame was peaking at the perfect time. The timing of the sports shutdown could not have come at a more inopportune time. A year long hiatus has finally given way to a delayed start to the regular season.

Preseason preparation was severely reduced, causing coaches to scramble to implement game plans. They were forced to cram everything into a 2 ½ week period and they will be forced to add the remainder of

their packages during the early stages of the season. Player evaluation that dictates rotations and playing time was also hurried and will likely be adjusted more on the fly than usual. Nonetheless, coaches, players, families, and fans alike are extremely ecstatic to have the opportunity to have games.

Now that we are back to playing hoops, the next order of business is getting used to the new classifications. There are now four of them that include a brand-new class AAAA category. Bridgeport will compete here and both the boys and girls will compete with Buckhannon-Upshur, Preston, and University in Region 1 Section 2. In Class AAA on the boys side, Liberty, Lincoln, and Robert C. Byrd can be found in Region II Section 2 along with Elkins and Lewis County. Notre Dame elected to play

up and made one of the biggest leaps in the state, going from Class A to Class AAA. The Fighting Irish can be found in Region II Section I along with East Fairmont, Fairmont Senior, Philip Barbour, and Grafton. Notre Dame's girls program will compete in Class AA in Region II Section 2 with South Harrison, Trinity, and Braxton County. The South Harrison boys Class AA are also in Region II Section 2 but their opponents are slightly different and condensed with just Braxton and Clay Counties respectively.

The start of a new season would not be complete without a preseason poll. It puts expectations on some and provides motivation for others. Either way it is a measuring stick that is used to get a pulse on teams as seen by the Associated Press.

On the boys side in Class AAAA, Martinsburg owns the top spot with Morgantown in a tie for 5th with Woodrow Wilson. University slides in at 8th. In Class AAA, Robert C.

Byrd claimed the No.1 ranking. The Flying Eagles garnered eight often first place votes. Notre Dame owns the 8th place and Lincoln is 10th. In Class AA, South Harrison is 21st.

In girls hoops, in Class AAAA, Morgantown is 5th and Bridgeport is in a tie with Greenbrier East for 10th. Class AAA is led by Fairmont Senior and the Big 10 Conference has four teams in the Top 10. North Marion is second. Lincoln owned the 8th slot and East Fairmont is 10th. The Big 10 has long been a big player on the hoops scene and it would not be surprising if a state champion from both the boys and girls sides ended up with a state championship.

If a title is brought back to Harrison County on either side, the delay in the season would be worth it. The chase that officially starts now is what it is all about and it means one thing... basketball is back and we all are in a better place because it is!

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



It's that time once again to acknowledge the efforts of Harrison County's student athletes. Each week a panel will take a look at the information collected to make the best choices possible. They will review the performances of the athletes from the six schools (Bridgeport, Liberty, Lincoln, Notre Dame, Robert C. Byrd, and South Harrison) in our county.

The Shinnston News and Harrison County Journal's Athletes of the Week Award is an avenue that is used to promote the youth of our county, while bringing attention to their athletic accomplishments.

This past week's winners are Robert C. Byrd's Victoria Sturm and Lincoln's Zach Snyder.

Flying Eagle basketball standout, Victoria Sturm had an impressive first week of the season. Sturm collected a double-double (38 points and 13 rebounds) in the season opening OT win over Philip Barbour. Sturm also dished out five assists in the victory. Sturm helped her squad to a second win in as many games scoring all 13 of her teams points en route to a game high 22 points. Sturm finished the week with an 11 point effort in a loss to Parkersburg Catholic.

Cougar hoopster, Zach Snyder scored a game-high 18 points in Lincoln's opening game loss to Buckhannon-Upshur. Snyder also dished out three assists in the lock-up with the Bucs.

Congratulations to Robert C. Byrd's Victoria Sturm and Lincoln's Zach Snyder for being named the Shinnston News and Harrison County Journal's Athletes of the Week.

Beach Volleyball On Tap For Summer 2021



From The World Of Parks & Recreation

By Doug Comer

Call Frankie, Annette and all the Gang, time for BEACH VOLLEYBALL!

The Harrison County Commission approved a few projects for the summer and one was a beach volleyball court. Located at the Harrison County Recreation Complex, the 60'x30' court will hopefully play host for many recreational activities this summer.

"We are excited to have this addition to our park," said Director Mike Book. "The goal is to target all ages of people to the complex. Whether it is the playground, the trail or the disc golf, the beach volleyball court should attract some of the young professionals that live in the area."

While the only other known court is in Bridgeport, the Parks Department felt that this would be beneficial to the southern part of the county. The game has really developed into a game for all ages and you do not have to drive to the edge of the east coast to participate. Book feels confident this will be a major attraction to the already popular property.

"We have wanted to put something close to the playground but in an area without disruption. The flat area by the tower behind the West Virginia Extension Office was ideal. Already a fence was built this summer and the location on that other side is perfect for this type of recreation. Once we promote after completion, I am confident it will be utilized often by people that frequent the facility."

Some of the planning that went into this was finding that target audience who can gain from the addition. The past had a full court basketball area as well as two tennis courts. Of course, that was replaced by a themed playground area complimented by an activities shelter. And, in recent years, we added the second playground area that is created for children of all abilities including swings and other single unit rides. It is a wonderful area for young families and it will continue to grow for families of all ages as Book explains.

"The disc golf addition a few years back was welcoming to people of all ages. People on their lunch break and families would bring the discs and hit the links. Our improvements with concrete pads, which will be ready by summer, will allow us to open up for league nights. From competitive to novice, we want to have leagues at all hours of the day. Volleyball could see the same scenarios once it is complete."

While we are in the ground works at the moment, the maintenance department has already laid down the blueprint of what to expect. With the advice given by Book and the know-how of the maintenance department, you can expect a top

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Pet Adventurers Unite: Top Social Media Groups For People & Pets-Week Three



Keep your pets secured with a harness to cut down on distracted driving so everyone stays safe!

Love taking epic adventures with your pet? Have you been searching for ideas, tips, and like-minded adventurers on your favorite social media

platforms? You've probably come across a few by now; however, not all social media groups are created equal. We went searching for the most helpful,

popular, and fun online pet adventure groups, and we've dug up some real gems! During next several weeks, we will be sharing some ideas of where to seek some helpful tips. Tip number three is the following:

TripsWithPets USA If you like adventurous trips with your pet, then join TripsWithPets USA! This popular group invites members to share insights on pet-friendly excursions, and to dish about their favorite pet-friendly destinations, places to stay, and things to do. As a member, you'll have access to pet travel tips that will help keep your pet

happy and safe on your next trip. As an added bonus, TripsWithPets USA frequently offers contests for chances to win pet travel-related prizes!

Nowadays when families want to get away, most are heading out on road trips. These excursions often involve bringing the whole family along, including the furkids. So, to ensure safe travels for all two- and four-legged passengers, it's important to be aware of a very real pet travel safety issue - pets and distracted driving.

When we think of distracted driving, there

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Study Reveals West Virginians Among America's Weakest

If you were to ask a bunch of random Americans what they consider to be the fiercest state rivalries, one may point to college football, such as the annual Michigan vs Ohio game. Another person might claim the biggest rivalries exist between each state's local gastronomy scene. North Dakotans

may swear by the Peace Garden's buffalo burgers, only to be contested by Arizonans insisting nothing beats a greasy chimichanga. Of course, all these rivalries are subjective and are likely to, at worst, anger and appall, and at best, reach a compromise by agreeing to disagree. But what if a true ranking of states

exists, whereby you could quantifiably, without disagreement, rank each from best to worst?

Lift Vault, an online resource for powerlifting, bodybuilding and strength training, analyzed data, and set out to determine where in America do the country's physically strongest men & women reside? They scoured

through 5 years of data provided by Open Powerlifting focusing on 3 main powerlifting categories - the squat (a strength exercise in which the trainee lowers their hips from a standing position and then stands back up); the bench press (an upper-body weight training exercise in

Continued on page 9

Augustin, Edwards, & Williams Earn All-MEC Honors

West Liberty's Dalton Bolon has been selected as the Mountain East Conference Men's Basketball Player of the Year for a second-straight season, while Davis & Elkins' Sam Rolle (Freshman of the Year) and Charleston's Dwaine Osborne (Coach of the Year) also received top honors from the league.

Bolon, a senior from Gnadenhutten, Ohio,

repeats as the Player of the Year after averaging 22.0 points and 7.8 rebounds. He joins former Hilltopper Seger Bonifant as the only player to repeat as the league's Player of the Year. The guard is shooting over 50 percent from the field on the year, and also ranks third in the conference in three-point accuracy (45 percent) and is the conference leader at the free throw

line (93 percent). Bolon, a three-time first team All-MEC pick, is among the active leaders in NCAA Division II in scoring with over 2,000 career points.

Rolle, a native of Riviera Beach, Fla., is the Freshman of the Year after averaging ranking among the conference leaders in several categories this season. Rolle led the MEC in assists this season with 7.23, and his 18.9 points

per game ranked 13th in the conference and first among freshmen in the league. He also managed 1.92 steals per game -- tops among freshmen and fourth in the MEC.

Osborne is the MEC Coach of the Year for a second-straight season and the third time in his career. His three MEC Coach of the Year honors is more than any other

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NORMA RUTH GRIMM

Norma Ruth Grimm, 83, of Clarksburg passed away peacefully Thursday, February 25, 2021 at United Hospital Center with family by her side. Norma was born on August 11, 1937 in Clarksburg, daughter of the late Laco and Ava White Greathouse.

Norma graduated from Roosevelt Wilson High School, Class of 1956. She was a homemaker. Norma was an avid golfer at Bel Meadow Country Club and was an animal lover. She enjoyed and loved spending time with her family.

Norma is survived by two children, Iris Annette Crowley and Tom, Clarksburg, David Evan Flanigan, Clarksburg; three grandchildren, Ryan David Roberts and Helen, Flemington, Michael Lewis Flanigan and Cathy, Clarksburg, Tiffany Renee Elder and Cody, Fairmont; two great grandchildren, Owen and Ava; one sister, Linda Dinaldo and Patsy, Bridgeport; several nieces and nephews.

In addition to her parents, Norma was preceded in death by her husband, Lewis Burl Grimm Jr; daughter-in-law, Roxanne Renee Roberts Flanigan; siblings, Jean Shreves, Lemoyne Fiands, Wilma Greathouse, Wanda McIntyre, Kyle Greathouse and Arliss Greathouse.

A private inurnment will be at Elkview Memorial Cemetery. Davis Funeral Home and Onsite Crematory handled the cremation arrangements and honored to serve the Grimm Family.

Online condolences can be made on DavisFuneral HomeWV.com.

SYLVANIA VIRGINIA “BUTTONS” TRESIZE



Sylvania Virginia “Buttons” Tresize, 60, of Meadowbrook, passed away on Friday, February 26, 2021 at Genesis Healthcare Salem Center in Salem, WV. She was born on December 13, 1960 in Clarksburg, the daughter of the late Lester Franklin and Virginia Barker Tresize.

Sylvania graduated high school and held numerous jobs throughout her career. She loved dogs and owned several different dogs throughout the years.

Sylvania is survived by one son, Paul Pumphrey, Jr and wife, Kristi, Meadowbrook; three brothers, Lester Tresize, Jr, Haywood, Harry

Tresize and wife Heather, Haywood, and Doug Tresize and wife Ashley, Lumberport; one step-grandson, Alex; one step sister, Penny Hilverding and husband Jeff, West Union; several nieces and nephews; and loving friend, Darla Martin, Shinnston.

In addition to her parents, Sylvania was preceded in death by one son, Eric Pumphrey and one brother, Chester Tresize.

The family would like to extend a special thank you to Stacey, Jill, and Claire of Amedysis Hospice for their exceptional care of Sylvania in her final days. They would also like to give thanks to her dear friend, Angie of the Genesis Healthcare Salem Center.

As per Sylvania’s wishes, she will be cremated. Dorsey Funeral Home and Crematory handled the cremation arrangements for the Tresize Family. Online condolences can be made on Dorsey FuneralHomeWV.com.

IRA “BUD” HURST, JR.

Ira “Bud” Hurst, Jr., 84 of Clarksburg, passed away Saturday, February 27, 2021, at Clarksburg Nursing and Rehabilitation. He was born March 28, 1936 in Clarksburg, son of the late Ira and Mary Shaffer Hurst.

Bud was self-employed. He enjoyed hunting, fishing and playing cards. He is survived by three sisters, Cleaone “Cleo” Jenkins, Clarksburg, Norma Steele and Edward “Eddie”, Mount Clare, Clarksburg; numerous nieces and nephews.

In addition to his parents, Bud was preceded in death by two siblings, Shirley Jones and Roy Hurst.

Funeral services were held at Davis Funeral Home on Wednesday, March 3, 2021 with Rev Richard Settles officiating. Interment followed at Sunset Memorial Park.

The family would like to thank Clarksburg Nursing and Rehabilitation for all the love and excellent care over the last few years. Online condolences can be sent at www.davisfuneralhomewv.com.

RUSSELL RAY TINNEY

Russell Ray Tinney, 73 of Mannington passed away on Wednesday, March 3, 2021 at J.W. Ruby Memorial Hospital. Russell was born June 10, 1947 in Fairmont, son of the late Porter Dale and Dorothy Mae Cunningham Tinney.

Russell worked for Mountain State Auto Auction. He enjoyed hunting, fishing, watching WVU games and NASCAR and especially, Jeff Gordon.

Russell is survived by wife, Helena “Helen” Elizabeth Hassan Tinney

whom he married on November 8, 1974; three children, Russell Ray Tinney II and Tracy, Lisa Renee Moore and Michael all of Mannington; Shawn Michael Tinney, Savannah, GA; seven grandchildren, Colten, Thea, Mariah, Alexis, Amber, Ashley, Jessica; and one sister, Karen Ash, Kingwood.

Davis Funeral Home and Onsite Crematory is handling the cremation and honored to serve the Tinney family. Online condolences can be made on Davisfuneral homewv.com.

MARY “AGNES” KRAUS

Mary “Agnes” Kraus, 93, of Alum Bridge passed away on Wednesday, March 3, 2021 at Crestview Nursing Home in Jane Lew, WV. She was born February 5, 1928 in Alum Bridge, WV, daughter of the late Thomas Gilbert and Sarah Agnes Hayden Kraus.

Agnes was preceded in death by one brother, John Robert Kraus.

Agnes is remembered by many cousins and friends. She was a member of the St. Boniface Catholic Church and Altar Society. Agnes was a member of Lewis County Fox Chasers. Agnes had a love for all animals and truly enjoyed gardening. A Graveside Service was held on Saturday, March 6, 2021 at St Boniface Cemetery with Father Gary Naegele. Davis Funeral Home is honored to serve the Kraus family.

ROSEMARY CARR

Rosemary Carr, 94, of Bridgeport passed away on Thursday, March 4, 2021 at United Hospital Center in Bridgeport, WV. She was born on July 2, 1926 in Lost Creek, WV the daughter of the late Harvey L. and Mary A. Beachlor Pratt.

Rosemary was a homemaker. She married her husband, Robert “Bob” Carr, on July 23, 1953 and together they shared 48 beautiful years, until his passing on February 12, 2002.

Rosemary was a member of the Queen Esther Chapter #11 Order of the Eastern Star for many years. She was also a fifty year plus member of the Duff Street United Methodist Church.

Rosemary is survived by Theresa Carr, Charleston; two grandchildren, Jamie Miller and Josh Brewer; eight great grandchildren; several nieces, nephews, and cousins.

In addition to her parents and husband, Rosemary was preceded in death by one son, Guy John Brewer; and two sisters, Genevieve Small and Edna Kennedy; three brothers, Paul, Hayward, and Wesley Pratt.

A Graveside service was held on Saturday, March 6, 2021 at Sunset Memorial Park with Reverend Cliff Schell officiating. Online

Out Of The Past

Memorable Photographs from around Harrison County.



March 7, 1967 flood in Shinnston, looking south. Building in foreground was Richardson Lumber Co. on lower Charles Street. Photo courtesy of Bobby Bice.

condolences can be made on DavisFuneral HomeWV.com.

Memorial donations can be made to Duff Street United Methodist Church, 400 Duff Ave, Clarksburg, WV 26301.

ERNESTINE OLIVER

Ernestine Oliver, 92, of Big Isaac and Jarvisville Communities, departed this life Thursday, February 25, 2021. She was born November 23, 1928 in Big Isaac, a daughter of the late Ernest Greynolds and Lola Coffindaffer Greynolds.

She was preceded in death by her husband, Dean Oliver, on June 6, 1963; her sister Betty Fittro and great-grandson Michael Neal Oliver.

She is survived by her children, Darlene Llerena of Zephyrhills, FL; Roger (Cyrena) Oliver of Big Isaac; Pamela (Jerry) Coffman of Coburn’s Creek, Clarksburg; Lester (Carol) Oliver of Brushy Fork Community, Bridgeport; and Randall (Sharon) Oliver of Big Isaac; grandchildren Mike Godfrey, Kevin Godfrey, Christine Curby, Greg Oliver, Brian Oliver, Stephanie Fluharty, Patrick Coffman, Lisa Finley, Crystal Miller, Rebecca Eason and Christopher Oliver and great-grandchildren Jeffrey and Jake Godfrey, Ashley, Dallas and Anthony Curby, Colten and Emily Oliver, Abby and Kayden Fluharty, Madison and Zachary Coffman, Sean and Tyler Whetstone, Matt Miller, Paige and Henry Oliver and Ryleigh Eason.

Also surviving is her special sister-in-law, Margaret Masters; and her special friends, Sue Swisher and her husband Butch, Deb Vaughn, Earl Richards, Butch and Thelma Shaffer, June Lamb and Wayne Davis, Barbara Hart, and Bernice Kimble; and the many others that took the time to visit or call her.

Ernestine lived all her life in the same house in Big Isaac. She was a graduate of Bristol High School, Class of 1946. She retired after

26 years of service from Doddridge County Board of Education as a cook and custodian. She attended faithfully Meadow Valley United Methodist Church. The family would like to express their thankfulness to the many friends and neighbors who went by frequently to spend time with her at Genesis Healthcare and a special thanks to her caregivers who made every effort to her care.

Funeral services will be held on Tuesday, March 2, 2021, at Burnside Funeral Home with Pastor Denver Burnside presiding. Interment followed in the Big Isaac Cemetery.

NORMA JEAN MCCOY MAZZIE

Norma Jean McCoy Mazzie, 85, of East View, WV, passed away on February 27, 2021 at Pierpont Wishing Well Center in Fairmont. She was born December 27, 1935; a daughter of the late Roy Lee and Reo Rose McCoy. She is preceded in death by her loving husband of 43 years Sam A. Mazzie of East View, WV.

Norma is survived by her six children; Linda Mazzie and her wife Caroline Dedmon of Shelby, NC; Kathie Kesner of Charleston, SC; David Mazzie of Gore, WV, Mark Mazzie and his wife Tracey of Clarksburg, WV; Joseph Mazzie of Clarksburg, WV; and Regina Elwell of Charleston, SC. She was blessed with twelve grandchildren, Patrick (wife Angel) Viglianco, Luke (wife Shannon) Viglianco, Jordan Kesner, Amanda (wife Tiffany) Mazzie-Pierce, Megan (husband Stephan) Hiser, Montanna (husband Joey) Mazzie-Sendling, Aaron Elwell, Hannah Elwell, Jacob (wife Cortney) Elwell, Anthony (wife Yeisy) Visokay, and Alicia Visokay and Justin Hall. Norma was blessed with nineteen great grandchildren, Isaiah, Jayce, Landon, and Evan Clevenger, Max Hiser, Sam, Cooper, Parker, and Jaxon Viglianco, Julianna Viglianco, Ethan Mazzie, Adley Sendling, Jacob

Jr. & Jeremiah Elwell, Camilla & Grayson Elwell, Isabella and Xander Visokay, and Braiden Ingram.

She was the aunt to several nieces and nephews and the oldest of four sisters to include Carol Sutton of Goldsboro, NC; Roberta (husband Albert) Ashworth of Myrtle Beach, SC and Joan Bean (deceased).

Norma was a proud mother, grandmother, and great grandmother. She was involved in several activities of her children and grandchildren, to include numerous school boosters, and was normally the loudest mother in the stands. After her youngest children reached middle school, she started in the workforce. She was employed for numerous years with the WV State Road cleaning offices, Kmart where she was crowned the “Queen of the Blue Light” and WalMart.

For the longest time, Norma was known as the “Avon Lady of East View” walking house to house selling and giving away free samples. Anyone that had met or knew Norma would say, ‘she’s a hoot’ and ‘mischievous and ornery’, charming, cheerful and a joy to all who knew her; she will be missed.

The family would like to especially thank her caregivers at Genesis Pierpont Wishing Well Nursing Home in Fairmont.

Memorial contributions may be made to the Harrison County Humane Society, PO Box 4397, Clarksburg, WV 26302

A Mass of Christian Burial were celebrated on Wednesday, March 3rd, 2021 at Our Lady of Perpetual Help Catholic Church with Father Kumar Reddimasu as Celebrant. Interment was in the Floral Hills Memorial Gardens next to her loving husband.

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STAY FOCUSED
on Your Goals

“Senior Book Club”

cont. from p.5

destroy his future.
“Our discussion at the meeting revolved around our concern for the cruel mistreatment of the Black boys as compared to the White boys at the school,” reported Book Club Leader and HCSCC Board Member Bill O’Field. “It was as if everyone in the school was in on the

mistreatment of those young people. It seemed systemic. It is sad to think this kind of behavior by adults was actually happening at a reform school in real life in Florida.” Book Club member Carla Caruso added, “I was surprised by the ending too, but the book was well written

and is necessary for our times.” Some members shared stories about racism that they witnessed in their lives. Nancy Scardina reported seeing signs segregating restrooms in Tallahassee, Florida in 1959. James’ life experiences and her perspective helped

guide the virtual discussion for the group. “As a result of our rather open discussion, there was consensus that it was more comfortable to talk and share opinions virtually,” James stated.
In addition to serving on the Board of Directors of the Black Heritage Festival,

James also serves on the United Hospital Center Board and is a contributing columnist for The Exponent Telegram. James graduated from Seton Hall and Carnegie Mellon Universities and attended Indiana and Howard Universities. She was also honored as a Woman of Distinction by the Progressive

Women’s Association in Clarksburg. Other Book Club members attending the discussion but not mentioned above were Kendy Clutter, Margaret Davis, HCSCC Executive Director Beth Fitzgerald, Sue Marks, HCSCC Board President Sandy Mossor, and Becky Stealey.

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LEGAL NOTICES

(2019-S-00000213 - Harrison County - WAGONER LAND HOLDINGS)
To: CHARLES J SORBELLO, 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-00000213, 1/4 INT IN 3.50 AS GOOSE RUN, located in UNION OUTSIDE DISTRICT, which was returned delinquent in the name of SORBELLO CHARLES J, 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. | \$ 97.85 |
| Amount of subsequent year’s taxes paid on the property, since the sale, with interest to March 31, 2021. | \$ 4.66 |
| 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. | \$ 783.92 |
| Amount paid for other statutory costs with interest from following the sheriff’s sale to March 31, 2021. | \$ 127.75 |
| 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. | \$ 1,014.18 |
| 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

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The West Virginia Legislature is considering taking Clay County legal ads and public notices out of the Clay County Free Press and onto a state government-controlled website in Charleston.

▪ Delinquent tax lists

▪ Property sales

▪ Election ballots

▪ Voting changes

▪ Tax increases

▪ Project bids

▪ Family court

▪ Government budgets

▪ Government financial statements

▪ Zoning changes and other public notices

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patrick.martin@wvsenate.gov
Mike Romano
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mike.romano@wvsenate.gov
Roger Hanshaw
(304) 340-3210
roger.hanshaw@wvhouse.gov

KEEP YOUR LEGAL ADS IN CLAY COUNTY

March Attorney General Mobile Office Stops For North Central West Virginia

Attorney General in March to discuss
Patrick Morrissey consumer-related
announced a issues and answer any
representative from potential questions.
his office will meet “These public
with north central West events are a great
Virginia residents way for consumers

to talk one-on-one with our consumer representatives,” Attorney General Morrissey said. “Residents can easily get questions answered, learn what is going on in their area and how to keep personal information safe and secure.” Pam Krushansky, a consumer outreach and

compliance specialist Springs Road, Grafton
with the office, will • March 15
host the events as 11:00 a.m. to Noon
scheduled below: – Harrison County

- March 9: 11:00 a.m. to Noon – Marion County Senior Center parking lot, 105 Maplewood Drive, Fairmont. For information on additional requirements specific to any location, attendees are encouraged to contact Pam Krushansky at 304-741-5834.
- March 10: 11:00 a.m. to Noon – Taylor County Senior Citizens Center parking lot, 52 Trap

“Frances Benjamin Johnston” cont. from p.3

without ever being photographed. Between 1933 and 1941, Johnston traveled extensively throughout the American South for a series of assignments known as “surveys,” funded by grants from the Carnegie Corporation. Johnston’s photographic surveys became her greatest legacy. The exhibit includes a diverse range of her work from

ruins of slave quarters to grand plantations. "Through this exhibit, we show what one person can do to preserve history, by telling the story of a remarkable West Virginian who forged a prolific career as a photographer in a time hostile to professional women," said Ksenia Bradner, AmeriCorps member and curator of the exhibit. "As guests examine Johnston's

photographs of historic structures – including many that no longer exist -- the power of the photograph as a historic record becomes evident. We are grateful that the West Virginia Humanities Council provided a grant so that we can bring these photographs to life.” This exhibit is sponsored by the Preservation Alliance of West Virginia

with a grant given by the West Virginia Humanities Council. Exhibit visitors are encouraged to step behind the lens in their own community and take photographs of structures whether they are grand or humble for display on PAWV's website. A virtual online exhibit is also available on PAWV's website for those who are unable to visit in person.

“All-MEC Honors” cont. from p. 6

in the conference. After starting 0-2, Charleston rattled off 13-straight wins and went on to claim the South Division title. Charleston has spent most of the season nationally ranked and were 16th in the most recent NABC rankings. Charleston is also in the spot for an

NCAA Tournament berth based on the most recent listings from the Regional Advisory Committee.

The league also announced the 2020-21 all-conference teams. In addition to Bolon, eight others were selected to the first team. West Virginia State's Glen

Abram, Fairmont State's Dale Bonner and West Liberty's Will Yoakum were all repeat honorees from last year. Lamont McManus (Charleston), Pat Robinson (West Liberty) and Anthony Pittman (W.Va. State) all moved from the second team last year.

to the first team this year. Isaiah Sanders (Fairmont State) and John Williams (Glenville State) also earned a spot on the first team.

Glenville State's Hegel Augustin and Nick Edwards were second team

picks, along with Charleston's Isaiah Gable and Keith Williams. Malik Johnson (Concord) Jordan Roland (Notre Dame), Jordan Reid (Wheeling) and Breland Walton (Davis & Elkins) completed the second team.

West Virginia State's Jeremiah Moore, Charleston's Seth O'Neal and Alderson Broadbudds' David Shriver earned honorable mention accolades.

The All-MEC teams are selected by a vote of the league's coaches.

“WV Among Weakest States” cont. from p.6

which the trainee presses a weight upwards while lying on a weight training bench); and a deadlift (in which a weight is lifted off the ground to the level of the hips, before being placed back on the ground).

The data reveals that America's strongest men and women reside in the state of Texas. Perhaps this is not surprising – Texans are legendary hardy

people, personified among others by rodeo cowboy Teff Hedeman, who memorably walked under his own power after having his face smashed into Bodacious the bull. "Pick yourself up, dust yourself off, and get back up on that horse" (or bull in Teff's case) is a well-known Texan cliché, after all.

Texas' results: average squat: 687 lbs; average bench press: 438 lbs;

average deadlift: 742 lbs.

The data revealed that West Virginia came in far lower down on the list in position #46. Perhaps practicing lifting during lockdown would be a good idea for West Virginians in the battle of the barbells...

West Virginia's results: average squat: 529 lbs; average bench press: 353 lbs; average

deadlift: 608 lbs.

The strongest 5 states are as follows: 1) Texas, 2) Virginia, 3) New York, 4) California, 5) North Carolina.

Lift Vault has created an interactive map showing results across America, with data separated by exercise category.

Lift Vault's founder Kyle Risley, says "Any 'regular' gymgoer looking at this

data shouldn't get too disheartened if they compare to their own PRs! The data comes from people who take their powerlifting quite seriously, however, it does serve the purpose of identifying where America's strongest men and women reside, and therefore I tip my hat and offer congratulations to the good people of Texas – officially America's

strongest!"

*The rankings are based on wilks, which is a score used to compare relative strength across weight and gender. For example, the Virginian lifters are lighter than the New York lifters, which is why they're ranked second even though their average lifts are less than the average New Yorker lifts.

“Pet Adventurers Unite” cont. from p. 6

are typical “culprits” that come to mind: texting, eating, applying makeup, chatting on the phone, and even daydreaming. However, we seldom consider that traveling with an unsecured pet is a very real and dangerous distraction.

Trips With Pets
 recently polled pet

parents who often drive with their pets. Our poll uncovered a whopping 60 percent partake in unsafe distracted driving habits when it comes to their furkids. Additionally, while 42 percent of respondents admitted to being distracted by their four-legged travel companions, 77 percent

indicated that they do not drive with their pets safely secured in their vehicles!

It's pretty easy to see how an unsecured pet can be a distraction while driving. Some pets may become anxious or excited, causing them to jump around or bark while in the vehicle.

Additionally, a happy and loving pet may want to sit near you and crawl on your lap while you're driving, which may lead you to focus more on Rover than the road. Also, drivers in our poll revealed they are often petting their dogs, putting them on their laps, and frequently turning around or checking their mirrors to see if their pups are okay. Further, 25 percent of pet parents admitted to snapping pictures with their pups while driving!

Properly securing your pet in your vehicle is not only about alleviating potentially dangerous driving distractions; it is also a proactive approach to keeping your pet safe if you need to make a sudden stop. We all know that accidents happen

and even a minor fender bender can injure an unsecured pet. A more serious vehicle accident can unfortunately lead to unrestrained pets being seriously harmed or even killed, especially if they're thrown from a vehicle. Not only that, but a pet who is free to roam in a vehicle can put others in danger due to the force of impact from an accident. Additionally, airbags can go off and injure a pet in your lap and unsecured pets who become frightened can easily escape from your vehicle and run away after an accident.

Drivers and human passengers wear seatbelts for safety in case of an accident and we should all take

the same care to secure our pets. Ensuring pets are safe while traveling in your vehicle means finding a pet safety restraint that is right for them. Options include pet seat belts, pet car seats, travel crates, and vehicle pet barriers. Planning to have the right pet safety restraint for your trip will not only keep you and your pet safe, but also offers peace of mind and eliminates one more distraction.

So, the next time you're out driving with your pooch, whether on a road trip or simply running errands, think twice before letting your four-legged sidekick ride on your lap or jump around in the back seat.

“Outreach Project” cont. from p.4

Senior Center, so we were happy to have this opportunity to support Home Federal Credit Union's outreach to nursing home residents in Harrison County." There were 689 valentines collected and distributed to approximately 285 nursing home residents. Along with the Senior Center, approximately nine other organizations

and 25 individuals made donations to the project.

“Prior to the COVID-19 pandemic, I regularly led card-making classes for our Senior Center members,” stated HCSSC Board Treasurer Donna Stuart. “Our class participants always enjoyed creating valentines and sometimes other

holiday cards that were shared with our local veterans and nursing home residents.”

These classes and all activities came to a halt when the pandemic forced the Center to close to reduce risks; however, Stuart intends to resume the card-making classes following the pandemic when the Senior Center is once again permitted to open its door.

“Walk With A Falcon Campaign” cont. from p.4

that will benefit not only the campus community, but the greater Fairmont community," said Julie R. Cryser, Fairmont State Foundation

President. "It is great to see our students paying it forward for the next group of students and the local community in a way that will impact their

physical and mental health.”

For more information or to donate to the campaign, visit <https://www.fsufoundation.org/giving/2021>

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WV Humanities Council Seeks Grant Applications

The West Virginia Humanities Council, the state affiliate of the National Endowment for the Humanities, serves West Virginia through grants and direct programs in the humanities. The Humanities Council budgets over \$800,000 for grants and programs each year. A variety of grants are offered to nonprofit organizations that support educational programming.

minigrant support projects that request \$1,500 or less, including small projects, single events, lectures, small museum exhibits, consultation needs, and planning for more complex projects. The Humanities Council offers minigrants four times per year to support educational programming in the humanities. The next Humanities Council

minigrant deadline is April 1, 2021. The Council recently awarded eight minigrants: Campbell Flannagan Murrell House Museum, “Black History in Summers County West Virginia,” exhibit (Summers County) Fayette County Historical Society, “Coal Valley Hospital,” video documentary (Fayette County) Heritage Farm

Museum and Village, West Virginia “Huntington and the C&O Railroad Exhibit,” (Wayne County) The Richwood Area Chamber of Commerce, “Unlocking the Stories of How the Timber Industry Helped Build Richwood,” exhibit (Nicholas County) Weirton Area Museum & Cultural Center, “Weirton Steel Employees Bulletin Online Archive,” (Hancock County)

Programming,” (Monongalia County) For more information about the West Virginia Humanities Council grants program contact grants administrator Erin Riebe at (304) 346-8500 or via email at riebe@wvhumanities.org. Grant guidelines and applications are also available on the Humanities Council website, www.wvhumanities.org.

Fairmont State University To Celebrate Spring Commencement April 24 & 25

Fairmont State University will honor graduates during Spring Commencement Ceremonies on Saturday, April 24 and Sunday, April 25. Due to the ongoing COVID-19 pandemic, the University will hold separate in-person ceremonies for each college or school at the Duvall-Rosier Field. “From the start, Fairmont State University’s response to COVID-19 has been to emphasize student and community safety, and balancing the well-being of our community with those things we love about university life, like face-to-face learning, attending athletic events, and yes, attending commencement,” said Chief of Police and Director of Emergency

Management, Matt Swain. If COVID-19 numbers remain low on campus and in the community, each graduating student will receive two guest passes, allowing two family members to attend the commencement ceremony. A pilot program allowing in-person attendance at outdoor athletic events is currently planned. This pilot program will allow the University to test processes and ensure proper safety measures are in place. “Unlike larger schools in the state, our facilities limit our options on how to safely celebrate this momentous occasion with our students,” said Swain. As we have done throughout the pandemic, the University is relying

on guidance from health experts to make our assessments about these types of activities. “If we have learned anything from the past year’s events, it is that COVID-19 realities shift rapidly, requiring agile responses. But we will always be guided by our obligation – our primary obligation – to make every effort to ensure the safety of our students, faculty, staff and guests at Fairmont State,” said Swain. Any changes made to our Commencement Guest Policy or any other details related to this special event will be communicated to students and the community. The Spring

Commencement Ceremonies will take place as follows: Saturday, April 24: School of Nursing – Commencement and Pinning Ceremony – 9 a.m. School of Education, Health & Human Performance and Regents Bachelor of Arts – Noon College of Science and Technology – 3 p.m. Sunday, April 25: College of Liberal Arts – Noon School of Business and Aviation – 3 p.m. “Commencement is always special, but these students have raised the bar,” said Mirta M. Martin, Fairmont State

University President. “They have excelled under unprecedented circumstances, and in time, they will lean on the tremendous adaptability and resolve they developed at Fairmont State. We look forward to celebrating their achievements as they prepare to make their mark on the world as Falcon graduates.” To further protect the campus community, the University relaunched its COVID-19 surveillance testing program during the spring semester to identify positive cases among asymptomatic students within the on-campus population. The testing initiative continued Monday, March 1 – Wednesday,

March 3, identifying one positive case, while one additional case was identified at an off-campus testing site. Positive cases of the coronavirus detected among the campus community have steadily decreased as the semester progresses, and the University is hopeful that through initiatives including the surveillance testing program, vaccination efforts and COVID safety protocols, the University will safely be able to reopen campus and allow limited guests to attend Commencement. All Commencement Ceremonies will also be available for livestreaming in real-time.

“Shinnston Garden Club” cont. from p. 5

March 17, 1837: Mercer County was created from parts of Giles and Tazewell counties and named for Hugh Mercer, a general during the Revolutionary War. March 17, 1858: William Edwin Chilton was born in Coalsmouth, now St. Albans. A lawyer, U.S. Senator and businessman, Chilton expanded Charleston’s electric streetcar system and became publisher and editor of the Charleston Gazette. March 17, 1891: West Virginia State University was founded as the West Virginia Colored Institute by the West Virginia Legislature. It was one of 17 black land-grant

colleges established under the Second Morrill Act of 1890. March 17, 1912: Athlete Joe Stydahar was born in Pennsylvania. A star in football and basketball at WVU, he was the first round selection of the Chicago Bears in the first pro draft of college players in 1936. e-WV: The West Virginia Encyclopedia is a project of the West Virginia Humanities Council. For more information contact the West Virginia Humanities Council, 1310 Kanawha Blvd. E., Charleston, WV 25301; (304) 346-8500; or visit e-WV at www.wvencyclopedia.org.

studies have reported that approximately a third of those who had previously had COVID reported at least one mild, whole-body reaction within seven days compared to 19% of those who hadn’t previously had COVID. Those under the age of 55 were more likely to experience such symptoms, and they were also more common when people received their second dose of vaccine. This makes sense given they have acquired natural immunity from having had COVID and their immune systems are better primed when receiving the vaccine. But this in no way contradicts the importance of getting the vaccine.” It is also important to note that once a person begins a vaccine series, the time between vaccinations for a two-vaccine product is not affected by having had COVID previously.

In general, though, protection from a COVID vaccine is acknowledged after 14 days of receiving a two-dose vaccine series,” he continued. “With the Johnson & Johnson vaccine, it looks like protection against moderate/severe cases starts about two weeks after the vaccination is administered, and by four weeks after the shot, data from the clinical trial showed there were no hospitalizations or deaths.” Dr. Anthony Fauci recently spoke on MSNBC, saying this is not the time to pull back, and individuals should take advantage of getting any approved vaccine that is offered. Some people, however, are leery of trusting J&J’s vaccine due to the company’s lawsuits over their talc product being related to ovarian cancer.

a pandemic with regulatory oversight should not prevent individuals from getting vaccinated.” Povroznik’s comment on the reopening of schools was that community members will have varying opinions. However, he said that for the most part, non-collegiate schools have not seen significant exposure rates ... and that if we look back on the past year at other states that did not close schools, states that opened school earlier, and the types of circumstances that led to acquiring COVID at schools, we clearly learned a lot about the virus through others’ experiences before reopening in our state. Learning from how others handled the situation was wise, he said. The appearance of the novel COVID-19 pandemic has without a doubt presented unprecedented circumstances, forcing changes in the lives of families, workplace situations, schooling, healthcare facilities ... and isolation has caused much stress and anxiety during the past year.

if you do anything committedly for 30 days, a new habit will form. That being said, it is my hope that it will be hard for most people to break those better habits that they have acquired.” Hospitals and those entities administering the COVID vaccine have not been charged for it; it is provided through government access. While many entities are administering the vaccine free of charge, there IS an allowable charge to administer a vaccine that is covered by most insurance providers. However, Povroznik stated that for those without that benefit, most vaccine sites have not been private billing for the administration of the vaccine. United Hospital Center and the local Health Department planned to partner to provide a larger facility with infrastructure and staff support to enable vaccine expansion at the Meadowbrook Mall. When asked when that might be available, Dr. Povroznik concluded, saying, “The mall location is ready to assist in larger public vaccinations and we look forward to that partnership supporting the community as vaccine quantities become more widely available.”





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