



## ‘Stone House Lavender’ Breathes More New Life Into Historic Family Farm



Rolling hills and meadows of fragrant lavender welcome guests before entering the doors of Stone House Lavender, an event venue built on a family-owned historic farm near Fairmont.

By LEIGH C. MERRIFIELD

News & Journal Editor

What do you do with things that get old? Too often, they are just thrown away because they no longer have a use ... or sometimes a few spare parts may be kept ‘just in case’. Today, however, the term ‘upcycling’ has become

popular; it means to give something new life and/or a new purpose.

One Fairmont family kind of decided to upcycle their property ... to diversify ... to give it new life and new purposes ... and what an adventure it has been!

Mit Abbott explained in more detail. Her family’s farm has been around for going on

two centuries, thus adequately qualifying it as “old”. Mit’s children can now boast of being the eighth generation to have grown up or spent time on this farm. Through the years, the parcel the family owns has dwindled down to 20 acres, but still, cattle graze on the land. And still existing on the property is the two-story stone house that was built in 1850 by Mit’s ancestors ... built in just 90 days for just \$90! However, at the time, that was a HUGE investment.

“There was a large solid rock formation on the property, and we suspect they cut from that rock to make the stones when the house was originally built. It has six rooms and four fireplaces in it with doors custom cut for each doorway. It also still features the original wood floors that were put down with hand-chisled nails. An

addition was also added at a later time. Actually, my husband and I lived there temporarily when our home was being built, and my step-brother, who helps care for the farm, now lives on the first floor of that old stone house,” Mit elaborated.

Two of her brothers are still involved with the farm, caring for the cattle, the hayfields, etc. And they have remained passionate about breathing new life into this farm, particularly after losing their father a few years ago.

“My brother Mark mentioned reading an article about someone growing lavender on abandoned mine properties, and he learned that this fragrant perennial loves the sun, doesn’t require a lot of care or watering, and that as long as the soil is well-drained, it grows well,” she said. “So we decided to plant about 36 plants and see what

happened. They did well and we followed up by planting a thousand more, and they too prospered!”

Aside from being a beautiful sight to see, what do they do with them? They often host ‘You Pick’ days when the public can

visit the farm during certain hours and for \$5, they can cut their own bundles of lavender to take home. They decided that the lavender meadow could also have another purpose, so they began harvesting the purple

Continued on Page 10

## Shinnston’s Healthy Harrison Program Offering \$\$\$\$ To Shed Unwanted Pounds

Looking & Feeling Better Plus CASH A Great Incentive!



Participants can register now through July 24th at [www.healthgameswv.com](http://www.healthgameswv.com). Visit ProCare Pharmacy in Shinnston for the initial weigh-in and get started! There will be no weekly weigh-ins; the only other weigh-in will be the final one in November, also at ProCare Pharmacy.

By LEIGH C. MERRIFIELD

News & Journal Editor

Healthy Harrison is a partnership among several cities in Harrison County – all striving toward the same vision. That vision is to measurably improve the health and wellness of the citizens of Harrison

County.

Shinnston is one of the participating communities and, according to Community Development Coordinator Anthony Tate, the ball is now rolling!

“We want to encourage our residents

Continued on Page 9

## Council Hears Park Chosen As Frontier Days Venue This Year

By LEIGH C. MERRIFIELD

News & Journal Editor

Shinnston City Council met at the Woman’s Club clubhouse on July 12th for its regular meeting. Two citizens petitioned to speak prior to the meeting.

The first to speak was Willard West of Orchard St. who once again cited the poor condition of the Park’s Bocce Court. He stated that thanks to funding of \$29,500 raised through community donations and volunteer work, the Bocce Court became a reality and has served as a popular recreation spot in the community. West

noted that although the bleachers have now been powerwashed and a few other things have been done, still, lighting and other issues he had brought to Council’s attention have not been addressed and

need to be taken care of. After hearing this, Mayor Kovalck asked that the City Manager to reach out to the Bocce Association President in regards to what can be done.

Joe Roberts of East Pike St. also posed questions to Council, saying that he didn’t understand why the City should take over blighted properties and assume more liability expenses. He also noted that there was no need to put up stop signs and speed limit signs when there is little policing on this taking place. Roberts also questioned annexing more people into the city when they aren’t taking care of the residents they already have. He also expressed concerns about the Lincoln Apts. sewer project and how street and sidewalk money is being spent.

Council explained that owners of two of the Charles St. properties in question

have been cited but fines and court appearances are ignored, and if these eyesores are to be demolished, it will likely be the City that has to handle it.

Minutes of the June 14th and June 28th meetings were approved as amended.

Thrasher representative Jacob Darrah and CityNet representative Drew Pomeroy both talked about fiberoptic broadband options and Pomeroy encouraged Council to reach out and get involved in making it come about soon. He stated that having a plan would make the community more attractive to providers and give them an incentive to offer service here. He added that having this service would also make Shinnston more attractive to prospective families and new businesses.

As they concluded, Mayor Kovalck asked Darrah once again to

repeat the quote for Thrasher to engineer a plan to lay out a fiberoptic system in Shinnston. Darrah stated that price tag would be \$19,500.

In his report, Mayor Kovalck stated that the water committee had met twice regarding the AMR purchase and they await advice from the City’s legal team, so no decision has yet been made on who will be awarded the contract.

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

**WATER** – The City will be checking on 10 properties along Saltwell Road for lead pipes and will meet with the Clarksburg Water Board to discuss the lead issue.

**SEWER** – A few sewer line issues will need fixed – one located between Go Mart and Shinnston Healthcare, another on Clement St., and another on Ferguson

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## Updated Message On Lead In Water

The West Virginia Department of Health and Human Resources has reached out to new media with a follow-up message regarding its recent notification of lead concerns for Clarksburg Water Board customers.

The Clarksburg Water Board has recently received test results that show a number of homes within Clarksburg’s water system either

above or near the EPA’s action level for lead in drinking water. Lead can cause serious health problems, especially for pregnant women and children six years old and younger.

If you have a lead service line or if you don’t know what your service line may be made of, it is recommended that you flush your water at the tap for three minutes

prior to consumption and use a filter designed to remove lead.

Some safety suggestions were offered, particularly for homes with young children and infants: wash hands, bottles, pacifiers and toys often; use bottled water for baby formula; use cold water for drinking/cooking; feed children meals high in calcium and iron; and

have your child tested for lead exposure. It was also noted that boiling water before using does NOT remove lead from water.

Customers who would like guidance in identifying their service lines or who have questions are asked to contact the Clarksburg Water Board at 304-623-3711 or visit [clarksburgwater.com](http://clarksburgwater.com).

## Small Town Charm



Building Amazing Cities

By JIM HUNT  
author, speaker, consultant

One of the things that I most enjoy about my work with cities is the opportunity to visit many small towns across America and see the unique ways cities have used to maintain their history and the charm that has served them well over the years. Many times we take for granted the unique and unusual things that make our cities special. Whether it is a train that runs down the middle of Main Street or a historic covered bridge, each city and town in America has something special. The question is whether they have capitalized on these unique features to add to the quality of life and the economic vitality of the community.

One beautiful small town in West Virginia that has done an exceptional job in using their history to spur tourism and economic development is Philippi. As you enter the city, you drive through the historic Philippi Covered Bridge that takes you back to a time when covered bridges were the norm in many parts of America. The Main Street business district is vibrant and most of the storefronts are occupied by a mix of small shops and restaurants. The centerpiece of the downtown

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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.



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# Food For Thought

By Leigh Currey Merrifield  
Editor

## Having The Last Word

Whether it is in a marriage, a close friendship, or even a work relationship, there will be disagreements. It is rare that everyone we associate with will always have the same opinion that we do, and that's a good thing because we can always learn from the views of others. However, people have to be open to "seeing the other side" in order to understand someone else's opinions and feelings. Without that openness, disagreements can flare into arguments and then verbal exchanges can get personal and hurtful.

BUT, I read that sometimes even arguments NEED to occur. Often, we avoid a confrontation and so a problem will fester and become toxic. So what I read suggested that arguments should be timely; it's okay to air your differences ... because in certain cases, the more time elapses, our differences can become more challenging to fix. Don't postpone expressing your feelings; let it out and discuss it before it blows out of proportion.

Here is a good comparison. Handle a disagreement like a tennis match. State your case clearly, and then be quiet and let the other individual talk. In tennis, both players aren't trying to hit the ball at the same moment; they wait their turn. It is hardly ever productive when those involved keep interrupting one another. And express yourself respectfully; Don't think that whoever talks the most and/or the loudest wins.

Also, after you've spoken and zipped your lip, remember to listen with the goal

of comprehending the other person's point of view. IF one listens with the intent and not simply to be the "winner", then a disagreement is less likely to become a tense argument.

Now here is something else to chew on about personal relationships and marriages. Neither party is seldom perfect! But I read that women typically like to have the last word. The article I read stated that women tend to get more emotional and are more talkative - (Surely not - LOL!) - while men, on the other hand, aren't as wordy and tend to go on overload when a disagreement gets too lengthy. So, ladies, make your point in the short version if you want to keep his attention. And, gentlemen, know that whatever grievance you've committed, she may say she forgives you, but she'll likely remember it for a LONG time and the 'discussion' may eek out in a conversation well into the future! You've been forewarned.

So, enough of the serious pointers. I'll close with something a little lighter! ..... A police officer pulls over a speeding car. The officer says, "Sir, I clocked you at 80 miles per hour." The gentleman driver says, "But, officer, I had my cruise control set at 60; perhaps your radar gun needs calibrated." Not looking up from her knitting, the wife says, "You're mistaken, dear. This car doesn't have cruise control." So, as the officer writes out the ticket, the man looks at his wife and tells her to be quiet. She smiles demurely and says, "Well, dear, just be thankful your radar

detector went off when it did or your speed would have been even higher."

So now as the officer makes out the second ticket for the illegal radar detector, the man glowers at his wife and says through clenched teeth, "Can't you please keep your mouth shut for once?"

The officer frowns and says, "AND, I notice that you're not wearing your seat belt, sir, and that is an automatic \$75 fine." The man then proceeds to explain, "Well, you see, officer, I had it on, but I took it off when you pulled me over so that I could reach into my back pocket to retrieve my driver's license from my wallet."

His wife interjects again, "Now, dear, you know very well that you didn't have your seat belt on. You never wear it when you're driving." Now, as the officer writes out the third ticket, the driver is furious and barks at his wife, "Will you PLEASE just SHUT YOUR MOUTH?"

The officer bends down to look at the woman and asks, "Does your husband always talk to you this way, Ma'am?"

She replied, "No, only when he's been drinking."

Enough said, I think! As you can see, the woman WAS the more talky one ... and her husband's "SHUT UP" responses were pretty short and to the point! I'd be curious to know the result of this 'tennis match' as they drove away with at least three tickets in hand. It was either a VERY quiet ride or HE had the last word on this one!

This week's dessert: "Some forgive and forget, more forgive and remember, most forgive and remind." ~ Robert Brault

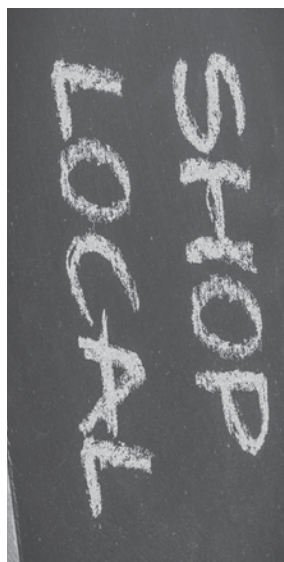
## Super Crossword

BACKWARD WORD-BUILDING

- ACROSS**
- 1 Really ruffle
  - 6 Bozo
  - 9 They may fly at half-mast
  - 14 "— Mia" (Abba hit)
  - 19 São —
  - 20 Sway to and —
  - 21 TV's Greene or Michaels
  - 22 Ovine sign
  - 23 S
  - 26 Asinine
  - 27 "— Dick"
  - 28 — Ball
  - 29 2007 Disney princess
  - 31 Add a letter before that to spell ...
  - 37 Above, to bards
  - 38 "How dumb of me!"
  - 39 Fearless
  - 40 Orbit, e.g.
  - 42 Foliage unit
  - 44 In the manner of
  - 45 "The Zoo Story" playwright
  - 50 Bozo
  - 52 Add a letter before that to spell ...
  - 57 Close amigo
  - 59 Really ruffle
  - 60 Wet-weather headgear
  - 61 Hay fever explosion
  - 62 Former Israeli PM Golda
  - 64 Big fusses
  - 66 Capitol's top
  - 67 Add a letter before that to spell ...
  - 71 "I know! Pick me!"
  - 74 Novelist Jaffe
  - 75 Two before X
  - 76 Deadly
  - 80 Fruity, sourish dessert
  - 82 The
  - 83 Cowboys, on a sports ticker
  - 83 Falsify
  - 85 Add a letter before that to spell ...
  - 89 Pear, apple and quince
  - 90 Main artery
  - 91 Essen "a"
  - 92 He married Lucy
  - 94 Moor growth
  - 95 Tennis great
  - 99 Young — (toddlers)
  - 101 '60s Pontiac muscle car
  - 102 Add a letter before that to spell ...
  - 109 Alveolar trill, as in Spanish
  - 110 Tofu source, to Brits
  - 111 Long stretch
  - 112 Perfect little kid
  - 113 Add a letter before that to spell ...
  - 120 Gettysburg victor George
  - 121 C-3PO, e.g.
  - 122 Stanley Cup gp.
  - 123 In snazzy clothes
  - 124 Media biggie
  - 125 Tabby cries
  - 126 Dems' rival
  - 127 Bergen dummy Mortimer
  - 12 Wildebeest
  - 13 Composer Prokofiev
  - 14 En — (as one)
  - 15 1989 Disney princess
  - 16 Metric "thousandth"
  - 17 — Yello (soft drink)
  - 18 Thus far
  - 24 Germ killer in a can
  - 25 Connery of film
  - 30 "— be an honor"
  - 31 Subjects
  - 32 In direct confrontation
  - 33 "Trauma: Life in —" (old TLC series)
  - 34 Guzzled, e.g.
  - 35 Ill-gotten gains
  - 36 Shimmery gem
  - 41 Bride-to-be's clothing drawer
  - 43 Lumberjack, at times
  - 45 Nickname of Onassis
  - 46 Phyllis' last name on the old sitcom "Phyllis"
  - 47 — chic (hippie-inspired fashion)
  - 48 Mild cheese
  - 49 Italy's Villa d'—
  - 51 Brand of tea
  - 53 Jacob of social reform
  - 54 Part of ETA
  - 55 "No —!" ("Sure thing!")
  - 56 Studio tripods
  - 58 Old-time actress Dolores
  - 63 Water quality org.
  - 64 Onetime ring king
  - 65 Longtime soap actress Hall
  - 68 Movie mogul Marcus
  - 69 Bird beak
  - 70 Tonto player Johnny
  - 71 Gymnast Korbut
  - 72 Seat of Hawaii County
  - 73 Sheriff of "Che!"
  - 77 Uniform liquid suspension
  - 78 Zend — (Zoroastrian scripture)
  - 79 Rent check collector
  - 81 Org. with putters
  - 82 Levi's fabric
  - 84 Subject
  - 86 Univ. division
  - 87 Hidden mike
  - 88 Uplifting spiritually
  - 93 Like King
  - 94 Atahualpa
  - 95 Moven dancer Charisse
  - 96 Aviation branch of the military
  - 97 Great traits
  - 98 Traffic noise
  - 100 Yam units
  - 102 Intense ache
  - 103 Real introvert
  - 104 Tank slime
  - 105 Vehicles near igloos
  - 106 Tennis great Monica
  - 107 Cantina chip
  - 108 Grown gal
  - 114 Boot part
  - 115 "Vice" ailer
  - 116 Dejected
  - 117 Swiss peak
  - 118 Env. insert
  - 119 Guitarist Barrett

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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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## 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](http://www.wvencyclopedia.org).

July 22, 1859: Athlete John Wesley "Jack" Glasscock was born in Wheeling. Glasscock, who played bare-handed, became one of baseball's premier shortstops in the 19th century.

July 22, 1937: Musician Tommy Thompson was born in St. Albans, Kanawha County. Through his group the Red Clay Ramblers and a career

that spanned four decades, Thompson played a major role in keeping old-time music alive.

July 23, 1863: Financier and industrialist Isaac Thomas Mann was born in Greenbrier County. As president of the Bank of Bramwell and president of the Pocahontas Fuel Company for three decades, "Ike" Mann held vast holdings in coal, timber, and especially financial institutions.

July 23, 1919: Novelist Davis Grubb was born in Moundsville. His renown came with his first novel, *Night of*

the Hunter (1953), a gripping suspense story adapted to film in 1955 and for television in 1991.

July 24, 1823: Arthur Boreman, West Virginia's first governor, was born in Waynesburg, Pennsylvania. Boreman's family moved to Middlebourne, Tyler County, while he was still an infant.

July 24, 1919: Sam Taylor of Mercer County took the oath to become a member of the West Virginia State Police, the first person to do so. During his tenure with the State Police, Taylor tracked moonshiners and

bootleggers, and helped to set up new state police detachments.

July 24, 1929: Cornelius Charlton was born in East Gulf, Raleigh County. Charlton was killed in battle during the Korean War, and he was honored posthumously with the Medal of Honor.

July 24, 1942: Actor Chris Sarandon was born in Beckley. A film, stage and television performer, some of his credits include *The Nightmare Before Christmas*, *The Princess Bride* and an Oscar nomination for *Dog Day Afternoon*.

July 24, 1983: Kansas

City Royals player and Glen Dale native George Brett was involved in the "Pine-Tar Bat Incident." After hitting a game-winning home run against the New York Yankees, the umpires ruled that there was too much pine tar on Brett's bat and called him out. The ensuing melee at home plate is classic baseball lore.

July 25, 1864: A colony of eight Catholic nuns set out from Washington, D.C., and Frederick, Maryland, for Parkersburg. The sisters, who created a monastery there and named it DeSales Heights, ran a boarding

school for young women for 75 years.

July 26, 1942: Camp Washington-Carver was dedicated and opened to the public. The camp, located at Clifftop, Fayette County, was the first 4-H camp for African-Americans in the country. The camp's great chestnut lodge is the largest log structure in West Virginia.

July 27, 1896: Clark Kessinger was born near Charleston. He was among the most prolific and influential fiddlers of the 20th century, and one of West Virginia's most important traditional musicians.



# 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 open to the public. Also, 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-8:00 pm and Tues. & Thurs. 12:00pm-5:00pm. 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).

### GOLF SCRAMBLE

The Shinnston Park Board is hosting a Golf Scramble on July 31st beginning at 9 a.m. at Apple Valley Golf Course. \$200 per foursome, which includes green fees, lunch, and a \$20 donation to the park. First place prize is \$400; 2nd place team wins \$200. Funding raised will go toward the purchase of new pool furniture. Register by July 19th by calling John Marchio at 304-476-6573. Payment must be made in cash at time of registration.

### MONONGALIA COUNTY BEEKEEPERS MEETING

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

### HOPE, INC. DOMESTIC VIOLENCE SUPPORT GROUP

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

### KIDDING AROUND YOGA

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

### CELEBRATE RECOVERY

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

# DBSA To Hold Annual Conference August 14

The Depression and Bipolar Support Alliance of West Virginia will hold its annual conference on August 14th at the Holiday Inn, University Area in Morgantown. Speakers will include: Michelle Lewis – "Grief" Dr. Mark Brazaitis – "Writing Madness, Hopelessness, and Hope" Issaiah Wallace – "Hallucinogenic Treatment of Mental Disorders" Diane Market-Gaston – "Mental Health Benefits of Equine Therapy" Dr. Dilip Chandran – "Overview of Bipolar Disorder and Current

Registrations begins at 9:30 am and the conference concludes at 5:00. The cost is \$10 for students and DBSA affiliates; \$25 for the general public. Price includes lunch and snacks throughout the day. Attending via zoom will be available for no charge.

For more information: cn0001@mix.wvu.edu or 304 376 7438. DBSA WV (www.dbsawv.org) is a non-profit organization that provides support, wellness tools, and education for people with mood disorders and the people who love them.

Commission; Steve Pill, Park Bd.; Clark Riley, Museum Bd.; Damon Eakle, Building Commission; James Lohman, Sanitary Bd.; Development Authority, tabled; Gary Fazalare and Robert Powelson, Zoning Bd. Of Appeals. Adoption of the ordinance for revising the speed limits within the City Limits was NOT approved. Recommendation from Water Board on AMR bids was tabled, awaiting legal advice. Council approved the City Attorney's recommendation to form an Annexation Committee. Council authorized the City Manager, the Sanitary Board, and Stantec to get figures together to move forward on the Lincoln Apartments' sewer project. Executive Session was held to discuss personnel prior to adjournment.

# "Shinnston City Council"

cont. from p. 1

St. POLICE – Total calls for June numbered 1,498.

PUBLIC WORKS – New signage on Pike Street will be put up and they are looking to see which other signs might need replaced. Public Works crews addressed 10 water lines, 1 tap, performed 3 sewer digs and 1 sewer tap. They also spent 4 days at the park, 7 days doing meter readings and had 14 call-outs.

PARKS & RECREATION – The pool is doing very well with Concessions bringing in \$6,161.90, Admissions bringing in \$6,417, Season Passes \$290, and \$200 from swimming lessons.

SAFETY – Most City employees will be receiving certificates in CPR, AED, and first aid. A new employee safety handbook is being prepared for each employee.

The safety log showed 21 safety observations, 2

water plant visits made, 2 visits to Public Works, 2 sewer plant visits, and three employee meetings were held. Hydrants will begin being flushed in the next couple of weeks.

E C O N O M I C DEVELOPMENT – After cancellations were forced due to weather, the Independence Day concert and fireworks were held and the event was very well attended. Mr. Edwards also spoke of the plans for Healthy Harrison and the 4-Man Scramble to benefit the Park that will be held on July 31st at Apple Valley. The Shinn Family will hold a reunion at the Park on August 7th and the Gravel Grinder bike race will also take place on that day.

The City-Wide Yard Sale has been moved to August 14th instead of August 7th so that all of these events will not conflict with one another. In addition, a Back-to-School

backpack giveaway will also take place at the Park.

The Frontier Days Committee has decided to hold this year's Frontier Days at the Park on Sept. 9-11. It provides enough space and the amphitheater will be better suited for entertainment in the event of rain. While the City had hoped to expand and improve the stage at the Green Space and add a roof, the cost of lumber materials alone for these improvements was estimated at \$30,000 so this will not be possible to do prior to Frontier Days 2021.

Action Items included:

Council approved accepting the donation of the two NAJ houses on Charles Street with one dissenting vote.

Board Appointments gaining approval were: Connie Payton, Library Bd.; Kathleen Panek and Rodney Strait (3 yr. terms) on the Planning

Commission; Steve Pill, Park Bd.; Clark Riley, Museum Bd.; Damon Eakle, Building Commission; James Lohman, Sanitary Bd.; Development Authority, tabled; Gary Fazalare and Robert Powelson, Zoning Bd. Of Appeals.

Adoption of the ordinance for revising the speed limits within the City Limits was NOT approved.

Recommendation from Water Board on AMR bids was tabled, awaiting legal advice.

Council approved the City Attorney's recommendation to form an Annexation Committee.

Council authorized the City Manager, the Sanitary Board, and Stantec to get figures together to move forward on the Lincoln Apartments' sewer project.

Executive Session was held to discuss personnel prior to adjournment.

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# A Short Story From A Mother To Her Daughter



## GRAPEVINE

By Rosalyn Queen

On February 13, 1966 a little girl was born into this crazy world in Clarksburg, West Virginia. She was delivered by Dr. L. Dale Simmons and was named after him, Leslie. Her parents were Fray and Rosalyn and she completed a family of six. The family also included a Pekingese dog, Chan, and a kitty, Boots. The little girl was taken home to East View where she would remain until she married and moved on with her partner.

She grew up in a loving home and spent her preschool years at home taking dance and piano lessons. She started kindergarten at East View Grade School, then continued at Broadway Junior High and then completed her education at Roosevelt Wilson High School. She was a very good student and maintained good grades. Upon reaching the seventh grade, she became interested in cheerleading and continued cheering into the twelfth grade. Cheerleading led her into friendships with Tina Goff, Barbie Gower, Rhonda Quickle and Gina Zara - friendships that continue today. She was elected to several different offices in clubs and was elected as senior maid of honor for Homecoming Queen. She faithfully attended Immaculate Conception Church, where she received all her sacraments. She started her young life as a timid follower of her brothers and sister. She was not exactly what you would call a beautiful baby with her thin stringy hair and her uneven front teeth caused from falling on them. She seemed to have a tendency for falling; one Christmas day she had to go to the Emergency Room to be stitched twice from falls. But this little scrawny thing turned into a beauty with pretty blond hair and beautiful white teeth. She was a highlight at several local modeling shows.

The one craft that she excelled in was cooking. She started with Home Economics in the seventh grade and continued this skill; she has become an excellent cook, having even won the WVIHF Pasta Cookoff several times. She has become the family dinner traditionalist. She never forgets the takeouts for her coworkers and those who might need a



warm meal.

Before she graduated from high school, she became associated with Bob Belhachet who was the court reporter in the Circuit Court in Harrison County. He agreed to train Leslie and prepare her to step into his position. Upon his retirement, she went to work for Judge Frank Maxwell and then on to Judge Tom Bedell. While training for this position she attended Fairmont State and took several courses that would enhance her skills for the profession she was about to enter. She also worked under a reporter at Princeton, WV to help her attain her certification.

For the last 36 years she has been a conscientious servant of the Supreme Court, having served all 36 years in Harrison County. She has recorded cases from murder to animal cruelty. She has maintained a wonderful working relationship with the judges and the court staff. Yes, she will be replaced but she will surely be missed and never forgotten.

And so, what does a mother say when she lives long enough to help celebrate her daughter's retirement. First, I tell her how much I love her and thank her for all the happiness she has brought us. Then, I call to her attention all her fur babies that became a part of our family. I thank her for the tender, loving care she has brought to our family and especially to me and her dad. I thank her so much for making us so proud of the job she has done and is about to leave. And last but not least, I thank Dixon for all the love and care he has given my daughter Leslie.

In closing, I wish you many years of happiness and good health. May your retirement be the icing on the cake of your life.

May each of you be healthy and happy and until next week, "Now You Have Heard It Through the Grapevine."

# Enjoyed Visiting With 'My Girls' Santana and Kim



## Pine Bluff News

By Pat Matheny

Sunday, Santana came to hang out with me for the day. She is still pretty as ever, inside and out. Later, Nephew Bobby stopped to drop some things off. In the afternoon, Santana and I ate at the Outback Steakhouse near the Mall. I've noticed she has slowed down while eating, but it's the same as when she was younger; you still don't want to get between her fork and the plate.

Santana has become a Pittsburgh Pirate fan and we returned home in time to watch the last two innings of a ballgame...well, kind of. Thunder clouds kept taking the Dish satellite out; I think the Pirates won.

Monday morning, Kim came in to stay for the week. Also, she is still pretty as ever, inside and out. This time, she didn't bring 17 full clothes hangers to attend God knows what while here. She was able to carry everything into the house on her first trip. In the afternoon, we ate at El Rincon Restaurant in the Gabriel Plaza on Bridgeport Hill. The food is always hot and you get your money's worth.

Tuesday, while getting the mowing caught up, I saw Postal tinkering with an old pick-up he just got. I rode the mower over to check things out and to chat for a while. I found out that I missed the Treasured Memories Club meeting. They had it Monday morning instead of Tuesday morning at the PB Church. I know some of you have been sitting on

the edge of your seat wondering, but I don't have the faintest idea of their upcoming plans - I'm sure (Prez) Julia will fill me in later.

In the afternoon, Kim, #2 Phillip, and Santana got together here at the house. In the evening, I drove down to the Morgantown Vet Center to attend a meeting. The last meeting was 17 months ago. It was great seeing the guys and getting caught up on happenings. We are all fighting Father Time.

One evening, Bernie and Debbie stopped in with our nephew, Dante (age 10). He lives outside of Columbus and has been visiting the area for the past couple of weeks; he's a smart and well-mannered kid.

Thursday, I had an appointment at the WVU Hospital in Morgantown. On the way home after I pulled onto I-79 at Star City, I spotted a guy in a new red Corvette convertible with the top down cruising ahead of me. After we passed the Westover exit and started up the hill, a mini-monsoon rain cloud opened up. It was raining so hard that everyone except for the Corvette and me pulled into the right lane and slowed down to about 50 mph. He was in the left lane trying to get away from everybody and I was chuckling while following him (I'm a Ford diehard). I know the guy was having fun in his new Corvette convertible when we passed 5 or 6 tractor trailers in a row that were in the right lane kicking up water sprays and rooster tails everywhere. He about disappeared a few times, but he did have the windows rolled up. When we crossed the bridge at the bottom of the hill at the I-68 interchange, the road was bone dry - I've had those kinds of days.

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

Ace

# Caitlin Morgan Graduates From Shenandoah

Caitlin Morgan of sites in Clarke, Fairfax Bridgeport is one of more than 1,200 students to celebrate their graduation in May during two days of commencement ceremonies at Shenandoah University.

Students either graduated in May 2021, December 2020 or August 2020.

Shenandoah University was established in 1875, and is headquartered in Winchester, Virginia, with additional educational

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# "Small Town Charm"

cont. from p. 1

is the beautiful cut stone courthouse that sits on a large plot of land that is kept in pristine condition, with lush green grass and benches that become the meeting place for residents doing business in the courthouse. Another unique feature of the downtown is the beautiful flowers that line the sidewalks along Main Street.

In speaking with Philippi City Manager Jeremy Drennen, the flowers are donated by a former resident of the city who loves the city and wanted to add a special touch to the downtown. The city provided the large flower vases and assigns a city employee to water the flowers, and the results are Amazing. The city is also changing out the streetlights that line Main Street with energy efficient LED lights that are modeled on the historic lights of many years ago.

Another small West Virginia town that is working hard to revitalize and capitalize on its location along the Ohio River is the town of St. Mary's. The county seat of Pleasants County, St. Mary's has a long history and the distinction of having a set of train tracks running right down the middle of Main Street. When I visited the St. Mary's City Hall, I asked the ladies in the office what time the train would come down Main Street. They said that you will know when the lights begin flashing. They said the locals are accustomed to the train, but visitors are often surprised to see the surreal view of a massive locomotive bearing down on them. I can only imagine being on Main Street and hearing the deafening sound of the train's horn blasting as you scramble to find a parking place or side street to escape. There are several positive signs that St. Mary's is rebounding economically and its location along the Ohio River is attracting new housing and tourism related businesses.


A short drive north from St. Mary's is the city of New Martinsville. New Martinsville is a beautiful city that also benefits from being on the Ohio River. Driving around the city, one wonders how it has maintained its beautiful, large houses and an intact business district. The New Martinsville City Hall is one of the most beautiful city halls in West Virginia and sits on a large city block with beautiful landscaping around the building.

Small town charm is finding the unique things that make your city or town special. It is also necessary to use these unique features to inspire citizens to clean up and improve private properties and public spaces. It is certainly not easy, but visiting the cities mentioned above, it is worth it and brings economic rebirth and vitality to the citizens, businesses and visitors. If you have a few hours this weekend, take a short trip and visit a small town. It will be worth your time!

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## Nurse Navigators Guide Patients, Families & Caregivers Through Cancer Journey

### Adjusting To A Cancer Diagnosis

### How Cancer Affects Our Emotions



MEGAN WESTFALL

Oftentimes, when an individual receives a cancer diagnosis, their thoughts turn toward their future and what the end of their treatment might reveal. However, the real challenge can be the immediate adjustments that need to be made before and during treatment. However, the reality

of the changes can be overwhelming, these changes are necessary. Patients at the Cecil B. Highland, Jr. & Barbara B. Highland Cancer Center at United Hospital Center do not have to face this diagnosis alone. Nurse Navigators are trained nurses that help patients to make informed decisions about their treatment. Navigators work with patients and their families at every step of the cancer journey by providing support and being available to answers questions or concerns. How Do I Decide

What Type of Cancer Treatment to Receive? Your oncologist will provide you with treatment options based on national guidelines for your diagnosis and stage of cancer. The national guidelines are current recommendations for the prevention, diagnosis, and management of malignancies across the spectrum of cancer care. In collaboration with your oncologist, you will set forth a plan for your individual cancer care. What Happens to My Health During Continued on Page 9



GRETCHEN HENNIGAN

The emotional toll that a cancer diagnosis can take on a patient can be just as devastating as the physical damage done by the cancer itself. Each patient reacts to their diagnosis in their own way, based on their own life experiences, their understanding of the situation, and their belief system.

However, one common reaction to receiving a cancer diagnosis is to be suddenly faced with questions. The following is a list of common questions many cancer patients will ask themselves throughout their journey. Nurse navigators at United Hospital Center are here to answer those questions and help you at every step of the way. How do I come to terms with my diagnosis? The first step is to realize your emotions regarding your diagnosis are unique to you and your cancer

journey. Become informed about your cancer. Your cancer navigator will meet with you & review information about your specific cancer. Ask questions. Write down questions to discuss with your oncologist or navigator. Maintain communication with loved ones. Good communication with your support system will give you strength through your cancer journey. Develop coping strategies: Practice relaxation Continued on Page 10

## Common Questions Caregivers Have During A Patient's Cancer Treatment



ANGY HELMICK

The role of the caregiver for someone going through cancer treatment takes on new levels of responsibilities that may often feel overwhelming. The

toll of frequent appointments, multiple medications and treatments, and the numerous life changes can isolate not only the patient, but also the caregiver as well. The Nurse Navigators at the Cecil B. Highland, Jr. & Barbara B. Highland Cancer Center at United Hospital Center (UHC), want to reassure all caregivers that they are not alone in this journey and that there

are resources available to them. Find answers below to commonly asked questions that every caregiver asks themselves at some point in their role. What does a caregiver for a cancer patient do? A caregiver for a cancer patient may provide physical, mental, and spiritual care. This care may include assistance with daily needs such as bathing, dressing, shaving, or household chores. Cancer patients may need assistance getting to doctor's appointments, picking up prescriptions, or going to the grocery store. Medical care such as changing bandages, using a feeding tube, or giving injections may be provided. These needs can change over time

as the cancer patient's health may improve or deteriorate. How involved should I be in the cancer treatment? The degree of a caregiver's involvement should be discussed with the cancer patient and his or her family. The amount of involvement may change over time and is different for everyone. How will I know if I am doing enough as a caregiver? Ask the patient if their needs are being met. If the answer is yes, then you are doing enough. If the answer is no, ask the patient what they need and how you can help. Good communication is important as a caregiver. What if I begin to feel overwhelmed in my

caregiver role? Ask for help from other family members, friends, or organizations. Take a break to care for yourself. Look for local support groups to join. How can I continue living my life outside of my role as a caregiver? Ask for help from other family members or friends to allow yourself a break. If you have others helping you, then be sure to make a schedule and try to keep a normal routine for yourself and your family. Are there resources that can help caregivers? Check for resources or support groups through your local senior centers, social media platforms, your health insurance provider, and online. In-person resources are limited or not available

currently due to Covid-19 in most areas. If you are caring for a veteran contact the veteran's Care in the Community caseworker to see what resources are available for him or her. Some cancer patients may qualify for home health services. Ask your navigator for more information. Please visit <https://www.cancer.gov/about-cancer.gov/cancer/coping/caregiver-support> for more information. This information is recommended by Angy Helmick RN, OCN, a nurse navigator at UHC. Learn more about the support provided by nurse navigators by visiting <https://wvcancercenter.com/nurse-navigator/>.

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# WVU Wants Everyone To Come On Back!



## The Bottom Line

By Bill Nestor  
Sports Editor

The pandemic put a damper on the festivities that surround West Virginia University football a season ago. The number of fans that were allowed in Milan Puskar Stadium was limited as well as the activities that typically take place before, during and after contests.

The good news is that in mid-June, WVU Director of Athletics, Shane Lyons stated that the above-mentioned venue will return to 100% fan capacity that includes full stadium operating procedures, pregame tailgating in all stadium parking lots and the full compliment of game day experiences. This news was welcomed by Mountaineer Nation at a time when it was needed most.

Lyons feels like Mountaineer players

deserve to play in front of a full stadium. He is absolutely correct. They have been robbed of the true college football experience and this news provided a light at the end of the tunnel. A full house would not only benefit the players, it would also be a financial shot in the arm of the athletic department. Funds have been hard to come by and the more fans, the more money. Tickets, food, and beer bring much needed cash to the table or in this case, to the stadium.

There are six home games for the Mountaineers in 2021. Two of them are non-conference tilts against Long Island and Virginia Tech. The Sharks are the first visitors of the campaign and the attendance for that lock-up will more than

likely be average at best.

The Hokies on the other hand could bring a packed house. These two haven't played since 2017 and when they lock-up, the winner receives the Black Diamond Trophy. This rivalry is deep in tradition, going back to 1912 and it brings out the best in WVU fans.

Once the Big 12 games start, interest will really increase. Texas Tech is the first conference foe to come to town. Iowa State invades Touchdown City the last Saturday in October. Oklahoma State provides the only back-to-back home match-ups. Texas is the last home game and the second to last regular season confrontation. If the season goes the way Head Coach Neal Brown wants it to, the Longhorn visit could bring a packed house which would make everyone involved extremely happy.

Something else that makes everyone happy is tailgating and it is set to return

this season. There is nothing like a good party, especially one that is centered around the biggest attraction in the Mountain State - West Virginia Football!

Also, back by popular demand is the Mountaineer Mantrip where all of the players make their way through a tunnel of fans and slap some coal. The 'Pride of West Virginia' (the Mountaineer Marching Band) will once again bring their popular pregame performance which is sure to bring the best out of players and fans alike.

It is all good news surrounding this upcoming football season for West Virginia University. Due to the delay from the 2020 campaign, the energy has been ramped up in anticipation of this upcoming season. Finally, there is something for fans to get excited about!

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



## Tee It Up!

By Bill Nestor  
Sports Editor

This week's edition of Tee It Up focuses on Bel Meadow Golf Club. This beauty, designed by Robert Trent Jones, has a rich history that dates back to 1966. It served as the home for the West Virginia Open for years and was a favorite of golfing great, Sam Snead.

This 18-hole course ranges just shy of 7,000 yards from the back tees. Multiple tees provide a challenging and enjoyable round for golfers of all skill levels.

The front nine offers a friendly start or the quiet before the storm, if you will. The first three holes are straight forward and it is what you see is what you get. Three of the last four on the front are similar to the early holes.

The turn greets golfers with a challenging par 5. There are a pair of challenging par 3's and five par 4's that are testers for sure.

The entire course possesses penalizing rough and large bunkers that are placed strategically throughout the tract. The greens are larger, undulating, and very speedy. Water comes into play on several holes offering fantastic views along with adding bite to this well-manicured course.

The 19th hole is a fan favorite that offers live music from the likes of local legends, the Davisson Brothers Band. Bel Meadow is in excellent condition and it is just a call for a tee time away. It's a great play this year!

## It Was A 'Home Run Of A Day' For The Moore Brothers



Last Friday at the Little League State Tournament in Lewisburg, the Moore brothers had a 'homerun' of a day. Brycen Moore (pictured on left) who is a team member of the 12-year-old Shinnston Little League Majors WV District 5 Champions won the Home Run Derby with a total of 10 home runs. His brother and Coach, Hunter Moore (pictured on right), won the Coaches Home Run Derby. Congratulations to both of these young men!!!

## Lincoln Cougar Cubs

### Football/Cheer Fall Sign-ups

The Lincoln Cougar Age groups are as follows:  
another sign-up Mighty Mites registration at the Football/Cheer – ages 5-7  
pavilion above the pool at the Ferguson Park in Shinnston on Saturday, July 24 and Sunday, July 25 from 11a.m. until 1:00 p.m. Cost per child is \$65 for one or \$100 flat fee for 2 plus.

## Swim Team Competitors Made A Big Splash At Ferguson-Memorial Park Last Weekend



Pictured are some of the 400 swimmers from throughout NCWV who participated in the championship event.



A massive crowd was in attendance at Ferguson Memorial Park last Friday for the NCWV Summer League Championship that was hosted by the Shinnston Sharks Swim Team.

By LEIGH C. MERRIFIELD

News & Journal Editor

This past weekend, Ferguson Memorial Park was packed with swimmers and spectators watching the NCWV Summer League Championship that was hosted by the Shinnston Sharks Swim Team in partnership with the City of Shinnston Park Board. Over 400 swimmers

from throughout north central West Virginia participated.

Shinnston was chosen to host the event for a two-year term and hosted the first meet in 2019. However, due to COVID-19 risks and restrictions, last year's event was cancelled, so this year Shinnston was able to fulfill its second year as host.

A massive crowd filled the park, and a

sea of canopies were erected by spectators to provide some shade from the glaring sun. Many vendors were set up on the premises in addition to food trucks, and the pool's concession stand also offered snacks, etc. With so many visitors in attendance, it was great exposure for Ferguson-Memorial Park.

The Shinnston

Park Board would particularly like to express its appreciation to Pool Manager Sonya McGrady, who not only coached this year's Shinnston Sharks Swim Team but also assumed a great deal of responsibility in preparing for the meet, scheduling lifeguards, and equipping the concession stand with workers.



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**CHARLES FRANKLIN SLUSSER**



Charles Franklin Slusser, 77 of Warrenton, Virginia passed away on Thursday, July 15, 2021. He was born in West Virginia to the late Howard and Garnet Slusser.

Charles served in the U.S. Army and then worked for many years in public works for Fairfax County. He was also a real estate broker.

He is survived by his wife, Kathleen Slusser; his son, Jeffrey S. Slusser of Fairfax, Virginia; and a brother, James H. Slusser of Tennessee.

In addition to his parents, Charles is preceded in death by his son, Charles Franklin Slusser, II.

Funeral services will be held on Thursday, July 22 at 11:00 AM at Moser Funeral Home, 233 Broadview Avenue, Warrenton, Virginia. Burial will follow at the Washington Masonic Cemetery in Little Washington, Virginia.

**JANE PRITCHARD MOORE**

Jane Pritchard Moore, 63, of Fairmont, WV passed away Sunday, July 11, 2021 at Ruby Memorial Hospital following an extended illness. She was born July 19, 1957 in Fairmont, a daughter of the late John Pritchard and Mary Jane (McDaniel) Pritchard.

She is survived by her husband, Henry Moore, whom she married August 1, 1987; her daughters, Rachel Moore (Dustin Kendall) of New Matamoras, OH, and Allison Moore of Fairmont; stepson Jason (and Sherri) Moore of Fairmont; granddaughter Adysen Kendall; sisters Jonna (Brad) Barnett of Fairmont and Beth (Rick) Brooks of Worthington; other surviving relatives are maternal uncle James (Mary) McDaniel of Rehobeth, Beach, DE, and brother-in-law James (Linda) Moore of Morgantown.

Jane was born and raised in Worthington, but lived her adult life in Fairmont. She graduated from Monongah High School in 1975, received a Bachelor of Science in Psychology from Fairmont State College, attended graduate courses at Marshall University, became a CNA through Marion County Technical Center, and became an LPN through United Technical Center.

She was formally

employed at Industrial Home for Youth in Salem, United Summit Center Skills Program in Clarksburg, and most recently, at Pediatric Associates in Bridgeport.

Jane was a lifetime member of the Worthington Christian Church. She was known for her kindness and caring heart, and was always willing to help those in need. Jane was a three-time breast cancer survivor. She also enjoyed listening to music, especially oldies played by local musicians. Jane was a WVU football and basketball fan and a lover of all animals. She will be dearly missed by all who knew her.

A funeral service at Harmer Funeral Home on July 14, 2021 with Pastor Sabrina Haught officiating. Interment followed at Enterprise Cemetery. Online memories and condolences may be shared at Harmerfuneralhome.com

**GAIL MARIE LIGHT**



Gail Marie Light, 73, of Shinnston, WV, went to be with her Lord and Savior on Sunday, July 11, 2021. She was born on December 31, 1946, in Dundee, MI, the daughter of the late Paul Windish and Eileen Salo Windish Light.

She has left behind four sons, Ronald Wayne (Celestine) Longwell of Four States, Joseph Lee (Mary) Longwell of Fairview, Ricky David (Jeannette) Longwell of Clarksburg, and James Earl Longwell of Shinnston; 14 Grandchildren: Stacy Longwell, Eric (Tonya) Longwell, Nicole (Hector) Hernandez, Brittany (Johnathon) Ruiz, Joseph Longwell, Devin Longwell, Sierra Longwell, Mackenzie Longwell, Tanner Longwell, Keegan Longwell, Jay (Fiancé – Sydney) Longwell, Amber (Brian) Cleveland, Larry Whetsel, and Perry (Brandi) Heflin; 10 Great grandchildren: Mckenna Heflin, Addie Heflin, Dallas Heflin, Nevaeh Swisher, Kylie Daniels, Bella Hernandez, Meilani Ruiz, Annabelle Hernandez, Braxton Cleveland, Landon Dale Ruiz, Millie Jane Cleveland.

She is also survived by her second Mom, Geraldine Windish of Bellaire; Sisters, Gloria Allen of Mancelona, Sharon (Bill) Shrimplin of Shelby TWP., Karen

(Jim) Boland of Ocala, FL., and Jennifer Wolf of Sawyer, OK.

Gail was also preceded in death by her husband of 22 years, Thomas Light, one son, Jackie Lee Longwell, one daughter, Candy Eileen Longwell, her mother, Eileen Wolf, her father, Paul Windish, sister, Charlotte (Richard) Kler, brother, Dennis Windish and his twin sister Donna Windish, sister Paulette Pendergras, brothers Ricky Windish and Rodney Windish.

Gail was an avid crocheter and enjoyed making blankets for all her family and friends and especially new babies coming into the family. She loved working jigsaw puzzles during the winter months and had quite the collection of them sealed and framed. According to her family, she made the world's best no-bake cookies, but never enough of them. Gail loved the Bible and her church family at Bible Baptist Temple of Clarksburg, and she loved her special church friend, Mary Ann Hurst, that called her every day.

In her last few months of life, she lived with her eldest son, Ronnie and his wife Celestine. The rest of her family would like to acknowledge their appreciation to them for the love and care they gave her. The family would also like to thank the Hospice of WVU Medicine for their never-ending care and compassion they gave Gail.

Funeral services will be held on Thursday, July 15, 2021 at Dorsey Funeral Home with Pastor Charles Madaus. Interment followed at Martin Cemetery in Farmington, WV.

**ANTHONY "ANDY" RAY RILEY**



Anthony "Andy" Ray Riley, 46, of Enterprise, WV passed away at United Hospital Center with his family at his side on July 15, 2021. He was born on October 27, 1974, in Fairmont, WV, the son of Mary Hyde Riley and the late Kenneth Eugene Riley, Sr.

Anthony is survived by his son, Anthony Ray Riley II and fiancé Keri Miller of Shinnston, WV; two daughters, Kelsey Riley and Kylee Toll, both of Shinnston; one grandson, Xavier Riley; three granddaughters, Adalayah and Austyn Riley and Avah Ashcraft; one brother, Eugene Riley, Jr. and wife Cheryl of Enterprise; two sisters, Cindy Shaver and companion Rich

Huskin of Farmington, WV and Sandy Riley of Clarksburg, WV; two nephews, Dusty and Shaun Riley; four nieces, Angel and Amanda Shaver and Ashley and Taylor Riley, as well as several great nephews.

Besides his father, Anthony was also preceded in death by his brother, Benjamin Riley.

Andy was an avid motorcycle rider. He loved working on vehicles, Ford Rangers being his favorite. He especially loved time with his children, family and friends.

"Live to Ride ... Ride to Live"

A funeral service will be held on Monday, July 19, 2021 at Dorsey Funeral Home with Pastor Sabrina Haught officiating. Interment followed at the I.O.O.F. Cemetery Enterprise.

**BRITTANY NICOLE GORDON**



Brittany Nicole Gordon, 35, passed away on Friday, July 9, 2021. She was born in Clarksburg, December 10, 1985, a daughter of Carolyn Sue Scott Gordon, of Mannington, and the late James Paul Maul.

In addition to her mother, Brittany is survived by her three children; Annabelle Mafield, Gabriel Alan Martin, Malaki Lee Vance Martin; her siblings, Carol Carter, David Gordon and his wife Leslie, Amanda Bassell, Jim Maul, David Maul, and Marsha Drummond; her daughter's father, Brian Mafield; her nieces and nephews, Kayla Pyles, Hanah Gordon, Savannah Carter, Elias Gordon; and great-nieces and great-nephews, Dakota Hyde, Danika Pyles, Nakayla Pyles, and Nakoa Pyles.

Brittany enjoyed art, being outdoors and spending time with her family. She loved her children tremendously.

A Memorial Service was held at Dorsey Funeral Home on Wednesday, July 14, with Pastor Ryan Lantz officiating. Condolences may be extended to the family at www.perinefunerals.com.

**DEANNA LYNN ROBEY**



**Out Of The Past**

Memorable Photographs from around Harrison County.



Once located along the riverbank between Main & Walnut Streets, Shinnston Flour & Feed is ready for a July 4th parade in Shinnston. Photo courtesy of Bobby Bice.

Deanna Lynn Robey, 46, of Clarksburg flew home to be with her Lord and Savior on Monday, July 12, 2021 at Ruby Memorial Hospital. She was born February 3, 1975 in Clarksburg a daughter of Linda Gibson Robey, with whom she made her home, and the late Gerald "Butch" Robey.

She is also survived by her uncle, Sonny Robey and his wife Barb of Bennetts Run; her aunts, Ruthie Spino of Bridgeport and Barbie Somerville and husband Jimmy of Clarksburg; her great-aunt, Rhea Cline of Bennetts Run; as well as her cousins, Nicholas Spino of Bridgeport, Jada and Amy Sommerville, both of Clarksburg, Michael Robey of Bennetts Run and Brian Robey of Robey Hill.

In addition to her father, Deanna was preceded in death by her maternal grandparents, Harold and Jeanne Gibson; paternal grandparents, Bernard and Ella Robey; her aunt, Becky Robey; and uncles, David and Paul Gibson.

Deanna was employed for 24 years with the U.S. Department of Justice. In 1993 she graduated from Liberty High School and went on to study at Fairmont State University. She was a long-time volunteer of the Harrison County Humane Society Hogs for Dogs Dice Run. She was a member of the HOG (Harley Owners Group). She also volunteered for the Ride for Life for many years.

A funeral service was held at the Perine Funeral Home on Thursday, July 15 with Rev. Robert Perine and Pastor Jeff Perine officiating. Interment followed at Floral Hills Memorial Gardens in Quiet Dell.

Online memories and condolences can be shared with the family at www.perinefunerals.com

Memorial contributions can be made to the Harrison County Humane Society "Hogs for Dogs" at P.O. Box 4397 Clarksburg, WV 26301 or St. Jude Children's Research Hospital at Memorial Giving at 501 St. Jude

Place Memphis, TN 38105.

**RUDOLPH FRANCIS TORJAK, JR.**

Rudolph Francis Torjak, Jr. "Cookie", age 73, passed away Saturday, July 10, 2021 at J.W. Ruby Memorial Hospital in Morgantown, WV due to complications from Leukemia. Rudy was born in Clarksburg, WV on April 12, 1948, the son of the late Rudolph and Mary Louise Fernandez Torjak.

He married his loving wife, Darlene Wanstreet Torjak, on September 5, 1970 and celebrated their fiftieth wedding anniversary in 2020. He was a very loving father and grandfather. Rudy graduated from Notre Dame High School in Clarksburg in 1966 and then graduated from West Virginia University School of Business and Economics in 1972. After graduating, he started his career with the Comptroller of the Currency as a bank examiner. In 1979, he started his many years in banking in Fairmont, WV at City National Bank as Vice President of Lending. From there his banking career took him to Martinsburg, Kingwood, Elkins, and finally back to Clarksburg for a position with West Union Bank. Through his career he met many people and developed lifelong friendships.

Rudy was involved in many community activities in all the cities he lived throughout the years. He served on the Board of Directors of the Preston Memorial Hospital in Kingwood, WV for many years. He was a member of the Knights of Columbus in Elkins, WV among others. Rudy was a member of Our Lady of Perpetual Help Church in Stonewood, WV where he and Darlene were married. Rudy was an avid golfer and developed his love for golf as a teenager when he would caddy at Sunnycroft Golf Course. He was a member of the Clarksburg Country Club where he had many friends and loved to play his favorite game.

Continued on Page 8



### Fairmont State Announces Campus COVID-19 Protocol Updates

The Fairmont State University COVID-19 Task Force and Executive Leadership Team have worked closely with the Marion County Health Department and in consultation with other state agencies to reopen the University's campus at full capacity while maintaining the safety of the Falcon Family. The University will continue to monitor coronavirus trends to gauge proper response, and all Fairmont State coronavirus protocols may be altered according to current COVID-19 climates throughout the region and state.

Beginning Tuesday, July 6, fully vaccinated individuals were no longer required to wear a

mask while on Fairmont State's campus. Students, faculty and staff have been encouraged to register their vaccination status to assist the University's efforts to track campus vaccination percentages. Vaccination 'Buddy Cards' are being provided to members of the campus community that have registered their vaccine and choose to display their vaccination status to share with others.

"Fairmont State University values health, safety and honesty," said Fairmont State Chief of Police and Director of Emergency Management Matt Swain. "We believe this expectation will be honored by our campus community and

visitors." In addition, the University's social distancing protocol has been discontinued on campus and COVID-19 health screenings will no longer be solicited from campus visitors.

The following campus services and events will reopen at full capacity: dining halls, the Falcon Center, student organization gatherings, club and intramural sports, campus visits and tours, athletic events, and in-person instruction.

The University will continue to strongly encourage vaccinations among the campus community as new variants of the coronavirus continue to surface. Students, faculty and Staff opting

out of registering their vaccination status will be directed to fully participate in contact tracing should an exposure occur, complete the University's Illness Reporting Form, quarantine if exposed to someone testing positive for COVID-19 or if COVID-related signs or symptoms occur, and continue to wear a mask indoors unless alone in a private office.

"Fairmont State's highest priority is the safety and wellbeing of all students, faculty and staff. As we have throughout the entire pandemic, we will continue to act out of an abundance of caution to protect our campus and surrounding communities," Swain added.

Visit [www.fairmontstate.edu/coronavirus](http://www.fairmontstate.edu/coronavirus) for more information.

**NOTICE:** The City of Shinnston will be flushing fire hydrants for throughout the remainder of July. You may temporarily experience cloudy or dirty water during this time. We apologize for any inconvenience.

## STAY FOCUSED on Your Goals

**Answers**

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### "Obituaries" cont. from p.7

In addition to his wife, Rudy is survived by two children, whom he loved very much, Ryan Torjak, Morgantown and Stacey Torjak Febraro and husband Frank, Portland, OR; two precious grandchildren, whom he loved "too much", Zoe Febraro and Phoenix Febraro; one loving sister, Cynthia Ann Angotti and brother-in-law, Frank of Clarksburg; sister-in-law, Mary Margaret Wanstreet of Conway, SC; as well as many loving nieces, nephews, and cousins; also, his best golfing buddy, Bill Cather of Fairmont.

In addition to his parents, Rudy was preceded in death by his youngest son, Jeremy Patrick Torjak, brother-in-law, Frank Wanstreet, Jr, as well as his in-laws, Frank and Audry Wanstreet.

A Catholic Funeral

Liturgy was held at Our Lady of Perpetual Help Catholic Church on Wednesday, July 14, 2021 with Father Kumar Reddimasu as Celebrant. Interment followed at Stonewall Park Cemetery. The family asks that memorials be made "In Memory of Rudy and Jeremy" to Our Lady of Perpetual Help Church Food Pantry/Building Fund, 8092 Third Street, Stonewood, WV 26301.

**RUTH A. (HILL) SCHEUVRONT**  
Ruth A. Scheuvront, 85, of Clarksburg, WV made her home the last three years with her nephew, Paul Hill and wife Jo Ann in Titusville, FL. She passed away on Sunday, July 11, 2021 at Parrish Medical Center in Titusville, FL. She was born on March, 4, 1936 in Clarksburg, WV the daughter of

the late Thomas Aaron and Beulah Elizabeth Bartlett Hill.

Ruth was a homemaker. She last attended Bible Baptist Temple in Stonewood.

Ruth is survived by three children, several grandchildren and great grandchildren; one brother, Thomas Lee Hill in Las Vegas, NV; one sister, Mary Virginia Pollard, Riverbank, CA; numerous nieces and nephews.

In addition to her parents, Ruth was preceded in death by her husbands, brothers Paul E Hill and Lewis Hill.

A funeral service was held at Davis Funeral Home on Monday, July 19, 2021 with Pastor Charles Madaus officiating. Private interment will be at the Bridgeport Cemetery. Online condolences can be made at [www.DavisFuneralHomeWV.com](http://www.DavisFuneralHomeWV.com).

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### Caitlin Morgan Graduates From Shenandoah

Caitlin Morgan of Bridgeport is one of more than 1,200 students to celebrate their graduation in May during two days of commencement ceremonies at Shenandoah University.

Students either graduated in May 2021, December 2020

or August 2020. Shenandoah University was established in 1875, and is headquartered in Winchester, Virginia, with additional educational sites in Clarke, Fairfax and Loudoun counties.

Shenandoah is a private, nationally recognized university

that blends professional career experiences with liberal education. With nearly 4,000 students in more than 200+ areas of study in seven different schools, Shenandoah promotes a close-knit community rich in creative energy and intellectual challenge. For more information, visit [su.edu](http://su.edu).

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# 'Save The Date' For Lurch Fest August 7 In Philippi

The Barbour County Historical Museum and Philippi Main Street are partnering to sponsor along with support from the Philippi Convention and Visitors Bureau, Create Philippi, and the BC Arts and Humanities Council, a Lurch Fest on Saturday, August 7 from noon until dark. Sponsors encourage everyone to 'Save the Date' and join in the fun of the summer festival.

The all-day event will feature live music, craft beers, food, craft vendors, and a special mid-day

ceremony in which the life-size statue of Lurch will be unveiled and introduced to the public. According to planners, Museum Street in Philippi will be blocked off to traffic to give over the entire street and the grounds surrounding it to the festivities.

Lurch was a character made famous in the 1960's TV series, The Adams Family. The character was portrayed by the actor Ted Cassidy who grew up in Philippi and graduated from Philippi High School before going to WV

Wesleyan College in Buckhannon.

The life-size figure of Lurch was fabricated by Bixby Studios of Morgantown. Bixby Studios is owned by Chad Sine and former Philippi resident Adrian Larry. The company is a group of fine artists who specialize in creating custom art for commercial and private use. Besides Lurch, the Studio has also fabricated creatures featured in haunted houses and in the haunt industry along the East Coast region. To see some of their creations, visit Bixby Studios on Facebook.

Bixby Studios delivered Lurch to the Philippi City Hall last fall where it has stayed and will stay until it takes up residence in the Barbour County Historical Museum following the Lurch Fest. To keep updated about plans for the Lurch Fest, visit Philippi Main Street and the BC Historical Museum on Facebook and Instagram or contact Main Street Director Tammy Stemple at 304-457-3700, Ext. 226 or via email at [hotpepperbabe@hotmail.com](mailto:hotpepperbabe@hotmail.com).



Former Philippi resident and co-owner of Morgantown's Bixby Studios Adrian Larry looks up to the figure of Lurch he and his partner Chad Sine fabricated for the Philippi Main Street organization. Lurch will be unveiled and introduced to the public during the August 7 Lurch Fest in downtown Philippi.

## "Healthy Harrison Program" cont. from p. 1

to participate in this. We are offering two incentives – one program is the "Biggest Loser" and the other is a 10% Takedown Challenge". In each of these, cash prizes will be awarded, and hopefully that will add to the incentive to stick with it," Tate stated.

If you aren't fond of what you see in the mirror or if you're outgrowing your clothing, this is a great opportunity to do something about it. And, perhaps the best feature is that you won't be doing it alone; there will be others just like you who will set out to make some changes in their lives through diet and exercise.

The benefits of maintaining a healthy weight go far beyond just noticing improved

energy; participants are likely to enjoy a better quality of life. According to the Centers for Disease Control and Prevention, losing just 5 to 10% of your body weight can positively affect your health if you are overweight.

Weight loss can help lower blood pressure levels, triglycerides, improve cholesterol, decrease the risk of diabetes as well as the risk of heart disease. And if you incorporate exercise in your weight loss plan, it can help you maintain muscle so you lose mostly body fat. Top all this off with one more advantage ... when you notice that you look better and feel better, it also improves your mood.

The program doesn't encourage people to starve themselves, but

to simply alter their eating habits. Eat a healthy breakfast to start your day, and drink water. Learn to eat slower and savor your food; your brain will eventually be trained to stop when you feel satisfied without stuffing yourself. Dieting does not mean that you must forego dining out; but perhaps order different side options. Choose a vegetable instead of French fries! And be patient; don't expect big results in just a day or two.

Tate explained that the program will continue for five months. There will be two weigh-ins – one at the onset and one as the program concludes in November.

Interested participants can sign up on the City's website from July 12<sup>th</sup> – 24<sup>th</sup>.

They will visit ProCare Pharmacy in Shinnston for the initial weigh-in and return in November for their final weigh-in. And while the program is going on, the City will host a variety of activities... health-based events. For example, there may be yoga classes or a "Walk with the Mayor," he continued. "More details of these healthy activities will be announced in the coming weeks."

The cash prizes may also serve as great motivation! As the program concludes, prizes will be awarded to both the male and female "biggest loser" with a first place prize of \$2,500 each! Second place winners – both male and female – will each receive \$2,000; and 3<sup>rd</sup> place winners

will receive \$1,500. Turkey Trot," Tate added.

What a great experience for those who desire to live healthier! Learn how to balance healthy eating and some physical activity to help you lose weight more easily and keep it off. Just adjust your habits ... and do it with the support of others who are striving to attain the same goal. Cheer one another on ... and perhaps make it a competition to win the cash! Being called a "big loser" might typically spark a fight, but in the Health Harrison Program, it is something to be proud of!

As weight loss is examined at the end of the "10% Takedown Challenge", the names of those who have lost 10% of their body weight will be entered into a random drawing with three prizes of \$1,000 awarded to each of the three names drawn.

## "Adjusting To A Cancer Diagnosis" cont. from p.5

Treatment?

Because chemotherapy kills both cancer and healthy cells, you may experience common side effects such as fatigue, anemia, hair loss, nausea and diarrhea. Side effects can be managed by medications prescribed by your oncologist. Depending on the chemotherapy drug being used for your treatment, your doctor may order tests to get a baseline of your heart and lung functions as some chemotherapies can affect organ function. Your navigator is here to help you with any changes that you may experience, as well as assist you in communicating your needs to your doctor.

How Do I Tell Others About My Cancer?

Ultimately, it is up to you how you share your story, or even if you choose to tell people at all. You may want to start with close friends or family members to see how it feels to talk about it with people you trust.

Another option is setting up a website or social media page that people can refer to and get the story of your journey, see updates,

and/or donate money for medical expenses. By having a central location for information, it will take the weight off you for having to continuously repeat your story to everyone you see.

However, when it comes to telling children, it is best to individualize the conversation based on their age, and on what they might already know or think they know about cancer. Your navigator can help assist you in finding age appropriate books for children to read about cancer and help them understand at their level what it means to know someone with cancer.

Do I Have to Share My Cancer Diagnosis With Others?

You certainly do not have to tell anyone if that is your choice. However, establishing a good support system can significantly make your cancer journey more bearable. While your healthcare team will provide the medical expertise to treat you, your personal support system is just as vital in helping you through your cancer journey as well.

Can I Still Work During Cancer Treatment?

You may still be able

to work during your treatment depending on how your body responds to the chemotherapy and side effects. You could be too immunocompromised for your doctor to allow you to safely be around others and work. You may work on your off weeks of treatment, depending on your treatment schedule.

Will My Cancer Become My Entire Identity?

It might be inevitable that at some point in your journey, it will become your identity. How long should you anticipate could vary from person to person. With a culture that has months, fundraisers, and ribbons dedicated to your new diagnosis, it is hard not to identify yourself once you have been diagnosed. For some people your treatment will cause hair loss; therefore, making it difficult to hide your situation.

Then one day your hair grows back and your energy returns. Suddenly, you realize that you no longer identify as a cancer patient, but rather as a rock star who can handle anything. Some people may find it therapeutic

and empowering to identify long after the treatments have ended. They wear their ribbons proudly and shout their stories from the mountaintop. They can give newly diagnosed people hope and help to continue the awareness through a survivor's eye. Just remember it is your journey, do it your way, and do what is best for you.

How Can I Stay Positive During Treatment?

It may sound cliché, but having a positive attitude really is essential. Surround yourself with positive people, and try to distance yourself from anyone who brings negativity to your situation. Having cancer not only affects you physically, but also emotionally too. Taking care of your mental health by staying

positive and having a good support system is as essential as getting your treatments. Sadness and anxiety are very normal emotions to feel during this time, even after you are done with treatment. Allow yourself to feel emotions, without letting these take over. Find a coping mechanism that you can rely on to get you back on track.

Find something worth fighting for, such as a "why". Your "why" is somewhat like a goal, a reason you are going to fight. By finding a "why" you can make that your ultimate reason to keep fighting and staying positive. Make your "why" something that you can look forward to when your treatment is completed, or just milestones in your journey, like finishing radiation or your last chemotherapy

treatment. An example of a "why" is, when I am done I will go to Disney World, buy that boat I've always wanted, walk your daughter down the aisle, or simply see the ocean and sit on the beach. Make it something worth fighting for when you do not think you can fight anymore. Make it your own, write it down and keep it dear to your heart.

For more information, visit <https://www.cancer.gov/about-cancer/coping/adjusting-to-cancer>. This information is recommended by Megan Westfall, RN, BSN, OCN, a nurse navigator at United Hospital Center. Learn more about the support provided by nurse navigators by visiting <https://wvcancercenter.com/nurse-navigator>.



### Timeshare Cancellation

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## “Stone House Lavender” cont. from p.1



Shown here is a sampling of some of the products made and packaged on site from the farm's harvested lavender.



Pictured here, the interior of Stone House Lavender is elegantly decorated for a wedding with plenty of room for seating while still allowing ample space for dancing.

blooms themselves and experimenting with recipes. The result was a host of products infused with lavender such as oils, pillow sprays, soaps, body scrubs, lotions, and other items that family members actually make in their own kitchens and package themselves with customized labels!

“We had to learn how to do all of this,” she continued. “We researched lavender books, looked up recipes, tried and tweaked many of them, and tested the products on our friends until we came up with the right combinations. We now have a market shop on the property as well as an online presence where we sell our products. One hot item for us has been doing customized gift sets where people can choose

the products they want; we have prepared gift baskets and mailed them all over the country!”

As compared to some operations, they consider their farm small ... a quaint family-working farm. Yet their lavender farm was worthy of being listed as a “must see” place to visit in an issue of *Martha Stewart Living* magazine!

Their passion to “breathe new life” into the family’s historic farm has persisted and the idea to consider an event venue came into play. This vision emerged in 2019, and after more study and planning, they signed with a contractor in January of 2020 to construct an event barn.

“This was just prior to the pandemic breakout, so after construction

had begun, it seemed like a questionable time to build a place that was intended for social gatherings during a time when gatherings were so restricted,” Mit added. “But it worked out and we held our first event on October 1, 2020. Since that time, 34 weddings have been booked for 2021, we have also had showers, corporate events, fundraising receptions, and other occasions. Even 2022 is filling up!”

Named ‘Stone House Lavender’, the event barn will comfortably accommodate 175 guests. They do not offer catering themselves; however, they did incorporate a prep kitchen for a caterer’s use, as well as a bridal suite for the bridal party to dress and prepare for the ceremony. Even the groomsmen have not been ignored; they have their own groom’s cave! Some décor items are available for use if the party chooses to use them. The venue has many possibilities; it can be given a vintage look, an elegant, formal look, or a more relaxed and casual farmhouse look.

Just this Spring, they added a stamped patio (2,600+ sq. ft.) with a pergola and rolling bars to allow for outdoor cocktail hours. And their wheels keep spinning with more new ideas!

“The one thing we don’t want is for this trend to become old or grow stagnant, so we want to continue to offer new things that will keep people interested in visiting us,” Mit stated. “We already host yoga in the lavender fields and we may offer lavender wreath-making classes in

the off-season. We truly love opening the farm and allowing others to see and appreciate its beauty.”

Other plans they are considering in order to give the general public more opportunities to visit the farm are hosting culinary and wine-tasting events or even a small concert series ... maybe even a movie night one weekend a month. So they’re reserving a few dates in 2023 to bring these future plans to fruition.

Stone House Lavender is co-owned by Mit and her husband, J.L. Abbott, and her brother and sister-in-law Mark and Cheryl Weaver – all of whom work full-time jobs! She emphasized that none of them had a background in agriculture, business, event planning or product production, so experience has been their teacher as they have learned along the way.

“It has been a wonderful and magical adventure! Our children are adults now so this keeps us busy in our spare time. And our hope is that our ancestors are proud of what we’re doing here, and that they are celebrating with us as they look down and see that we are harvesting a lot of happy times here and sharing it with others,” she concluded.

If you’re interested in learning more or want to schedule an event, visit their website at [https:// www.stonehouselavender.com](https://www.stonehouselavender.com) or call 304-363-6637. Stone House Lavender is located at 227 Lanham Lane in Fairmont. Take exit 132 off I-79 and follow Rt. 250 South about a mile and a half, and turn right onto Lanham Lane.

## “How Cancer Affects Emotions” cont. from p.5

techniques. Share your feelings honestly with family, friends, a spiritual adviser, or a counselor.

Keep a journal to help organize your thoughts.

When faced with a difficult decision, list the pros and cons for each choice.

Find a source of spiritual support.

Set aside time to be alone.

Remain involved with work and leisure activities as much as possible.

Is it normal to feel overwhelmed?

It is completely normal to feel out of control and overwhelmed.

Accept your feelings. Be kind to yourself and avoid judging yourself for your emotions. Pay attention to what you are feeling, and spend time with people who are positive and uplifting.

Communicate your feelings. Having a support system is an important part of dealing with emotions (family, friends, clergy, and counselor).

Recognize the signs of depression. Depression and anxiety is common for cancer patients.

Depression symptoms include:

Being overwhelmed or losing hope.

Having problems with memory or thinking.

Getting too much or too little sleep.

Feeling extreme fatigue or no energy.

Having little appetite or not wanting to eat.

Feeling very sad and helpless.

Experiencing weight loss or weight gain.

Discuss any depression symptoms or concerns with your oncologist or clinical navigator when they appear. You may need medical intervention to treat depression or anxiety symptoms.

If you have thoughts of harming yourself or others, contact your health care provider immediately or go directly to an Emergency Department for help.

Call 911 and ask for help if you cannot reach your provider. Seek a connection

with other cancer survivors. Resources for one-to-one support:

UHC counselor (alert your navigator to arrange)

<https://imermanangels.org/>

<https://cancare.org/support/>

Should I blame myself for my cancer?

Absolutely NOT!

Causes of cancer are due to many factors: genetic,

environmental, life-style, and age factors.

Some cancers have no known cause.

Reframe the question, “Why did this happen?” to

“What is the plan?” This can provide hope and focus attention to the goals of treatment.

Should I let my family know how scared I am?

Yes! Discussing your feelings with support system or family members is beneficial to your mental wellbeing.

Your family may also have similar feelings as well.

Open & honest discussions about your feelings can actually decrease stress.

I do not have anyone to talk to about my diagnosis.

Reach out to your nurse navigator. Together you can create a healthy support system that will help you through your cancer journey.

Counseling Clergy (UHC or Community Congregation)

On-line connections

Resources for one-to-one support with a similar cancer survivor.

UHC counselor (alert your navigator to arrange)

<https://imermanangels.org/>

<https://cancare.org/support/>

For more information, visit <https://www.cancer.gov/about-cancer/coping/feelings>.

This information is recommended by Gretchen Hennigan, a nurse navigator at United Hospital Center. Learn more about the support provided by nurse navigators by visiting <https://wvcancercenter.com/nurse-navigator>.



## Funnel Cakes

Submitted By Debra Smith

Are you excited for the FAIR? Some of us love the fair just for the food, particularly the melt-in-your-mouth, deep fried doughy goodness kind!

My go-to, is the funnel cake, dusted with a generous white cloud of powdered sugar, the doughy concoction with the upturned crispy edges never failed to put a smile on my face. This is my mother’s favorite fair dessert as well, but with her being 90, and not able to walk around the fairgrounds like she used to, I found a recipe that she says taste better than she remembers getting from the fair.

These funnel cakes can also be topped with fresh fruit or blueberries and cream for an extra special treat!

If you or your loved ones are not able to get to the fairs and festivals, be creative, and create your own version of fair foods, and activities. The kids (both young and young at heart), will have a blast this summer creating great memories, and reflecting on memories of fairs past.

Please remember to visit your local Price Cutter for all your cooking and baking needs. If you have a favorite recipe to share, mail it to us at The Shinnston News and Harrison County Journal, P.O. Box 187, Shinnston, WV 26431 or send it via email to [newsandjournal@yahoo.com](mailto:newsandjournal@yahoo.com).

### Funnel Cakes:

Canola oil, for deep-frying

2 ¼ cups milk

1 teaspoon pure vanilla extract

3 large eggs

4 cups all-purpose flour

1 cup packed light brown sugar

1 tablespoon baking powder

½ teaspoon kosher salt

### Toppings:

½ cup confectioner’s sugar

½ teaspoon cinnamon

Sweetened whipped cream, for serving

Fresh Fruit (of your choice)

Special Tools You Will Need:

A deep-frying or candy thermometer

A 1 or 2 cup funnel with a ½ inch opening at the bottom

For the funnel cakes: Add enough oil to a large Dutch oven or heavy-bottomed pot to come 2 inches up the sides of the pot. Heat the oil over medium-high heat until 360 degrees F on a deep-frying thermometer. Line a baking sheet with a metal cooling rack or a few layers of paper towels.

Meanwhile, whisk together the milk, vanilla and eggs in a large measuring cup. Sift together the flour, brown sugar, baking powder and salt into a medium bowl using a mesh strainer (to break up any lumps in the brown sugar). Stir the egg mixture into the flour mixture just until smooth and combined.

When the oil is up to temperature, use your finger to cover the hole in the bottom of the funnel and fill it to the top with about ¾ cup of the batter. Position the funnel over the pot of hot oil and remove your finger to release the batter. Let the batter flow into the oil in thick squiggles, moving the funnel within a contained circular shape about 8 inches in diameter. Fry on the first side until golden brown, 1 ½ to 2 minutes, then use tongs to carefully flip to the second side and fry for an additional 1 ½ to 2 minutes. Remove to the wire rack or paper towels and let drain and cool slightly. Repeat with remaining batter.

For topping: Dust the funnel cakes with the confectioner’s sugar, sprinkle with cinnamon and a dollop of whipped cream before serving. Or you may use your choice of fresh fruit, such as blueberries, strawberries, blackberries, etc.

I hope you have fun making these funnel cakes with your family, and please have a safe and enjoyable summer!

## FINAL EXPENSES

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