



A Few Doors Begin To Open During Pandemic Journey



West Virginia is one of several states to lift some pandemic-related restrictions thanks to public vaccination progress. To date, 22% of West Virginians have received at least one dose and 13.8% are fully vaccinated. Wearing a mask and social distancing are STILL considered wise precautions.

By LEIGH C. MERRIFIELD

News & Journal Editor

An increased number of vaccines are being distributed, and state officials are urging all residents above the age of 16 to pre-register through the West

Virginia COVID-19 Vaccine Registration System to ensure they are ready when vaccines are available. (Register at: <https://dhhr.wv.gov/COVID-19/Pages/Vaccine.aspx>.) They say that pre-registration offers West Virginians the opportunity to

receive updates on vaccine availability and be offered an appointment when supplies allow. Pre-registration, however, does not mean immediate access to a vaccine, but it does get your name into the system.

West Virginia has also recently lifted some restrictions as allowed by the CDC. Schools are now having more in-person learning, restaurant seating has increased, and even nursing homes are beginning to permit visitations. Travel, unless absolutely necessary, is still being discouraged though, and wearing a mask is still important.

Dr. Mark Povroznik, Chairman of Infection

Control at United Hospital Center, says many folks are questioning the CDC relaxing masking for those who are vaccinated. He says the CDC's new guidance does crack open a few doors, but that doesn't mean they are thrown wide open.

Their guidance applies to those who are fully vaccinated – 14 days past their vaccine series. For Pfizer and Moderna that would be 14 days following the second dose given at 21 or 28 days depending on the product. For Johnson & Johnson, it would be 14 days after a single shot.

Dr. Povroznik stated, "In my opinion, these recommendations should initially be

limited to 90 days following vaccination or until such time as further evidence is published that vaccine effectiveness remains equally reliable beyond 90 days. I truly suspect it will, but let's keep a time frame around this so we do not lose focus and end up taking a step backward."

He added that masks may be optional for fully vaccinated people when visiting with other fully vaccinated people indoors, or when visiting with

unvaccinated people from a single household who are at low risk for severe COVID-19 disease.

Vaccinated persons can refrain from quarantine and testing following a known exposure if they remain asymptomatic. But they still must monitor for symptoms.

He added that the CDC's new guidance is based on the current level of community spread, the proportion in the community that

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1% Sales Tax & CARES Act Funding Aided Shinnston's Revenues During COVID Year

By LEIGH C. MERRIFIELD

News & Journal Editor

Shinnston City Council was able to finally hold its first in-person meeting in quite some time on March 8, 2021. However, the meeting was held at the Woman's Club clubhouse because its space permitted attendees to continue with social distancing.

Two residents, Robin Righter and Joe Roberts, petitioned to speak before Council. Righter asked what the changes to the updated building code were and how it might affect her business. She was told that there are really no

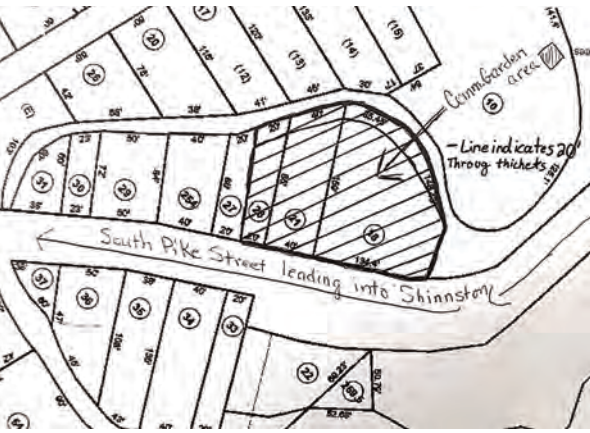
changes; they are just updating the ordinance to be in accordance with the state's building code. Roberts again asked what the City planned to do about dilapidated buildings in the community and objected that the City was writing people up for not following ordinances when the City itself was not following through with improvements to bad buildings.

The minutes of both the February 8th and February 22nd Council meetings were approved.

Mayor Pat Kovalck reported that Dr.

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Plans Being Cultivated To Restore Shinnston's Community Garden



Pictured here is a map of what is hoped to be Shinnston's new Community Garden site. Located at the entrance to the downtown area, it will draw a lot of attention, and organizers hope it will also attract much volunteer interest!

By LEIGH C. MERRIFIELD

News & Journal Editor

Right now, the focal point of Shinnston's VISTA Volunteer Jon Olsen is rebuilding enthusiasm for the city's

Community Garden. The site where it was formerly located at the corner of Pike Street and lower Rebecca Street in the downtown area, was sold a couple of years ago. However, the City owns a small

but sufficient space on the south end of town (adjacent to Brennan Auto), an unused plot that will hopefully be put to good use soon if enough interested volunteers get involved.

Olsen says the City will host a Community Garden meeting on Tuesday, March 23rd at the Shinnston Woman's Club clubhouse at 7 p.m. Those interested may attend in-person or online via Zoom with details of how to access the Zoom meeting being available on the City of Shinnston's Facebook Page.

"The Community Garden is at this point still in the very early planning stages, and we hope that public

participation at this meeting will generate enthusiasm as well as involve an exchange of ideas and suggestions about how we can develop it successfully," Olsen stated. "The crops grown in the garden will benefit the Lord's Pantry here in Shinnston in its efforts to provide fresh produce to those in need in our area."

When the Community Garden was in operation before, its crops were greatly appreciated by those served by the Lord's Pantry, but it was a lot of work for just a few volunteers. By gathering more volunteerism, Olsen looks forward to it

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NCWV's 2020 Top Consumer Complaints

By LEIGH C. MERRIFIELD

News & Journal Editor

There are those who complain – even when there is nothing to complain about. Some folks seem to always be dissatisfied about something. For example, there are those who may complain when it's a hot, dry summer and there is little rain; yet, when it rains, they complain

about the mud! However, if you have a legitimate complaint, there is an effective way to go about it. And for consumers who rightfully feel they have been wronged and can justify a valid grievance, the Attorney General's office may be able to help. Make them aware of your criticism by contacting them and bringing it to their attention. Your feedback may bring

about an improvement! WV Attorney General Patrick Morrissey has announced the top consumer complaints received in 2020 from residents in North Central West Virginia – including those from Barbour, Harrison, Lewis, Marion, Mineral, Monongalia, Preston, Randolph, Taylor, Tucker and Upshur counties. This list was assembled from written consumer complaints filed with the Consumer Protection Division, but does not include phone calls from consumers who did not follow up with a written complaint. Although the topic of scams remains a frequently reported consumer issue, reports of scams were not included in this complaint listing.

"Our office's Consumer Protection Division works tirelessly to review consumer complaints of all shapes and sizes," Morrissey said. "We recognize our role is to vigorously protect consumers from scams and predatory business practices, and our attorneys and staff work diligently to resolve consumers' complaints."

Communications complaints remained the top consumer concern statewide for a second consecutive year, accounting for more than a fifth of all complaints filed. Automotive and motor vehicle issues also remained steady in second place statewide, followed by general

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Greater Harrison County COVID-19 Vaccine Clinic

The Harrison County Health Department will be conducting a COVID-19 Vaccine Clinic at the Harrison County Armory in Clarksburg.

If you are 50 years old or over and would like to make an appointment to receive your vaccination, visit online at <https://wvumedicine.org/info/harrison-vaccine/> to make an appointment.

For further information, you can contact the Health Department at (304) 623-9308.

Civic Clubs



Building Amazing Cities

By JIM HUNT

author, speaker, consultant

My wife and I recently went to dinner at the FOP restaurant in Nutter Fort and, in addition to having a delicious meal, I noticed that the Lion's Club was meeting in the large meeting room. Our area is blessed with a number of civic clubs and they add value to our communities through the many projects they undertake. Lion's Club, Rotary, Kiwanis, Quota Club, Civitan, Woman's Club are but a few of the many civic clubs in our area. In addition to local projects, most civic clubs have state, national and international projects that they sponsor, and the results have been amazing.

I first became aware of civic clubs when I was a member of the Key Club at Notre Dame High School. The Key Club is the high school version of the Kiwanis Club and I would attend the Clarksburg Kiwanis Club meetings at the old Stonewall Jackson Hotel. For those who may remember, the hotel had a huge ballroom with mirrors lining the walls and it was impressive for a high school student to be sitting at the large, round tables, seated next to lawyers, judges, doctors, dentists and many other leaders in the community.

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



Food For Thought

By Leigh Currey Merrifield
Editor

Don't Underestimate A Teacher

We are halfway through March now, and in just a couple of months, another school year will be coming to a close. It has been a trying year for teachers and students, and let's not forget parents (and grandparents) who have had to participate in remote learning as well. Finally, though, most students have now returned to the classroom and the environment they were accustomed to when things were more 'normal'.

For high school seniors who are planning to attend college, this experience with remote learning may have offered them a few lessons that will be useful at the next level. After all, they will be a little more self-reliant and hopefully understand how to study autonomously, be prepared and be responsible for their actions. They may, at first, find it somewhat daunting and overwhelming as they learn to navigate on a much larger and unfamiliar campus, and they'll be charged with living more independently. Hopefully they will have learned enough lessons on how to make good choices.

I ran across a cute story recently that I'll share; it might be another good lesson for students going off to college next year and hoping they can 'pass the test'!

It seems that one weekend prior to semester exams, four college boys were

feeling very confident about their status in at least one of their classes. They were doing quite well and each felt they had an 'A' thus far. They were invited to party at a neighboring school during that weekend and gave in to the temptation to partake of a little fun. It was a great party and they partied hearty! They then recuperated by sleeping all day on Sunday and didn't head back to school until Monday morning.

Then they began to think a little more clearly and wondered how they could maneuver some review time and find an acceptable excuse to make up the test. They put their heads together and came up with an alternative plan. They would track down the professor, who seemed like an understanding sort of fellow, and explain (exaggerating a little) their predicament. They were good students, so surely he would believe them!

They explained with remorse that they had gone to a neighboring school for the weekend and had intentions to get back in time to prepare for the exam. But, unfortunately, they had a flat tire on the return trip, didn't have a spare, and couldn't find anyone to assist them. Therefore, they didn't return until that very morning, hadn't reviewed, and had missed the final. They asked if they could possibly be permitted to make up the test so they didn't blow their good

standing in the class.

The professor gave it some thought and agreed that they could make it up the following day. WHEW! What a relief! So they burned the midnight oil that night and showed up the next morning prepared to take the test. The professor handed each of them a test booklet and sent them each to separate monitored rooms. The 'separate rooms' seemed a little strange, but they did as they were told. The first problem, worth five points, seemed so simple! Each student was thinking at the same time that this was going to be a breeze! Then they turned the page ... and UH-OH ... there was only one other question on the test and it was worth 95 points! The question was "Which tire was flat?" That was certainly something they hadn't counted on being quizzed about!

The kind professor had perhaps faced this predicament before. ??? Nevertheless, he was giving them the benefit of the doubt and found a 'gentlemanly' way to get at the truth. If you share this with a student, perhaps they will get the message that education is not only about having the right answers; it's about accepting responsibility for the choices you make. Remember ... don't ever underestimate a teacher; they somehow always manage to offer a valuable lesson!

This week's dessert: "Your best lesson is sometimes learned from your last mistake." ~ Author Unknown

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 18, 1820: William Stevenson was born in Warren, Pennsylvania, but he later moved to Wood County in western Virginia. In 1868, he was elected the third governor of West Virginia.

March 18, 1922: Athlete Frank "Gunner" Gatski was born in Farmington. Gatski played 11 years for the Browns (1946-56) and one for Detroit (1957). He played in 10 championship games, eight on the winning side.

March 18, 1950: Actor Brad Dourif was born in Huntington. He is best known for his portrayal of offbeat characters, including Billy Bibbitt in *One Flew Over the Cuckoo's Nest* and

Grima Wormtongue in Peter Jackson's *Lord of the Rings* trilogy.

March 19, 1925: Basketball teams from 11 of West Virginia's 24 African-American high schools took the court at West Virginia State College (now University) in Institute for the first West Virginia Athletic Union (WVAU) state basketball tournament. Lincoln High School of Wheeling defeated Kimball, 25-24, in the final game to win the championship.

March 19, 1992: Four miners were killed at the Blacksville No. 1 Mine in Monongalia County while the mine was being sealed. Drainage pipes were being welded together, and a spark fell into the shaft, igniting methane gas.

March 20, 1849: Businessman James Kay was born in Scotland. He constructed the coke ovens at Hawks Nest, installed a cable car

to carry coal across the New River, and installed a tramway to move miners and coal up and down the gorge face at Kaymoor.

March 20, 1897: Musician Frank Hutchison was born in Raleigh County. With a slide guitar sound akin to the bottleneck style, he helped to instill a blues strain in modern country music, and was influential among coalfield musicians.

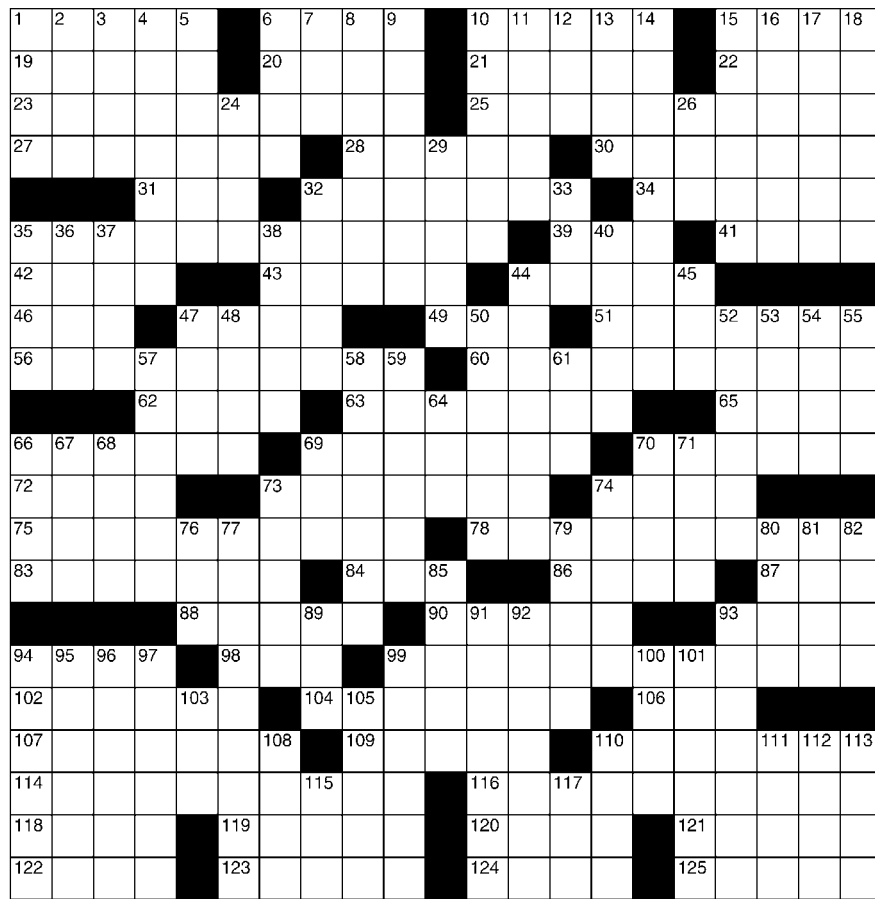
March 20, 1936: Recurring storms led to major flooding on the Ohio River. At Parkersburg, the river reached 48 feet, 10 feet above flood stage.

March 21, 1914: The West Virginia boys' high school basketball tournament began in Buckhannon. The event was first sponsored by West Virginia Wesleyan College, which at the time had West Virginia's largest and finest gymnasium.

Super Crossword

JUMBLE OF TREES

- ACROSS**
- 1 Item in a place setting
 - 6 Duffels, e.g.
 - 10 Grand tales
 - 15 Hence
 - 19 Boundary
 - 20 "— Three Ships"
 - 21 — Park (Edison's home)
 - 22 Took off
 - 23 Really big tree?
 - 25 Fundamental tree?
 - 27 Longs for
 - 28 Franz who composed "The Merry Widow"
 - 30 Early settler
 - 31 "Erin Burnett OutFront" channel
 - 32 Passes on, as a story
 - 34 French brandy
 - 35 Chinese ideology centered around a tree?
 - 39 Actor Mahershala
 - 41 "Family Guy" creator MacFarlane
 - 42 Soon
 - 43 Two of Henry VIII's wives
 - 44 Coagulates
 - 46 "Gunga Din" studio
 - 47 Recorded digitally, in a way
 - 49 LAX datum
 - 51 Wharf locale
 - 56 Tree-dwelling hooded snake?
 - 60 Tree whose trunk curves?
 - 62 Cut of pork
 - 63 Dutch Renaissance scholar
 - 65 Rake part
 - 66 Nuances
 - 69 Item in a place setting
 - 70 Of delicate beauty
 - 72 A shot
 - 73 Love-struck
 - 74 Farm vehicle
 - 75 Tree sold at a low price?
 - 78 Cantaloupe growing on a tree?
 - 83 More flavorful
 - 84 Indy circuit
 - 86 Auction site
 - 87 Union promise
 - 88 Slant
 - 90 Millionaire-making game
 - 93 Menial type
 - 94 Provoke
 - 98 Corp. wheel
 - 99 Charm exuding from a tree?
 - 102 Nancy of the House
 - 104 Like sown seeds
 - 106 "Ally McBeal" co-star Lucy
 - 107 In total
 - 109 — Gay (WWII B-29)
 - 110 Tea-scenting blossom
 - 114 Tree that makes people think like a French novelist?
 - 116 Window sections through which trees are visible?
 - 118 Richard of "Wicked Woman"
 - 119 "Für —" (piano piece)
 - 120 Romances
 - 121 Florida bird
 - 122 Mail in
 - 123 Steven of Aerosmith
 - 124 Fit of pique
 - 125 Plow inventor John
- DOWN**
- 1 Pleased
 - 2 Citrus fruit
 - 3 Hi-fi parts
 - 4 Microchip material
 - 5 Ships' rears
 - 6 Slant
 - 7 Viper variety
 - 8 Old warship
 - 9 Deary
 - 10 Prepare for a pyramid
 - 11 Oyster bead
 - 12 People with clout
 - 13 Applaud
 - 14 Asked for
 - 15 Nasal singing tones
 - 16 Curtis of cosmetics
 - 17 Overthrow
 - 18 Potato stuff
 - 24 Suvani of Hollywood
 - 26 Ghostly cry
 - 29 "Siddhartha" novelist
 - 32 Soul music is a form of it
 - 33 — soda (cleanser)
 - 35 Singer Cohn
 - 36 Jimmy Durante's "— Dinka Doo"
 - 37 "Park" a ship
 - 38 Central Georgia city
 - 40 Gets bested
 - 44 Vivid crimson
 - 45 Egg pouch
 - 47 Slender woodwind
 - 48 CBS military law show
 - 50 Fez dangler
 - 52 Small and 70-Across
 - 53 Chief Norse god
 - 54 Talk wildly
 - 55 Deuce taker
 - 57 Hackneyed
 - 58 Grid of fine lines in an eyepiece
 - 59 Franklin of soul
 - 61 — -de-sac
 - 64 See 71-Down
 - 66 Splinter group
 - 67 Laugh sound
 - 68 Golf coups
 - 69 Thurman of Hollywood
 - 70 Funny Carvey
 - 71 With 64-Down, hostile swarming insect
 - 73 Suit fabric
 - 74 Old computer language
 - 76 Entertainer Zadora
 - 77 Gift for a drawer, perhaps
 - 79 Deal (out)
 - 80 In — of (replacing)
 - 81 Gas leak giveaway
 - 82 Zilch
 - 85 Suburb of Dallas
 - 89 Hack (off)
 - 91 Prohibits
 - 92 Talked like
 - 93 Bird feathers
 - 94 Gaps
 - 95 Mammal's fur
 - 96 Comic Tracey
 - 97 Roly-poly
 - 99 Cavalry soldier
 - 100 Actor Ruck
 - 101 Talked like Cindy Brady
 - 103 Alert at sea
 - 105 Car contract (idler)
 - 108 As is fitting
 - 110 Joke
 - 111 About
 - 112 — -do-well (idler)
 - 113 Punta del —
 - 115 1,000 G's
 - 117 Luau bowlful



Find the Super Crossword Answers on Page 8!



"A Newspaper The Whole Family Can Read"

Shinnston Harrison County

The News & Journal

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LETTER TO THE EDITOR

Public Access Is Not Public Notice

West Virginia officials claim promotion of a government website equals public notice of the actual information on that website.

That is a disservice to local residents.

If legislators remove public notices from community newspapers, you will be less aware of information you need to know, including delinquent taxes, unclaimed property listings, and other government actions, spending and plans.

This is about awareness. This is about

open government and transparency. This is about giving real public notice to the people of West Virginia.

Keeping public notices in the local newspapers — in print and online — is the most effective method of creating widespread community awareness.

Significant numbers of people in each community read their newspaper in print and online to stay informed. The news is shared and discussed. It's current and matters to local residents. The newspaper

is actively distributed into each community. That's why public notice in local newspapers works.

People do not sit down each day or week to enjoy researching data on a government website.

Let legislators know you oppose House Bill 2715, Senate Bill 318 and any plan to remove public notice from your community newspaper.

Public access is not public notice.

This opinion is provided as a courtesy by the West Virginia Press Association.

WORK TOGETHER!

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).

GOOD FRIDAY SERVICE

Jones Run Church (3925 Jones Run Rd, Lumberport) will have a Good Friday service April 2nd at 6:30pm featuring seven preachers/teachers speaking on the last seven statements made by our Lord on the cross for seven minutes each. Refreshments provided afterwards. Everyone is welcome to join us.

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 debbiez7@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.

"Shinnston City Council" cont. from p. 1

Minigh's office would like to again hold its Easter Egg Hunt at the Ferguson Memorial Park. Council gave their okay on this event as long as masks would be worn and social distancing applied.

City Manager Chad Edwards then offered his departmental report, which included:

WATER DEPT. – There has been a setback on the automated meter reader bid advertisement. Stantec has assured him that they will have it finished within the week.

SEWER DEPT. – Two sewer line clogs required some excavating and four sewer lines needed flushed. There was also a repair to the gear drive for the bar screen required. Beginning Feb. 4th, there were issues with the rotors at the plant due to a high flow rate at the beginning of the month.

The Lincoln Apartments project needs right-of-way agreements which Stantec believed would be completed that week. The city is working with Tom Michels to install a pole to the pumps.

POLICE DEPT. - SPD responded to 989 calls for service during the month of February. They also reported a few drug busts recently; Officer Layton engaged in one, discovering \$3,000 in cash along with a large quantity of drugs seized.

PUBLIC WORKS – Three water lines were repaired; two sewer lines were repaired, and meter readings were estimated in February due to weather. Edwards noted that he and Gary Amos would be going out last Wednesday to plan last year's paving project that was stalled. Also on Wednesday (March 10th), a company was to come and demonstrate a

street sweeper that the City may be interested in purchasing.

ECONOMIC DEV. – Frontier Days will be held in the downtown area September 9th – 11th and they are planning to have a 9/11 tribute during the parade on the 11th. They have spoken with Chief Ben Barksdale, a former Shinnston resident and first responder during the 9/11 attacks, about coming back to town and being the Grand Marshal for the parade. Barksdale is currently a Fire Chief in Florida and expressed interest in coming as long as he had no other obligations.

Mountain Man Axe Throwing has confirmed attendance at Frontier Days, and there still could be a possibility that Myers Amusements may be enlisted for carnival rides now that the governor has lifted restrictions on fairs and festivals.

The first Wind Down Wednesday event will be held on May 5th from 6 to 9 p.m.; Gil's BBQ Pit has confirmed as a vendor; and entertainment will be provided by Byron 'Six Six' Cooper. Lincoln's junior class will be selling deep fried Oreos and funnel cakes as well, and Kevin Wiles may participate with his Kettle Corn.

The Pool and Park Board will soon begin the hiring process for both a pool manager and lifeguards. They will also investigate the possibility of having a full-time maintenance crew to oversee the pool during its months of operation.

The plan is also to more fully utilize the Park's Amphitheater for future events in the spring and summer months.

B U I L D I N G INSPECTIONS – Three

building permits were issued, totaling \$90 (combined projects' costs were \$10,830).

Judge Julian will hold city court on April 20th to address all properties that received warnings and failed to comply with City ordinances.

ACTION ITEMS:
- The second reading of the Ordinance regarding the Municipal Building Code in the City of Shinnston that would provide for the adoption of the state's building code was tabled due to a Public Hearing not being advertised and held prior to the 2nd reading. The Public Hearing will be held before the March 29th meeting and the second reading will take place at the April 12th meeting.

- Hiring a company to update the City codes in the ordinance book was approved.

- C o u n c i l members chose signage they liked and the City Manager will now obtain the cost figures. These will be matching signs throughout the downtown area along Pike Street.

- Local Boy Scout Brock Bittinger delivered a presentation on his Eagle Scout project to tear down and rebuild the stage in the greenspace downtown. Materials from the existing stage that are useable will be repurposed. He would like to begin as soon as weather permits and hopes to have it completed by summer. His project was approved.

- Demolition of the house on Charles Street that has considerable fire damage was considered. The house will be condemned and after 60 days, it will become the city's responsibility to demo the property.

Councilperson Mary Ann Ferris gave the only dissenting vote, emphasizing that she strongly supports the owners being held accountable for the demolition, not the City.

- The City Manager had presented Council members with a narrative on the City's FY 2021 Budget prior to the meeting. He noted that the charge of 1% Sales Tax along with funding received from the CARES Act brought in an increase in revenues. He suggested creating two funds with the extra money – one for storm sewer issues and another for fire hydrants, which is the City's responsibility. The budget allows for \$64,930 as contingency which is double what was set aside last year. There was, however, a \$10,000 reduction in B&O funding from last year due to the loss of a few businesses. Funding for Parks and Recreation was reduced to \$35,000 based on the last active year and uncertainty about the future. Edwards also stated the City will have a cushion of about \$50,000 in a contingency fund. City management and Union agreed to forego any COLA increase at this time which would have raised City employees' wages. Councilman Kevin Wiles opposed this, stating he felt they deserved a raise. Council approved the preliminary budget being sent to the state for approval with Wiles being the only dissenting vote.

- Discussion items to be examined at Council's next work session on March 29th will include going over the progress of the six-month goals that were listed as priorities in January.

"NCWV 2020 Top Complaints" cont. from p. 1

sales complaints. In north central West Virginia, the top complaint categories in 2020 included:

- I n t e r n e t services
- General sales
- Used vehicle repairs
- Cell phone devices and services

- Cable TV
- T e l e p h o n e services
- C o l l e c t i o n agencies
- Price gouging
- S a t e l l i t e equipment & services

The Attorney General warns consumers to always be wary if a business uses high-

pressure sales tactics, refuses to put terms in writing, or demands the consumer surrender personal information such as a Social Security number or banking information; these methods should be 'red flags' of warning!

Consumers who believe they may have

been the victim of a scam or taken advantage of should contact the Attorney General's Consumer Protection Division at 1-800-368-8808, the Eastern Panhandle Consumer Protection Office in Martinsburg at 304-367-0239, or visit online at www.wvago.gov.

"Doors Begin To Open" cont. from p.1

is fully vaccinated, and the growing evidence of vaccine effectiveness.

Relaxing the restrictions somewhat is a positive step in favor of vaccinations, he says, but the journey is not over and the destination has not yet been reached.

"We are far from vaccinating the majority of our population," Dr. Povroznik concluded. "The new guidance does not mean that fully vaccinated people no longer have

to wear a mask at all! To the contrary, the recommendations continue to encourage wearing a well-fitted mask and physical distancing in public, and to continue to avoid medium and large social gatherings. But after a year of COVID stewardship, the public deserves optimism. These guidelines allow for a small step forward and I echo once again that they do not give permission to take off running!"

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I Have Enjoyed My Visit With My Brother & The Warm Sunshine



GRAPEVINE

By Rosalyn Queen

The Grapevine is coming to you from sunny Florida as I spend my last day here. I will be flying out tomorrow and will be picked up in Pittsburgh by Michael.

I started off last Thursday with Marty in his motor home. We arrived here early Sunday. Marty took off to other parts of Florida and left me here to enjoy a visit with my brother and his wife.

The weather has been absolutely beautiful. Not a drop of rain and I have been able to get a great sun tan. I really did not think it was hot enough to get a tan but I had to quit after four days.

My brother owns a home on the 16th floor in a resort. The house faces the Gulf of Mexico and a lake is on the other side of him. The resort is a gated community and has its own golf course and many unique shops and restaurants. You can swim in the gulf or there is a private pool for the

residents. The Gulf directly in front of their home is private and every morning beach chairs and umbrellas are put up for the residents and every evening they are taken down.

It has been great to spend time with my brother. We have relived a lot of memories of our childhood, especially incidents involving our parents. The only thing that would have made it better would have been for our sisters, Joan and Cathy, to have been here. You know when push comes to shove, family is all we have.

I really packed light and did not bring any books with me; Dani had a book here, Lilac Girls, by Martha Hall Kelly. The cover said it should appeal to readers of author Kristin Hannah. I immediately knew I would enjoy it and I did. It was another novel about the camps in Europe during the war and how people were tortured and killed. It is almost hard to believe this happened, but it did.

I know now that I have no reason to complain and hope I will be better able to endure the restrictions. I know that this is Spring break week but have not encountered groups of students here, so, with my shots, I feel protected from the virus.

Take care, stay healthy and until next week, "Now You Have Heard It Through the Grapevine."

Poor, Poor Pepe Le Pew!



Pine Bluff News

By Pat Matheny

Monday, I ventured out to the Walmart on Bridgeport Hill. It was the first time I'd been there in over six months. I think they laid off two workers due to lost revenue from me. Since they have rearranged the store, I have a hard time finding anything. It was nice running into my buddy Bruce Hoffman of Kilarm. His wife, Phyllis, was in a check-out line so we didn't get to chat much. It looked like they both wintered good.

Tuesday afternoon, I had appointments at the VA hospital for two different procedures and to see the Optometrist (Sure miss the valet parking). When I checked in on the second floor for the two procedures, I ran into the 'Sheriff'. We made small talk and I found out her name is Dortha Parsons and when leaving she told me to have a very good day. I really appreciated that...she's coming along.

Lately, Optometrist Dr. Zwolensky has not been very impressed with the right eye (Although I'm kind of partial to it myself). After dilating the eyes, doc and his assistant each spent thirty minutes torturing me with those ten-thousand-watt spotlights while gazing inside...my, oh my.

Thursday afternoon, I took Brother John to the VA hospital to have lab work done and he, also, had to see an eye doctor...he has a different one. On the way home, we stopped at Heavenly Hoagies, that was set up in the Advanced Auto parking lot, and picked up a couple of hot sausage hoagies with

peppers...John wanted hot, I wanted mild. After dropping John off, per the hieroglyphics scribbled on one carton, I thought I brought home the mild pepper hoagie. After the heat from the second bite hit me, I realized I'm not too good at reading hieroglyphics either...another my, oh my.

Thursday evening, sister-in-law Bernie brought her sister, Windy with her grandson Dante, to visit. They came in from Columbus, OH last weekend and were spending the week in the area. Dante wanted to come and see me before he left. He's nine years old and sharp as a tack. He also has great manners and a big heart; he's a joy to be around - just like his great-uncle.

Until I was seven or eight years old, I thought St. Patrick's Day was a day to honor all men named Patrick (Me)...actually, I still do. Anyhow, here's a brief explanation I found online of what it's all about.

"Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people."

"Leprechauns are actually one reason you're supposed to wear green on St. Patrick's Day—or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see." I always wondered about this.

Could we have a few moments of silence for my childhood hero...Pepe Le Pew.

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

Ace

'Tales Of Courage' Presented At Frank & Jane Gabor West Virginia Folklife Center

The Frank and Jane Gabor West Virginia Folklife Center proudly serves as a cultural center for this region," said Mirta M. Martin, Fairmont State University President. "And I'm thrilled that even on Tuesday, March 9, 2021, we continue to serve

our community in that role. Storytelling is vital to a culture. West Virginia has such a strong tradition of storytelling, and The Frank and Jane Gabor West Virginia Folklife Center has a long history of showcasing dynamic storytellers." The evening included a mix of folktales, true stories and tall tales from storytellers Gil Myers, Kate McConnell, James Froemel, Joyce Geary, Mike Perry and Katie Ross. The online event was free and open to the public.

Founded in 1996, the West Virginia Storytelling Guild is a diverse group of performers who tell for schools, libraries, churches, festivals and civic organizations. They are proud to represent West Virginia's rich storytelling culture. The Guild has partnered with the Folklife Center for numerous events and is proud to call the Center home. The Frank and Jane Gabor West Virginia Folklife Center is housed in an historic barn on the campus of Fairmont State University. It holds the Ruth Ann Musick Folklore Archives, the Phyllis W. Moore West Virginia Authors Archives and the Patty Looman Collection. Students who minor in folklore as well as museum students get hands-on experience with these collections. For information about Tales of Courage and other online programs, call 304-367-4403.

"Civic Clubs"

cont. from p. 1

The weekly meetings would draw more than sixty members and each would wear a large, round button with their name on it. Those meetings had a great impact on my life and when I opened my business at 26, one of the first things I did was join the Clarksburg Kiwanis Club. Over the years, I have participated in many Kiwanis projects and met some incredible people. The Clarksburg Kiwanis Club is notable for its long sponsorship of the Radiothon, where the club members take on the role of disk jockeys and raise money for their civic projects. Over the years, the Radiothon has raised hundreds of thousands of dollars that have sponsored little league teams, sent students to Boys and Girls State and countless other good causes. While the membership has slipped from the heydays, there are still many dedicated business professionals continuing the tradition of this storied club.

Over the years, I have also had the opportunity to speak before the local Rotary and Lion's Club, and they also have a great tradition in our area. I can remember many fun times speaking to the Clarksburg Lion's Club and seeing the rollicking entertainment of members, like Paul Hill, Charlie Freeman, Al Cox, Bill Childers and others. They would celebrate birthdays and pull pranks on one another and needle the speaker with good natured ribbing. I used to joke that when I was invited to speak to the Lions Club, I just hoped they would finish the joking around in time to give me five minutes to speak to the club. With all the fun, the Lion's Club has done unbelievable work in helping the visually impaired, both in our local area and throughout the world.

The Rotary Club was probably the biggest civic club over the years and they have a long record of doing great work in the community and abroad. As I have traveled throughout the United States and throughout the world, I would regularly see the familiar Rotary symbol at the entrance to a city or at a hotel where they held their meetings. Rotary has played an impressive role in addressing many health-related roles and their work has eliminated polio in over 122 countries. They also work on clean water efforts and eliminating HIV infections in children.

The Woman's Club is another civic club that has done great work over the years. I have had the opportunity to speak to the Clarksburg Woman's Club on several occasions and was the recipient of a scholarship given by the Woman's Club when I was a senior at Notre Dame High School. Historically, the woman's clubs played a valuable role in giving women leadership experience since most of the other civic clubs did not allow females to be members. Several years ago, the Lions, Rotary and Kiwanis clubs voted to accept female members and women now make up a good part of the membership of these clubs.

Civic clubs are a valuable asset to any community and bring opportunities for lifelong friendships and rewarding activities.

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Mason Williams On GSU Fall Dean's List

Georgia Southern University recently recognized approximately 3,850 students on the Fall 2020 Dean's List. Mason Williams of Bridgeport has been named to the list for excellence in academics. To be eligible for the Dean's List, a student must have at least a 3.5 grade point average and carry a minimum of 12 hours for the semester.

Georgia Southern University, a public Carnegie Doctoral/R2 institution founded in 1906, offers approximately 140 different degree programs serving almost 27,000 students through 10 colleges on three campuses in Statesboro, Savannah, Hinesville and online instruction. A leader in higher education in southeast Georgia, the University provides a diverse student population with expert faculty, world-class scholarship and hands-on learning opportunities. Georgia Southern creates lifelong learners who serve as responsible scholars, leaders and stewards in their communities. Visit GeorgiaSouthern.edu.

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March Is National Nutrition Month

Health Promotion & Disease Prevention

The Dietary Guidelines



BECKY FOSTER, RD, LD

There is substantial evidence that healthy dietary patterns can help people achieve and maintain good health and reduce the risk of chronic diseases throughout all stages of their lifespan. The foods and beverages that people consume have a profound effect on their health.

“Americans have fallen short of meeting

these recommendations since the introduction of the first edition of the Dietary Guidelines for Americans in 1980,” said Becky Foster, RD, LD, director of Food and Nutrition Services at UHC. “Chronic disease rates have risen to widespread levels and it continues to be a key public health concern.”

The Dietary Guidelines is the

foundation of Federal food, nutrition, and health policies and programs. For 2020 to 2025, the Dietary Guidelines provide four target Guidelines that encourages healthy eating patterns at each stage of life and it recognizes that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern.

These Guidelines are a customizable framework of core elements within which individuals make tailored and affordable choices that meet their personal, cultural, and traditional preferences. Scientific studies have been a focus, which examine the connection between diet and health across all life stages. The Guidelines studied men, women, and children from diverse racial and ethnic cultures, who are healthy or at risk of chronic diseases.

It has become increasingly clear that diet-related chronic diseases, such as cardiovascular disease,

type 2 diabetes, obesity, liver disease, some types of cancer, and dental cavities, pose a major health problem for America. “Sixty percent of adults have one or more diet-related chronic diseases,” said Foster. “The emergence of the pandemic (COVID-19) has only emphasized these concerns even more, as people living with diet-related chronic conditions and diseases are at an increased risk of severe illness.”

The Dietary Guidelines is designed to help people make food and beverage choices throughout their life that are enjoyable and affordable, all while promoting health and preventing chronic diseases. Many of the recommendations have remained quite consistent over time but have evolved with science.

The 2020-2025 Dietary Guidelines emphasizes the importance of a healthy dietary pattern, rather than on individual

Continued on Page 8



Personalize Your Plate With 20 Ways To Enjoy More Fruits & Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It is also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms, and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, and frozen fruit - try strawberries and banana, or mango with pineapple, or peach.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with our favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms, and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves, or mandarin oranges.*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions, or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas, or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast, or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes, or onions with low-fat sharp cheddar cheese.
11. “Sandwich” in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber, and tomato as fillings. Add raw or cooked veggies to tacos on whole-grain corn tortillas and whole-wheat wraps.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt, or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach, eggplant and carrots to pasta dishes, casseroles, curries, soups, and stews.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens, and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.*
19. Fruit on the grill: Make kabobs with pineapple, peaches, and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole-wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

Eating Right For Life Stages



in your younger years, does not necessarily mean it will carry you through as you age. Your needs simply change, so should your eating habits.”

The Academy of Nutrition and Dietetics and the Registered Dietitians at Untied Hospital Center (UHC) recommend the following guidelines:

- Teens to 20s — Build bone density by eating and drinking calcium-rich foods and beverages such as fat-free or low-fat dairy milk or yogurt or calcium-fortified soy beverages. Non-dairy sources of calcium include fortified cereals, beans, some leafy greens and canned salmon, with bones.
- 20s to 30s — Reduce your risk of chronic diseases such as obesity, Type 2 diabetes and heart disease by eating more dietary fiber, including

whole grains, legumes, fruits, vegetables, nuts, and seeds. Women of childbearing age should include sources of folate, such as beans and peas and dark-green leafy vegetables, and eat foods fortified with folic acid such as breads, cereals, and other grain products. A folic acid supplement may also be needed and should be discussed with a health care provider.

- 30s to 40s — Continue to eat a variety of nutritious foods, especially plenty of fruits and vegetables, whole grains and beans, peas and lentils for vitamins, minerals, antioxidants, and dietary fiber.

- 40s to 50s — Fine tune your healthful eating habits and continue to incorporate regular physical activity as your body changes due to fluctuating hormones and slowing metabolism. Also

continue to focus on ways to limit foods and beverages with added sugars, salt, and saturated fat.

- 60s and beyond — Continue to include a variety of protein-rich foods to maintain bone strength and incorporate strength-building activities to maintain muscle. Good sources of protein include seafood, lean cuts of meat, eggs, beans, tofu, and nuts. Animal-based protein foods also provide vitamin B12, which is a concern for some older adults. Foods also may be fortified with vitamin B12 or a supplement may be recommended by your health care provider.

The Academy and UHC encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long.

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Lincoln Girls and Boys Get Their First Wins!



The Bottom Line
By Bill Nestor
Sports Editor

The high school basketball season is finally underway and in Shinnston, fans celebrated victories for both teams, respectively. Just being on the hardwood was a win but there is also something special for teams when there is no time on the clock and that initial triumph has been had.

The girls squad left Shinnston for a three-game road trip. The final game away from Cougar Country netted the first victory of the campaign, a decisive 54-30 win at Elkins. Lincoln jumped out to a 16-4 lead after the end of the first quarter. The Tigers mounted a comeback effort to outscore the Cougars 16-10 in the second frame leaving a six-point advantage for the visitors at the brake. Veteran Head Coach, Rob Hawkins utilized halftime to his advantage. His squad dominated second half play to

outscore Elkins 28-10 in the third and fourth periods combined. Defensively, Lincoln left no doubt, holding their foes to just 10 field goals in the affair and just two points in the final segment of the evening. Ashlyn Riley came up big with 21 points. Riley went deep in the lock-up with five three pointers for the Cougars. Lincoln shared the ball well as all nine players that played found the scoring column. Madi Martin (8 points), Hannah Ferris (7 points), Sydney McDougal (6 points), Emily Jett (4 points), Brooklyn Fazzini (2 points), Megan Tucker (2 points), Alexis Williams (2 points), and Alli Bragg (2 points) all contributed in the win.

The next three games show impressive competition as the Cougars host Liberty this Friday, travel to Tucker County for an afternoon affair on Saturday, and host

Fairmont Senior next Wednesday.

The boys team lost a pair of heartbreaking games by a combined five points to Buckhannon-Upshur and Woodrow Wilson to start the season. The third tilt was indeed the charm for Head Coach Jordan Toth and his team as they found themselves on the other end of a nail biter, defeating Elkins in overtime 58-56 in Shinnston. Toth deserves a great deal of praise for keeping his players focused and prepared in the pressure cooker against the Tigers. Most teams would have packed it up after dealing with COVID-19 and a pair of frustrating losses and then to find themselves in yet another down to the wire affair.

Lincoln was down by a deuce with just seconds remaining in regulation when last weeks Shinnston News and Harrison County Journal's Athlete of the Week, Zach Snyder decided it was better to give than receive. Snyder delivered the first of two huge assists when he dumped the ball into big man,

Payton Hawkins who sent the game into the extra period. The second assist went to Sammy Bart who knocked down the game winner to provide the inaugural win on the season.

The Cougars found themselves down by six points heading into the fourth and final period of play (at least that is what was thought). But the 'never say die' attitude of Toth elevated his team's play and the response was impressive.

Lincoln was led by the previously mentioned trio of players. Bart had 14 points and 10 rebounds for the double-double. Hawkins scored 14 points, nine caroms, and four assists. Snyder had 13 points, seven boards, and dished out a game high five assists.

The Cougars have a trio of 'big' Big 10 contests coming up with Robert C. Byrd, Liberty, and Fairmont Senior. All three of these matchups will be on the road for Toth and this team.

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 Bridgeport's Gabby Reep and Robert C. Byrd's Gavin Kennedy.

Indian basketball player, Gabby Reep led her team to a pair of wins this past week. Reep scored 17 points, recorded five steals, and dished out three assists in a win over Grafton. She had 14 points, seven steals, and five assists in a victory over Liberty.

Flying Eagle hoopster, Gavin Kennedy had an exceptional opening week, leading Robert C. Byrd to three wins. Kennedy scored 23 points against Bridgeport. Kenned netted 21 points in the win over Buckhannon-Upshur. Kennedy wrapped up the week hitting for 21 points in the victory over Class AAAA No.1 Morgantown.

Congratulations to Bridgeport's Gabby Reep and Robert C. Byrd's Gavin Kennedy for being named the Shinnston News and Harrison County Journal's Athletes of the Week!

Walking Trail Finds New Paths At Parks



From The World Of Parks & Recreation
By Doug Comer

What once was a common deer trail has emerged into one of the most scenic walks you will ever take in Harrison County. Oddly enough, it is within a few hundred yards from an often traveled route for those going to the southern part of the county. And Director Mike Book has found new trails to expand the hidden gem behind the Recreation Complex.

"Years ago, we wanted to expand our opportunities here at the complex and we found a deer trail that ran along the back of the property and we thought how neat it would be to have a trail where kids can walk and see what nature has to offer," said Book.

So, like a writer who puts pen to paper, Book put chainsaw to trees (paper comes from trees) and etched out a one-third mile trail that would be equal to a trail in the Smokey Mountains, but at a much smaller scale. The undulation of the land and gaps allows for steps and bridges to give the area some character. For Book, besides a pleasant hike, his vision was for educating as well.

"For those who have walked the trail, they have noticed many signs pertaining to the types of trees along the way. From Black Cherry to Slippery Elm, the young foresters learn about the trees and their uses in today's world. It is a win-win for those looking for some outdoor exercise as well as gaining some knowledge about the surroundings."

Also, Book constructed a couple classroom areas along the trail where students can sit and hear about all things outdoors. Our enrichment program, aptly named Outdoor Adventures, details anything from why trees are important to our survival as well as the wild game that populates the great outdoors. And, if you are lucky, you can catch a glimpse of turkey, deer and plenty of birds.

"We have one station strictly for fowl," said Book. "Owls, robins and local woodpeckers are discussed at this wonderful little piece of land off the beginning section of the trail. We have gourds hanging from the trees and wood cutouts of birds you would see in this area. To tell the stories about these flying creatures and their purpose peaks the interest of our kids that visit on field days. The research is just as fun as teaching."

About halfway along the trail, families who would like to picnic can take advantage of an area up from the steps. Maryjo Bastin spearheaded the step project and made the steps where walking up or down is safe without taking away the nature look of the trail. The area is quaint and there is enough shade to enjoy a meal on a hot day.

"We love the opportunities that folks can have on the trail. From learning, exercising or eating, we take great pride in our little trail. And our future plans include adding mulch to the entire trail as well as a gnome slash fairy trail with signage and stories as well as a

Continued on page 10

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



Kayaking with Dogs has something for all kayakers, from beginners to those who are highly skilled.

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.

Kayaking With Dogs Most dogs love a good boat ride, and nothing compares to a day out on the water with your

four-legged sidekick. Kayaking with Dogs has something for all kayakers, from beginners to those who are highly skilled. If you're new to the idea of kayaking with your dog, this friendly group is happy to share tips on how to get started, how to pick the perfect dog-friendly kayak, and recommendations for the best places to kayak with your pooch.

To build your dog's confidence, early kayak training should take place on land. If you start with a floating boat, it will move

and rock unpredictably which can scare your dog and put them off future kayak adventures. On-land training lets you have more control over the boat's movement while helping your dog adjust to the instability.

First, teach confidence with movement. Eventually, you want your dog to hop in and out of the kayak on their own, but if they aren't used to plastic, hollow, slippery surfaces, that first step might be tricky. Plus, many dogs want

Continued on page 10

WV Power Baseball Returns To #CWC

The West Virginia Power has joined the Atlantic League of Professional Baseball (ALPB) and is now an independently run organization for the first time in franchise history.

Andy Shea, Managing Partner & CEO of the ballclub, joined Charleston Mayor Amy Shuler Goodwin at a press conference in February 2021 to make the announcement.

"We are very excited about joining the Atlantic League and bringing a significantly higher level of talent to the field. Off the field, we are delighted to expand on the affordable family fun at Appalachian Power Park," Shea said. "The Atlantic League of Professional Baseball is the premier MLB Partner League, and we are sincerely grateful for the City of Charleston, State of West Virginia and



Over its 23-year history, more than 42 million fans have made their way through the gates of an ALPB ballpark.

Major League Baseball for helping make this happen. This day is truly great for professional baseball in Charleston."

The Power joins former South Atlantic League rival, the Lexington Legends, in the newly christened MLB Partner League. ALPB has two

Continued on page 10

FSU Wins 2021 MEC Tournament Championship

Fairmont State held off No. 19-ranked West Liberty, 102-99, on Sunday, March 7 to win its first conference tournament championship since 1984.

It was Fairmont's third appearance in the MEC Tournament Championship Game, with the Falcons falling in the finals in both 2014-15 and 2016-17.

With the win, Fairmont

State improves to 15-4 on the year and has earned the Mountain East Conference's automatic bid to the Atlantic Region Tournament at West Liberty's ASRC.

Fairmont State shot 54 percent from the field and a sizzling 61 percent from behind the arc in the win. The Falcons also cashed in on 27-of-35 attempts from the charity stripe.

Fairmont State also

outrebounded WLU, 39-30, in the win.

Dale Bonner, a member of the 2021 Mountain East Conference All-Tournament Team, scored a game- and team-high 34 points to go with nine rebounds and four assists to lead the Falcons in the championship final. Isaiah Sanders, the 2021 MEC Tournament MVP, also chipped in 25 points

and seven rebounds. Sanders shot 8-of-13 from the field and 4-of-5 from three in the win. Cole VonHandorf added 17 points and five rebounds, and Seth Younkin also reached double-figures with 10 points and six rebounds.

Fairmont State set MEC Tournament Championship game records in total points (102) and free throws made (27).

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THOMAS JEFFERSON STIRE



Thomas Jefferson Stire, 72, of Lumberport, went to be with the Lord, Wednesday morning, March 10, 2021 at his residence. He was born in Lumberport, February 11, 1949, a son of the late Donald and Delia Lindsey Stire. He is survived by his wife, Norma Jean Cumberledge Stire, whom he married June 14, 1970.

Also surviving are two children; Jennifer Prunty and her husband Bob, Jeff Stire and his wife Kim, all of Lumberport; his grandchildren Tyler Stire and his wife Hannah, Fairmont, Mikayla Prunty and her companion Travis Freeman, Clarksburg, Corey Prunty and Trey Stire, both of Lumberport; one great-grandchild; Miszoura Stire; his siblings Lecia Cohen, Gypsy, Betty Harris, Clarksburg, John Stire, Kenny Stire and his wife Carol, Lois Markley and her husband Dave, all of Lumberport, and several nieces and nephews.

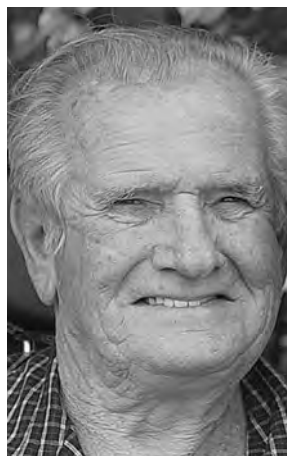
In addition to his parents, Tom was preceded in death by seven siblings; Shirley Bonnell, Robert Stire, Stella Wright, Don Stire, Mary Ellen Stire, Chuck Stire, and Frank Stire.

Tom retired from R.G. Johnson with over 40 years of service in the mining construction industry. He was a member of the Rinehart Community Church. He was a handyman who loved his family and loved to work. Tom also enjoyed spending time with his family, camping, and playing cards.

A funeral service was held at Perine Funeral Home on Monday, March 15, with Pastors Jeff Burnside, Dewayne Cumberledge, and Jeff Stire officiating. Interment followed in the Lions Club Cemetery in Lumberport.

Memorial donations may be made to WVU Medicine Hospice, 2673 Davisson Run Rd., Clarksburg, WV 26301 or in the donation box at the funeral home. Condolences may be extended to the family at www.perinefunerals.com.

WILLIAM "BILL" CHRASTINA



William "Bill" Chrastina, 76, of Shinnston, passed away on Friday evening, March 12, 2021, surrounded by his family at his residence. He was born in Enterprise, September 30, 1944, a son of the late John and Bernice McDaniel Chrastina.

He is survived by his wife of 56 years, Wilma Cain Chrastina, whom he married November 14, 1964; four daughters, Charlotte Robinson and her husband Kevin, of Meadowbrook, Lisa Watson, of Shinnston, Allison Cunningham and her husband Bucky, of Clarksburg, and Billie Jo Brooks and her husband Doug, of Meadowbrook; his special family, Jay & Marsha Riley, Shinnston; his grandchildren, Alex Robinson, Meredith Robinson Ratliff and her husband Jon, Lysie Watson and her companion Matthew, Meghan Watson, Delani Watson, Alexis McKane and her companion, Caleb, Jenna Cunningham, Morgan Brooks Norman and her husband Zack, Lauren Brooks and her companion Dalton, Sydney Brooks, Jayce Brooks, Max Brooks, Dealand Brooks, and Amber Riley Salerno and her husband Nick; one great-grandchild, Sloane Salerno.

Bill is also survived by four sisters, Carol Heldreth, of Shinnston, Barbara Fidellow and her husband Ed, of El Salvador, Arlene Durbin, of Dallas, TX, and Betty Gibson and her husband Bob, of Carlton, WA; two brothers, John "Rudy" Chrastina, Shinnston, and Leonard "Buck" Chrastina, Dallas, TX; his sister-in-law, Marie Swiger; a special brother, Butch Akers; a special cousin, Bob Long, and several nieces and nephews.

In addition to his parents, Bill was preceded in death by six siblings, David Chrastina, Kent Chrastina, Roger Chrastina, Jimmy Chrastina, Larry Chrastina, and Bunny Davis; and his second mother, Nanna, Clara Lee Akers.

Bill owned and operated W.G. Construction, later known as Chrastina Construction, for many years. He was a

hard worker and avid outdoorsman who enjoyed spending time out in the woods doing most anything. He also enjoyed bird hunting and going to his camp in Bergoo. To Bill, family was everything and what he loved most was having fun and spending time with them. He is loved by many and will be deeply missed.

The family will receive friends at the Perine Funeral Home, 1348 S. Pike St., Shinnston, from noon until 8pm, Wednesday. A funeral service will be held at Jewel City Church, 511 Jewel City Blvd, Meadowbrook, at 11am, Thursday, March 18, with Pastor Robert L. Shingleton and Pastor Aaron Cayton officiating.

Mr. Chrastina will lie in state an hour prior to the service at the church. Interment will be in the Shinnston Memorial Cemetery.

QUENTIN CARL GABRIEL



Quentin Carl Gabriel, 78, of Stonewood, died March 10, 2021 at his residence with his family by his side. He was born August 26, 1942, at Hillsvie, South Dakota, the son of the late Peter and Elizabeth (Imbery) Gabriel of South Dakota.

Upon graduation from high school in Eureka, South Dakota in 1960, Mr. Gabriel began working in the construction industry. While working as a traveling salesman, Mr. Gabriel met his beloved wife and relocated to Shinnston, WV. He retired from Elite Cleaners in Clarksburg as a Dry Cleaner Manager after thirty-three years of service.

On January 24, 1964, he married Grace Marie Mullenax of Shinnston WV, who preceded in him in death on July 18, 2013.

Mr. Gabriel is survived by his four children, daughter Quinn Allowatt and her husband John Allowatt of Clarksburg, son Billie Gabriel of Clarksburg, son Mark Gabriel and wife Julie Gabriel of Buckhannon, and daughter Elizabeth Whitehair and husband Jason Whitehair of Flemington; five grandsons, Seth Todd, Brandon Gabriel, Nicholas and Reese Allowatt, and Kyson Whitehair; nine granddaughters, Alyssa Greene, Kacie Barnett, Sydney and Mikaela Todd, Holly

Out Of The Past
Memorable Photographs from around Harrison County.



Looking west through Shinnston on March 17th, 1913. Photo courtesy of Bobby Bice.

Etheridge, Stephanie Gabriel, Sophia, Grace and Abigail Whitehair; several great grandchildren, and several nieces and nephews. He is also survived by his sister, Shirley Dornbusch of Webster, SD; sisters-in-law, Edith Gabriel of Redfield, SD, and Arlene Gabriel of Loveland, Colorado.

In addition to his wife and parents, he was preceded in death by his two brothers, Leroy Gabriel of Loveland, Colorado and Gerard Gabriel of Redfield, SD; and one great granddaughter, Olivia Todd.

Quentin loved his family and enjoyed spending time with them making precious memories.

Mr. Gabriel enjoyed playing the accordion for himself and his family. He loved watching his children and grandchildren perform in concerts, parades, and football games. He appreciated many different musical styles over the years. He was always ready to travel to visit family in South Dakota, to New York, Las Vegas, or around West Virginia. He loved fishing. He was also an avid WVU sports and Pittsburgh Steelers and Pirates fan.

Mr. Gabriel was a member of Our Lady of Perpetual Help Catholic Church.

Funeral Liturgy was held at Our Lady of Perpetual Help in Stonewood, WV on Saturday, March 13, 2021 with Father Kumar Reddimasu as Celebrant. Interment followed at Stonewall Park Cemetery. Online condolences can be sent at www.davisfuneralhomewv.com.

The family would like to thank WVU Hospice for the love and excellent care and especially our Nancy.

PEARLE E. STURM

Pearl E. Sturm, 100, of Little Bingamon passed away peacefully

at Fazio's Elder Care on Monday, March 8, 2021. She was born June 18, 1920, at Little Bingamon, West Virginia, a daughter of the late Garrett M. Sharp and Rosetta M. Glover Sharp.

She is survived by her son, Ronald F. Sturm and his wife, Imkelina Sturm of Waynesboro, VA; son, James L. Sturm and his wife, Faye Sturm of Gulfport, MS, daughter, Jeanie Levelle and her husband, John of Lumberport WV; Sisters, Dian Richards, Judy Richards, Peggy Odenheimer; Brothers, Gilbert Sharp, Bob Sharp; Grandchildren, Deborah S. Kendall, Edwin R. Sturm, Susan Goldman, Michael Sturm, John Levelle II; Great-Grandchildren, Christina Kendall, Veronica Kendall, Christopher Goldman, Miranda Goldman, Evan Sturm, Benjamin Sturm, Ana Sturm, Daniel Sturm, Penny Levelle and Audrey Levelle; Great-Great Grandson, Sebastian Bryce Goldman and Rafael Tovar.

She was preceded in death by her husband Forrest E. Sturm, who passed away on February 28, 2001; her sisters Viola Sharp, Jessie Hall, Gladys Martin, Glenna Nuzum; brothers, Lee Sharp and Garrett Sharp Jr.

She was a member of Augusta Chapter #6-OES in Mannington and she was a member of the Little Bingamon United Methodist Church.

A graveside service at Shinnston Memorial Cemetery was held on Saturday March 13, 2021 with Rev. Duane Bartrug officiating.

Memorial donations may be made to WVU Medicine Hospice, 2673 Davisson Run Road, Clarksburg, WV 26301 or the Soup Opera PO Box 10 Fairmont, WV 26554.

Online memories and condolences may

be shared at www.harmerfuneralhome.com.

EDNA M. STEMPLER

Edna M. Stemple, 96, of Sardis Road, Katy Lick, passed away on Wednesday March 10, 2021 at Stonerise Nursing Home in Bridgeport, WV. She was born on June 5, 1924 at Robey Hollow, Lumberport, WV to the late Marion Shreve and Aldie Robey Shreve.

She is survived by one sister, Doris J. Shreve Isner of Painsville, Ohio; nieces, Rene, Sherry, Rebecca, Tena, Karen and Mary Lou; nephews, Kendall and Richard "Dick", along with several great nieces, nephews and cousins.

Edna was preceded in death by her husband, Columbus Stemple Jr. who passed away on August 11, 1977. They were married on September 1, 1947. In addition to her parents and husband she was preceded in death by her sisters, Esther V. Norris and Georgia L. Jones-Smith; brothers, Clyde G. Shreve and Robert Shreve; nephews, Randall Norris and Robert "Bobby" Shreve; brother-in-law, Tom "Lawrence" Isner. She attended Lumberport High School and was a member of the Reynoldsville Baptist Church.

Due to the pandemic a grave side service was observed on Friday, March 12, 2021 with Pastor Jon Hayes officiating at the Lumberport Lions Cemetery.

Sherry would like to extend a very special thank you to all of the staff at Stonerise, Bridgeport, WV and Amedisys Hospice for the wonderful care and compassion shown to Aunt Edna during her time at the facility.

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

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“Dietary Guidelines” cont. from p. 5

nutrients or foods. The dietary patterns approach will help people personalize their food and beverage choices to accommodate their wants, needs, preferences, cultural traditions and customs, and budgetary considerations.

The Guidelines focuses on the importance of encouraging healthy dietary patterns at every stage of life. For the first time since 1985, this edition of The Guidelines includes recommendations for infants and toddlers, as well during pregnancy and lactation.

“This approach recognizes that each life stage is unique, with nutrient needs varying over the lifespan and during each life stage,” said Foster. “The establishment of healthy dietary patterns early in life may have a beneficial impact on health promotion and disease prevention.”

The Dietary Guidelines translates to help people choose foods and beverages that comprise a healthy and enjoyable dietary pattern. It is the “what” and “how much” of foods and beverages to consume to get to good health, reduce the chance of diet-related chronic diseases, and meet nutrient needs.

Food provides an array of nutrients and other components that have benefits for health; therefore, nutritional needs should be met primarily through foods. The Dietary Guidelines does recognize that in

some cases, fortified foods and dietary supplements are useful when it is not possible to meet the needs for one or more nutrients.

The Guidelines Make every bite count with the Dietary Guidelines for Americans.

Here is how:
1). Follow a healthy dietary pattern at every life stage—infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood—it is never too early or too late to eat healthfully.

- For about the first 6 months of life, exclusively feed infants human milk. Continue to feed infants human milk through at least the first year of life, and longer if desired. Feed infants iron-fortified infant formula during the first year of life when human milk is unavailable. Provide infants with supplemental vitamin D beginning soon after birth.

- At about 6 months, introduce infants to nutrient-dense complementary foods. Introduce infants to potentially allergenic foods along with other complementary foods. Encourage infants and toddlers to consume a variety of foods from all food groups. Include foods rich in iron and zinc, particularly for infants fed human milk.
- From 12 months through older adulthood, follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.

2). Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary

considerations. A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status. The Dietary Guidelines provides a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the United States.

3). Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits. An underlying premise of the Dietary Guidelines is that nutritional needs should be met primarily from foods and beverages—specifically, nutrient-dense foods and beverages. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium. A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits. The core elements that make up a healthy dietary pattern include:

- Vegetables of all types—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- Fruits, especially whole fruit
- Grains, at least half of which are whole grain
- Dairy, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- Protein foods, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- Oils, including

vegetable oils and oils in food, such as seafood and nuts

4). Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages. At every life stage, meeting food group recommendations—even with nutrient-dense choices—requires most of a person’s daily calorie needs and sodium limits. A healthy dietary pattern does not have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages. A small amount of added sugars, saturated fat, or sodium can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited. Limits are:

- Added sugars—Less than 10 percent of calories per day starting at age two. Avoid foods and beverages with added sugars for those younger than age two.
- Saturated fat—Less than 10 percent of calories per day starting at age two.
- Sodium—Less than 2,300 milligrams per day—and even less for children younger than age 14.
- Alcoholic beverages—Adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed. Drinking less is better for health than drinking more. There are some adults who should not drink alcohol, such as women who are pregnant.

ANSWERS

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LEGAL NOTICES

(Cert. No. 178566 Sonya and Eric Lemley)
To: DEBORAH E DAWSON, CITY OF CLARKSBURG, GARY B WOTRING, 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 Sonya and Eric Lemley, the purchaser of the tax following real estate, Certification No. 178566, located in COAL CLARKSBURG CORP District, LOT 'B' (2365.72 SQ FT) SYCAMORE ST, which was returned delinquent or nonentered in the name of SANDY JOSEPH (LE) (GARY B WOTRING), and was sold by the deputy commissioner of delinquent and nonentered lands of Harrison County at the sale for the delinquent taxes on 08/03/2020. Sonya and Eric Lemley requests that you be notified that a deed for such real estate will be made on or after 04/19/2021, as provided by law, unless before that day you redeem such real estate. The amount you will have to pay on or before 04/19/2021 will be as follows:

Amount equal to the taxes and charges due on the date of the sale, with interest, to 04/19/2021	\$ 1816.64
Amount of taxes paid on the property, since the sale, with interest to 04/19/2021	\$ 0.00
Amount paid for Title Examination and preparation of the list to be served and for preparation and service of notice with interest to 04/19/2021	\$ 977.07
Additional Statutory Fees with interest to 04/19/2021	\$ 0.00
Total Amount Payable to Sheriff - cashier check, money order, certified or personal check must be made payable to The Honorable Robert Matheny, Sheriff of Harrison County.	\$ 2793.71

You may redeem any time before 04/19/2021 by paying the above total less any unearned interest. Given under my hand 3/4/2021
G. Russell Rollyson Jr.
Deputy Commissioner of Delinquent and Nonentered Lands of Harrison County, State of West Virginia

Please return this letter and payment to the West Virginia State Auditor's Office, County Collections Division 1900 Kanawha Blvd East, Building 1, Room W-118 Charleston, West Virginia 25305 Questions please call 1-888-509-6568

(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.**
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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LINCOLN BASKETBALL 2021

Defense The Key For A Successful 2021 Season For Lincoln Boys Basketball



Lincoln Boys Basketball 2021 Varsity Team

Photo courtesy of Santelli Photography

By Bill Nestor Sports Editor

Lincoln Head Coach, Jordan Toth has been at the

helm of his Alma Mater for eight years. During that time, solid defense has been the Cougars calling card, especially

the last two seasons. This year looks to be more of the same and Toth knows just how important the "D" will be to this year's

editions success. "We have to find a defense that we will play the best to force turnovers, bad shots, and quick steals," explained Toth.

Lincoln looks to employ a seven-man rotation that includes four returners with starting experience. The most experienced hoopsters include a pair of seniors that provide a perimeter and a post presence. Zachary Snyder is the catalyst of the offensive attack and his versatility will be utilized in a couple of plays. Snyder will run the show from the point

guard position and he can also man the shooting guard spot.

Peyton Hawkins is an imposing force in the paint. At 6'7 and 275 pounds, Hawkins is hard to handle on the low blocks. What makes him extremely hard to defend is that he isn't just a nightmare in the paint, he can also step out and knock down the deep shots.

The wings are two 6'1 juniors that are multi-talented players, Sammy Bart and Wes Heldreth. Junior, Jeremiah

Continued on Page 10

Lincoln Lady Cougars Have Unfinished Business To Attend To During 2021 Season



THE 2021 LINCOLN LADY COUGARS

Photo courtesy of Santelli Photography

By Bill Nestor Sports Editor

Last season's campaign abruptly for the Lincoln

Cougars. They were en route to a potential state championship when the season was cancelled. Veteran Head Coach,

Rob Hawkins and his returners feel like they have some unfinished business to attend to this year.

Hawkins has an impressive combination of returning players and

talented newcomers. Senior, Madi Martin, a three-year starter has made a career of running the show from her point guard position. Martin has had a solid career but has never had to score in the past. Hawkins expects for Martin to attack more off of the dribble and look for more open shots.

Hannah Ferris is a three-year starter that is returning from injury and she is expected to have a special senior campaign. Ferris has worked extremely hard to get back on the hardwood.

Senior, Emily Jett

Continued on Page 10

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LINCOLN BASKETBALL 2021 Schedules

BOYS SCHEDULE			
1-03/06/21	7:30PM	H -BUCKHANNON-UPSHUR	52-55 -L
2-03/09/21	7:30PM	A -WOODROW WILSON	38-40 -L
3-03/11/21	7:30PM	H -ELKINS	58-56 -W
4-03/13/21	7:30PM	A -LEWIS COUNTY	-
5-03/16/21	7:30PM	A -PHILIP BARBOUR	-
6-03/18/21	7:30PM	H -PHILIP BARBOUR	-
7-03/20/21	7:30PM	A -ROBERT C BYRD	-
8-03/23/21	7:30PM	A -LIBERTY HIGH	-
9-03/25/21	7:30PM	A -FAIRMONT SENIOR	-
10-03/30/21	7:30PM	H -NORTH MARION	-
11-04/01/21	7:30PM	H -ROBERT C BYRD	-
12-04/03/21	3:00PM	H -KEYSER HIGH	-
13-04/05/21	7:30PM	H -PRESTON HIGH	-
14-04/07/21	7:30PM	A -GRAFTON HIGH	-
15-04/09/21	7:30PM	A -BRIDGEPORT HIGH	-
16-04/13/21	7:30PM	H -LIBERTY HIGH	-
17-04/15/21	7:30PM	A -PARKERSBURG HS	-

GIRLS SCHEDULE			
1-03/03/21	7:30PM	A -BUCKHANNON	62-73 L
2-03/05/21	7:30PM	A -BRIDGEPORT HIGH	35-54 L
3-03/08/21	7:30PM	A -ELKINS HIGH	54-30 W
4-03/10/21	7:30PM	H -LEWIS COUNTY	46-57 L
5-03/12/21	7:30PM	H -NOTRE DAME HS/MS	-
6-03/17/21	7:30PM	A -PHILIP BARBOUR	-
7-03/19/21	7:30PM	H -LIBERTY HIGH	-
8-03/20/21	3:15PM	A -TUCKER COUNTY	-
9-03/24/21	7:30PM	H -FAIRMONT SENIOR	-
10-03/26/21	7:30PM	A -NORTH MARION	-
11-03/31/21	7:30PM	A -ROBERT C BYRD	-
12-04/02/21	7:30PM	A -PRESTON HIGH	-
13-04/03/21	7:30PM	H -FRANKFORT HIGH	-
14-04/06/21	7:30PM	H -GRAFTON HIGH	-
15-04/08/21	7:30PM	H -BRIDGEPORT HIGH	-

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LINCOLN BASKETBALL 2021 Rosters

BOYS ROSTER			
#	Pos.	Name	Ht
0	F	Sammy Bart	6'1
2	G	Zachary Snyder	6'1
3	G	Westin Heldreth	6'1
4	G	Jeremiah Carpenter	6'
5	F	Nick Kellar	5'7
10	F	Jayce Brooks	5'11
11	F	Lance Hostuttler	6'
12	G	Manning Clark	5'10
20	F	Braydon Edgell	5'11
22	F	Easton Gibbs	5'9
24	F	Levi Moore	5'11
24	C	Kodi Shingleton	6'5
30	C	Aaron Ramsey	6'4
34	C	Dakota Bainbridge	6'1
40	F	Mason Quinones	5'8
42	C	Payton Hawkins	6'7

GIRLS ROSTER			
#	Pos.	Name	Ht
1	G	Madi Martin	5'4
2	G	Tatiana Nix	5'4
3	G	Emily Jett	5'8
4	G	Hannah Ferris	5'10
10	G	Carlie Lanham	5'2
11	F	Audrey Fleece	5'6
12	G	Brooklyn Fazzini	5'3
14	G	Brooklyn Davison	5'3
15	F	Megan Tucker	5'4
20	F	Payton Riley	5'5
21	G	Kathryn DeMary	5'4
22	F	Sydney McDougal	5'9
23	G	Alexis Williams	5'4
24	G	Ashlyn Riley	5'7
25	C	Olivia Spino	5'7
33	C	Alliana Bragg	5'10
42	F	Alyah Elder	5'8
44	F	Hannah Rowan	5'8

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The City extends its best wishes for a successful season to the Lincoln Cougars!

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“Pet Adventurers” cont. from p. 6

to step on the side of the kayak and depending on the model you have, it could move and frighten them. Next, build up to your dog touching the kayak then eventually getting in, rewarding at every step. Finally, teach on and off cues so your dog understands they should wait to be invited on the kayak and should only jump off with permission.

Your dog needs a place to stay on the

kayak while you're on the water. The size of the dog and the type of kayak will be a factor in where you place your pet. A sit-on kayak will allow for more space and most dogs will lie down when they relax. While training, reward your dog when they're in the chosen position to reinforce that location.

To make the kayak as comfortable and safe as possible, add padding and nonslip material for

safe footing; yoga mats and marine traction tape along the edges are great for safer entries and exits.

The final step in on-land training is getting your dog used to the motion of you paddling behind them. First, introduce the paddle and pair it with rewards. Next, have your dog on the kayak with you and begin to introduce the paddling motion. Keep things positive

so your dog enjoys the experience.

Of course, your dog will be wearing a personal flotation device (PFD) when you're on the water. So, they should be training in one too. Find one that fits your dog's body type and allows fluid motion from the shoulder.

Be sure to introduce the life jacket before you get to the water. Some trainers suggest

letting your dog wear their PFD in the house, taking them for walks in it, feeding them in it, so they can become truly comfortable. It's also important your dog learns how to swim in it.

Look for a shallow entry point and beach the kayak. If possible, enlist the help of a friend to hold the kayak still while you get on. Take your seat first and then invite your dog to hop in.

“WV Power Baseball” cont. from p. 6

divisions: The league's North Division features the Lancaster (PA) Barnstormers, Long Island (NY) Ducks, Southern Maryland (Waldorf) Blue Crabs, and York (PA) Revolution. The South Division includes the Power, Lexington (KY) Legends, High Point (NC) Rockers, and Gastonia (NC) Honey Hunters.

The 2021 Power season is slated to begin Friday,

May 28. Visit wvpower.com for a full schedule, list of promotions, ticket information and COVID-19 regulations.

Established in 1998, the ALPB has seen nearly 1,000 players sign contracts with MLB organizations, with an average of 50-plus each season. In addition, more than 70 former players and coaches from the ALPB are now managers or coaches for MLB organizations. Besides

providing top-tier talent on the field, the ALPB is focused on presenting family-friendly entertainment in state-of-the-art facilities. Over its 23-year history, more than 42 million fans have made their way through the gates of an ALPB ballpark. All stadiums are required to be maintained at a Triple-A standard or better.

The ALPB has also become a partner of Major League Baseball,

testing new rules and equipment they may implement in the future. For example, all ALPB games include a time limit between innings to speed up the pace of play. The league has also altered rules regarding mound visits, pickoff attempts, check swings, allowing a batter to steal first base, and more, so fans are guaranteed to see some unique events on a nightly basis at Appalachian Power Park.

“Community Garden” cont. from p.1

being more of a 'shared' workload and not a heavy responsibility for just a few.

“There will be a great need for all sorts of volunteers to help grow and maintain the crops, and we feel that everyone can help in their own way,” Olsen added.

The Community Garden has a little more than \$1,500 in its own account, but Olsen says there is a possibility of applying for some grants and even hosting fundraisers. There was a shed located on site at the former Community Garden and it will be moved to the new location for storage of tools and supplies, etc. Olsen has already spoken with Vincent Lumber owner Jeffrey Chalfont concerning a discounted price on chain-link

fencing to surround the garden. Of course, having a water source on the property will be needed; however, City Manager Chad Edwards reports that it should be easy for the City to tap into an already existing water source nearby.

There will be several speakers at the meeting to give advice on the garden's design and to talk about the possibilities of hydroponic planting and pallet gardening. Representatives of the WVU Extension Service and some involved with the state's Master Gardener Program have been invited to attend and offer their guidance and recommendations. The Shinnston Garden Club has also expressed an interest in helping in some way to redevelop the city's Community

Garden. Olsen said he has also approached leaders of the local Boy Scouts to see if they might contribute by making flower boxes as a community service project.

“We are very hopeful that members of the community will lend their support to helping us recreate a beautiful Community Garden once again for Shinnston,” Olsen continued. “It is a great opportunity for some civic groups, churches, etc. to offer their help as well. We wholeheartedly welcome the public's attendance at this meeting and urge all to share their ideas as we plan the garden's redevelopment.”

There are many benefits to having a Community Garden in a municipality. Not only will it offer freshly grown produce, but that produce can lead to healthier eating habits and a healthier lifestyle. It is a way for citizens to connect with one another on a shared project and gives them the opportunity to make new friends with

similar interests. For some, it could even be a tremendous learning experience! And last, but not least, it lends to beautification of city property – turning a once empty lot into an area of lush greenery and exhibiting a joint interest in something that will benefit those served by the Lord's Pantry.

“There will be a lot to discuss and an abundance of gardening and maintenance tasks that will be needed,” Olsen concluded. “We genuinely hope that many will join us on March 23rd for this planning session. We have great aspirations for this project and look forward to it generating a lot of community enthusiasm.”

“Lady Cougars” cont. from p. 9

blossomed down the stretch a year ago when she started every game in the postseason. Hawkins considers her the most improved player on the team. Also, due to a lack of size, Jett is going to have to play bigger than she is because she will be guarding taller players.

Junior, Sydney McDougal will patrol the paint from her center position. McDougal is the only experienced post player that Hawkins has and she will be counted on for rebounding and interior defense.

Ashlyn Riley is a talented freshman that rounds out the starting lineup. Riley has a huge upside and Hawkins thinks she will be a big scorer with a really bright future.

Bench play is important to any teams success and the Cougars have an impressive one. Junior, Brooklyn Fazzini is a

combo guard that can play on or off of the ball and Hawkins indicated that she has really improved her ability to take the ball to the basket.

Sophomore, Megan Tucker played big minutes in last years state quarter final game vs Nitro. Tucker has the ability to get to the hoop and she finishes really well.

Freshman, Alexis Williams will see time in the backcourt. Williams has impressed Hawkins with her hard play and toughness.

Freshman Aliyah Elder and Alliana Bragg are post players that could see playing time as the season progresses.

A talented roster and an excellent coaching staff are a recipe for success and Hawkins looks to be cooking up something special once again this season.

“Parks & Rec” cont. from p.6

gnome community. Look for that soon.”

Expansion of the trail has been very successful. Tim Rader, a county employee from the maintenance department, has been a huge help in finding

and creating additional trails. His imagination of finding a small deer path to what it is now has been exactly what Book has envisioned. Once complete, we will add a few more steps to your walk and it will take you

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