

Avoid Packing On “Pandemic Pounds”

Healthy Suggestions To Avoid Weight Gain For Children & Adults



Adults must remember that kids’ early eating experiences can affect how they eat as they get older, so introduce them to healthy foods from the beginning. Lead by example with your own choices; be their role model.

By LEIGH C. MERRIFIELD

News & Journal Editor

Do you enjoy eating? Have you noticed yourself eating more when you’re stressed or upset? Do you ever eat out of boredom? If you’re like many

Americans, your answers would be yes, yes, and yes! In fact, more than one in three adults is overweight! And, sadly, the statistics apply with children as well; about one in 5 American children has obesity! Unfortunately, the

pandemic didn’t help any. It has been a stressful time for the entire family. Some adults lost their jobs; others were forced to adapt to working from home while also learning to deal with helping their children with remote learning. And for many children, distance learning was not as effective. All members of the family suddenly had to lead a more restricted life; being home-confined meant more solitude, lack of normal activities, the absence of friends, etc. Handling what became a ‘life lockdown’ was not easy, and a change of habits and finding

ways to fill what had been a normal schedule was taxing for all! Are we headed there again with the appearance of new variants? Will we continue to pack on the pounds?

It may be that more lifestyle changes need to be made, particularly if the presence of COVID variants become concerning enough to limit our activities again. According to the Centers for Disease Control & Prevention (CDC), those who are overweight are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and heart disease. And for children who are

overweight, there are added problems such as experiencing bullying, depression and lower self-esteem.

The CDC offers some suggestions:

EAT THE RAINBOW – Having a healthy diet can help both children and adults get the nutrients they need and help them reach a healthy weight. A healthy diet should be colorful, rich in fruits, vegetables, whole

grains, lean proteins (lean meats, poultry, fish, etc.), and low-fat or fat-free dairy products. Few people, in fact, get enough fruits and vegetables, and some eat very few of these!

Try to make sure that half of your plate consist of fruits and vegetables!

MOVE MORE – Those who are physically active have stronger muscles and better cardiovascular

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Attorney General’s Warning To Sports Fans Of Ticket Scalping



By LEIGH C. MERRIFIELD

News & Journal Editor

As soon as school resumes, people tend to think of the fall season, and for many, their thoughts turn to leaves beginning to dry up and fall from tree branches leaving a more stark appearance to our landscape. But for others – sports enthusiasts in particular – it means the return of football season and always having something to do on Saturday whether you enjoy it in the stadium of your favorite team or in front of the television.

It means that you drag out your team apparel, and even if it’s done in your family room, fans clap and scream for their team and can enjoy ‘tailgate’ snacking even from home!

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World War II Vet Donates Hand-Crafted Gift To Thank VA Hospital For Its Service



World War II veteran Okla Edgell (second from left) is pictured here with the hand-crafted quilted wall hanging that features the Pledge of Allegiance embroidered on a background of the bald eagle and the American Flag. The artwork will be on display in the Louis A. Johnson VA Medical Center’s main lobby. Edgell is flanked by his wife, Arlene (left) and the hospital’s acting medical director Barbara Forsha (right).

Okla Edgell didn’t learn to sew until he was 80 years old, taking up the task after his wife told him he needed to get a hobby. But he has

since produced a series of quilts and other items that would lead a person to believe Edgell had been doing it all of his life.

Because he has been coming to the Louis A. Johnson VA Medical Center for a number of years, Edgell wanted to find a way to show his appreciation for what he called “exceptional care”. So the Fairmont native put his newfound skill to use. He donated a wall hanging that he handcrafted that will be displayed at the hospital’s main lobby information desk for what he hopes will be many years to come.

“This flag means a lot to me and to every veteran who fought to keep America free,” said Edgell, a World War II veteran and former prisoner of war who is approaching his 96th birthday. “It is hoped that those who view it

will appreciate the value of our freedom.”

Hospital acting medical director Barbara Forsha called the wall hanging “truly a treasure we will value every day.” She said having the Pledge of Allegiance wall hanging fits well with the vision of the VA because each work day is started with the playing of the Star Spangled Banner.

“This demonstrates yours and our patriotism,” Forsha said, adding that having the display at the entrance to the hospital will allow everyone who enters the facility to see his work of art.

Edgell was part of a B-24 bomber crew that was shot down over

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Cougars Pleased With Recent Fundraising; Efforts Continue

By LEIGH C. MERRIFIELD

News & Journal Editor

It is difficult to weather a crisis like the COVID-19 pandemic, but when you are trying to host successful fund-raising events during a time when many people are struggling with finances, it can be

even more challenging. It takes a special relationship to make such efforts successful, and in the instance of Lincoln High School’s Fieldhouse funding endeavors, the relationship demonstrated its strength!

“Cougar fans in the Shinnston/Lumberport

area have been absolutely fantastic about showing their support,” said LHS Assistant Principal and Athletic Director Holly Hawkins. “They bring their energy to cheer on our teams during games, and they have been there to contribute financially and support our fund-raisers as well.

We had as our theme ‘Cougars United’ ... and their support really exemplified that.”

Two fund-raising events were held on two consecutive Saturdays in August, and both were very profitable, Mrs. Hawkins noted. The three-hour festival-style event that was held

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SHS Alumni Assoc. Eyes 2022 Reunion

By LEIGH C. MERRIFIELD

News & Journal Editor

The Shinnston High School Homecoming Reunion is an event that draws an overwhelming number of Spartan alumni each time it is held. Alumni return to Shinnston from all parts of the country, always anxious to renew old friendships and enjoy a special weekend of

spirited fun.

The SHS Homecoming was to be held in 2020 but was cancelled due to last summer’s COVID situation. Arrangements had been made for another dinner/dance cruise, and the Gateway Clipper staff was kind enough to offer to hold the deposit and allow the Alumni Association to reschedule for July

of 2021. However, again, the pandemic still presented some risk apprehensions.

SHS Alumni Association President Debbie Malone noted that members were saddened that it had to be put on hold again this year.

“While we didn’t want to postpone this event again, it would have been a lot of work

and expense with the very real possibility of a poor turnout,” Malone stated. “We have now tentatively set arrangements through the Gateway Clipper for a dinner/dance cruise to be held the third weekend of July in 2022, and we are hoping that by that time, the COVID situation will be better under control and

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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

Prepare To Say ‘Hello, Autumn’!

I feel very blessed to have the opportunity to enjoy a taste of all four seasons here where we live; each one is unique in its characteristics. I’ve already noticed that evening darkness is setting in sooner, and while I’m not over the moon about that, it goes with the territory. The upside to that is that we’ll begin to see a slow progression of our temperatures cooling somewhat as well ... and visual changes too as nature’s palette shifts and our foliage reveals its and annual final brilliance. We move from little color during the Winter months to the uplifting appearance of green in the Spring ... and then on to the bright and bold colors of Summer followed by the rich and vibrant jewel tones of Autumn – my personal favorite!

I look forward to these transformations, but as I’m sure I’ve stated before, I do prefer the two more moderate seasons – Spring and Fall – which give us a respite from the severe cold and later the extreme heat and humidity. So, yes, even though the daylight hours will soon be waning, I am looking forward to the approaching swing to a little crisper air when a sweatshirt and socks will feel good in the evenings ... along with snuggling under a soft, lightweight blanket and sipping a bowl of nourishing homemade soup!

Summer weather isn’t over yet though, so don’t feel that you have to say ‘good-bye’ right now. The summer

season doesn’t officially end on the calendar until September 22nd, and even then, there will still be some warm, sunny days to enjoy even into October. Remember that each season has pros and cons and as Summer comes to a close and Autumn prepares to greet us, look on the bright side at its pros!

The heat will be less intense so it is an even better time to have a family backyard cookout or a perfect time to schedule a road trip to enjoy some of our state’s spectacular scenery. Many are looking forward to football season too and supporting their favorite team. A BIG plus might be that your lawn won’t require mowing twice a week; that will please many folks! And as the summer heat waves we’ve had begin to fade, it will make some outdoor chores much easier to do. Perhaps your home’s exterior needs a good washing ... or your fence needs repaired or painted ... or shrubs, hedges, and tree limbs need pruning; cooler Autumn days offer a time when it is much more comfortable to tackle these projects.

Also consider that after being cooped up for more than a year and now with the possibility of restrictions becoming elevated again, it could be that you’ve packed on a few pounds you’d like to shed. Cooler fall temperatures may present you with a great opportunity to put on your walking shoes and head out for a little jaunt on foot. Most cities in our area have

walking trails; why not use them? Even a round of golf at one of the area’s golf courses will be much more enjoyable as summer’s intense heat subsides. These are activities you can do with your own family members or close friends in whose company you feel safe.

OR – if you prefer to remain sheltered inside, you could spend your time on a cooler day opening a few windows to let some fresh air in and tackle that seasonal wardrobe changeover. Get an early start on putting away the shorts, t-shirts and sandals and putting your jeans, sweatshirts, socks and tennis shoes within closer reach! Another benefit is that cooler evening air tends to help us enjoy a better, deeper, more restful night’s sleep ... zzzzz!

Nothing beats getting prepared a little in advance! I will suggest, though, that you don’t get too carried away here! A friend and I took my mom out to eat recently, and the restaurant’s gift area was already dripping with Christmas apparel and fully decorated Christmas trees! There is PLENTY of time for that ... but there’s nothing wrong with dragging out the pumpkins and replacing spent summer flowers with a few colorful mums!

This week’s dessert: “Fall is the time when everything bursts with its last beauty, as if nature had been saving up all year for this grand finale.” ~ Lauren DeStefano

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.

Sept. 16, 1876: The town of Milton in Cabell County was incorporated and named in honor of Milton Rece, a large landowner at the time.

Sept. 16, 1926: Writer John Knowles was born in Fairmont. He attained literary fame in 1959 with his first novel, A Separate Peace.

Sept. 16, 1950: Scholar Henry Louis Gates Jr. was born in Keyser. Gates is one of the leading African-American intellectuals in the United States and has written several books, including Colored People: A Memoir, which describes his experiences growing up in Mineral County.

Sept. 17, 1848: Artist Lily Irene Jackson was born in Parkersburg. Jackson was best known as a painter of animal

portraits and floral arrangements, and as an advocate for the arts.

Sept. 18, 1947: Historian and journalist Minnie Kendall Lowther died. Born in Ritchie County, she was one of the first West Virginia women to become a newspaper editor.

Sept. 18, 1989: Playwright Maryat Lee died in Lewisburg. She established Eco Theater in Summers County as an indigenous mountain theater, using Summers County people as actors.

Sept. 19, 1892: William “Bill” Blizzard was born in Cabin Creek, Kanawha County. Blizzard became one of West Virginia’s most influential and controversial labor leaders of the 20th century.

Sept. 20, 1914: Ken Hechler was born on Long Island, New York. Hechler served 18 years in the U.S. Congress and four terms as West Virginia’s secretary of state.

Sept. 21, 1895: Samuel Ivan Taylor was born in

Mercer County. Taylor was the first member of the West Virginia state police. He was part of the force that faced off against union miners during the 1921 Battle of Blair Mountain in Logan County

Sept. 21, 1937: The West Virginia Conservation Commission acquired 6,705 acres in Kanawha County for the creation of Kanawha State Forest. Redevelopment of the land, which had been heavily mined and timbered, began the next year by the Civilian Conservation Corps.

Sept. 21, 1970: Filming began in Moundsville on the movie Fools’ Parade, based on the novel by Davis Grubb. The filming concluded one month later when Grubb came to Moundsville for a dinner, accompanied by his dog, making the \$750 round trip from New York City in a taxi.

Sept. 22, 1856: Albert Blakeslee “A. B.” White was born in Cleveland, Ohio. He was West

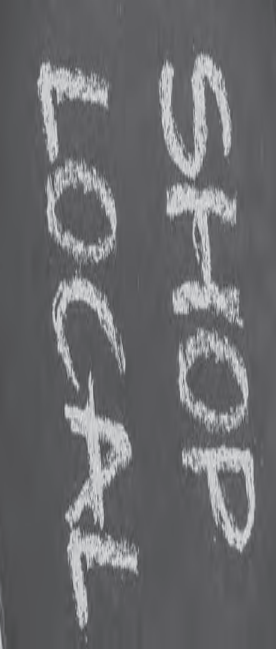
Super Crossword

ACROSS	DOWN
1 Father	1 Very close bud
6 Gather	2 Eternally, in poetry
11 No. on a car lot sticker	3 “Glitter rock” group
15 Quaint letter salutation	4 Sicilian spewer
19 Pool table fabrics	5 “For shame!”
20 Large town, in Italian	6 Circus tumbler
21 Burn slightly	7 “Glee” actress
22 Purple fruit from a palm	8 Pt. of NCAA
23 Candid bow wielder?	9 Pear waste
[Anne]	10 Actress Gilbert
25 Green	11 Poet Rod
Horner’s valet	12 Razor feature
26 Lisa formerly of “The View”	13 Hotel listing
27 Bread eaten at Passover	14 U. lecturer
28 Gallic senior citizens?	15 Slashed-price product
[Victor]	16 Pastry bag fill
31 Subside	17 Cowboy’s workplace
33 Earnest and solemn	18 Vision
35 D.C. VIPs	24 127-Down between Russia and Ukraine
36 Four doubled	29 Prefix with plane
37 Ebony-colored card given on February 14?	30 Stephen of the screen
[Karen]	31 Spanish river
41 Stable scrap	32 Boring
42 Writer Ayn	34 T. —
43 Houston site	38 B-F linkup
44 Little bit	39 “No” vote
46 A Great Lake	
50 Cry of worry	

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Find the Super Crossword Answers on Page 8!



“A Newspaper The Whole Family Can Read”

Shinnston Harrison County

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Virginia’s 11th governor, serving from 1901–05. He was the fourth person to serve as governor from Wood County, his adopted home.

Sept. 22, 1894: Louis Bennett Jr. was born in Weston. Bennett was West Virginia’s only World War I flying ace. With 12 combat kills, including three aircraft and nine balloons, Bennett placed himself ninth on the roster of aces. This record was accomplished in just 10 days after assignment

Sept. 22, 1856: Albert Blakeslee “A. B.” White was born in Cleveland, Ohio. He was West

to his combat unit.

Sept. 22, 1970: The “Brinkley Bridge” in Wayne County collapsed under the weight of an overloaded truck. The bridge was named for newscaster David Brinkley who had filmed a 1960 news report about the poor condition of the span.

e-WV: The West

Virginia Encyclopedia is a project of the West Virginia Humanities Council. For more information contact the West Virginia Humanities Council, 1310 Kanawha Blvd. E., Charleston, WV 25301; (304) 346-8500; or visit e-WV at www.wvencyclopedia.org.

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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).

BAKED STEAK DINNER

A baked steak dinner with mashed potatoes and gravy, green beans, coleslaw, rolls and dessert will be held at Saint Ann’s Catholic Church, 610 Pike Street, Shinnston this Sunday, September 19, 11:30am- 2:00pm. Curbside pick-up only -\$12.

HOLLY TRINITY MISSION LITURGY

Holy Trinity Orthodox Serbian Mission, 408 Morgantown Ave, Fairmont will be holding a Liturgy on Saturday, September 25, 2021 at 10:00 am. Fr. Sasha Nedich (724) 966-7428.

AMERICAN LEGION AUXILIARY UNIT 31 MEETING

The American Legion, Auxiliary Unit 31, Shinnston will hold its monthly meeting on Thursday, September 16, 7:00 pm at Post 31. All members are welcome.

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

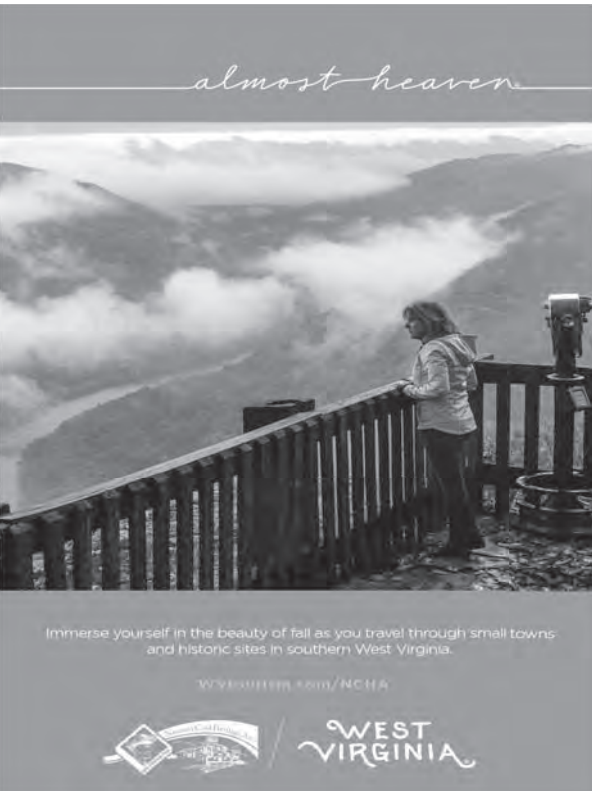
Hope, Inc., a task force - support group on growing free from domestic violence, will meet on Thursdays at noon at Koupal Towers, 916 West Pike Street in Clarksburg. For more information, call 304-624-9835 or email asniderhope@yahoo.com.

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.



“Warning To Sports Fans”

cont. from page 1

It is hard to predict how the sports season will play out as it may be challenged or altered once again this year due to COVID. Enjoy it while you can ... and try to protect yourself and others by wearing a mask and social distancing when possible.

Ticket scalping is probably not applicable at high school sporting events, but college games may be a different ‘ball game’. If you are purchasing such a ticket via phone or online, it can be a good time to be taken advantage of. Thanks to West Virginia Attorney General Patrick Morrissey who warns sports fans to be cautious when purchasing such tickets for these events. It is always advantageous to be forewarned about what *could* happen.

He stresses the importance of fans

resisting impulse buys and deals that seem too good to be true.

Morrissey stated, “There’s perhaps nothing better than rooting for your favorite team, but consumers must remain vigilant when buying tickets. Scalpers can sense your passion, and it’s crucial that you take your time, ask questions, and make sure you’re dealing with a reputable vendor.”

He urges consumers to purchase tickets from the box office or a well-known ticket vendor. Doing so will help ensure the legitimacy of the ticket, while also supporting your favorite team or university.

Those choosing another route should double-check their ticket and remember that an unbelievably good deal may leave the consumer with no

ticket at all. Tips to consider include the following:

R E L I A B L E VENDOR: Be sure the seller is trustworthy. Seek reviews from friends, family or another trusted source.

IDENTITY THEFT: Ensure the website of any online vendor has the appropriate safeguards to prevent hacking. For instance, the ‘s’ in ‘https://’ signifies a secure connection.

ACCESS & LOCATION: Before purchasing, make sure the seller discloses the seat location and confirms when the ticket is accessible. This could be immediately via online or later by will call or shipment.

FEES: Read the fine print and check for any additional fees.

REFUNDS: Know the refund policy for

any unused tickets.

CREDIT CARDS: Payment with a credit card provides the consumer greater ability to dispute any unfair or unauthorized charges.

AG Morrissey noted that policies at West Virginia University, Marshall University, and many other venues prohibit the resale and scalping of tickets on the facility’s property. Anyone violating the policy can be asked to leave.

If you fall victim to a ticket scam, you can report the incident to the respective venue, university and/or call the Attorney General’s Consumer Protection Division at 1-800-368-8808, the Eastern Panhandle Consumer Protection Office in Martinsburg at 304-267-0239 or visit the office online at www.wvago.gov.

“World War II Vet Donates Gift To VA Hospital”

cont. from p.1

Holland in April of 1945. Four of the crew members were killed, and the remaining four were taken prisoner by German soldiers. He was taken to a prison camp and was walking up to a platform where he would be executed when a group of German soldiers convinced the SS to spare Edgell’s life. He was eventually taken to another POW camp, where he lost 30 pounds before being liberated several weeks later when the war

ended.

Edgell’s wife Arlene said it is hoped that the presentation ceremony will quiet recent negativity surrounding the VA hospital, and instead, allow people to focus on the positive aspects of the hospital and its staff.

“Thousands of veterans pass through the halls of this hospital,” she said. “One only has to spend a couple of hours here to see the extent of injuries that these

men and women have endured. Thank you from the bottom of our hearts to all the doctors, nurses, and staff members who make this hospital a reality for those in need.”

The 24x28-inch quilted wall hanging features the Pledge of Allegiance, the flag, and an eagle. The wall hanging took over 250,000 stitches to complete.

“Okey and I grew up reciting this Pledge, and it saddens me

when I witness others who will not stand for our flag, nor will they salute when it passes by,” Arlene said. “It is our prayer that this wall hanging will be a constant reminder of what the flag really means, and that all persons who witness it will pause to reflect on the fact that freedom is not free. It was purchased with the blood of many veterans, including those who are still fighting to keep our nation free.”

“Cougars Fundraising”

cont. from p. 1

at Stydahar Field on the evening of August 14th offered food, entertainment, games, raffles, etc., and despite HOT weather and only a slight shower as the event began, it managed to raise close to \$2,800!

The following Saturday evening, an elimination dinner was held at the Shinnston American Legion Post 31 facility with over 185 tickets sold. This event was also a huge success, profiting a little over \$5,000.

“We’d like to thank everyone who attended these events and helped us in any way,” Mrs. Hawkins added. “We

also need to include how grateful we are that our student-athletes, coaches, cheerleaders, etc. did a lot of the work themselves because they wanted to ‘contribute’ to making their new fieldhouse addition a reality. Once again, this was a wonderful example of ‘Cougars United’.”

Mrs. Hawkins noted that about half of the new lockers have been sponsored and plaques will be made to denote their names so they will be visible for the facility’s dedication. The lockers, however, have not yet arrived but are expected to soon.

Construction crews are putting on the finishing touches; doors have been installed and handles are being put on; restroom fixtures are also in the finishing stages.

“Our August fund-raisers will help pay for the durable epoxy flooring that is being done by Superior KLEEN in Lumberport,” Hawkins continued. “We’re hoping the flooring will be done in late September and then the lockers will be installed hopefully in early October. We plan to host and Open House and Dedication

at a home game in mid to late October. As we expected, the pandemic caused a few delays, but we’re getting there!”

Funding is still needed to supply the coaches’ quarters with furnishings, but when completed, it will be a source of great pride for all who are part of the Cougar family.

Donations of any size are still being accepted. Checks should be made payable to Lincoln High School with “FIELDHOUSE” marked on the memo line. Mail to Lincoln High School at 100 Jerry Toth Drive, Shinnston, WV 26431.

“SHS Alumni Eye 2022 Reunion”

cont. from p.1

our devoted alumni will feel more comfortable about attending.”

She added that plans at this point are to host a street party in the downtown area on lower Bridge Street on that Friday night with the dinner/dance cruise on Saturday evening. Bus transportation to and from Shinnston will once again be arranged for those who want to take part in the cruise festivities but eliminate the drive to Pittsburgh.

“Our committee will be meeting in October and letters will be sent out in January,

2022 to alumni who are on our list from previous celebrations,” she continued. “We are trying to remain optimistic that we will have a clearer view by then and that our plans this time will be successfully carried out.”

The pandemic created challenging times for everyone, and although it was a disappointment to all to have to delay this celebration for another year, the SHS Alumni Association appreciates the patience of all the former SHS graduates who look

forward to this reunion.

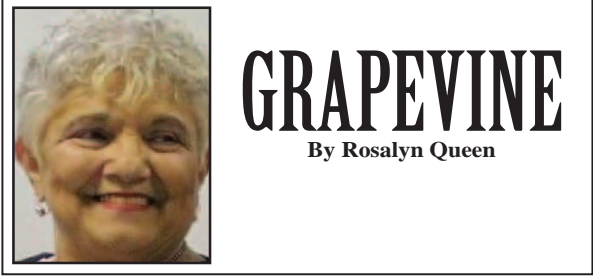
Malone concluded, “We make every effort to contact everyone, but it has happened in the past that notices mailed to our alumni are returned to us with no forwarding address; sometimes they relocate and probably the last thing on their minds during a move is to update their contact information with the Alumni Association. We want to remind all alumni that if they have a new address and want to receive updated information on the 2022 reunion, please

post the new address on the Alumni’s Facebook page so we can record it ... or it can be texted to me on my cell phone at 304-203-1374.”

Any local alumni who might be interested in helping the committee with the 2022 event may contact Malone at the above number as well. Additional helpers and suggestions are always welcomed.



Basil – A Popular Herb In Many Italian Dishes



GRAPEVINE

By Rosalyn Queen

As we roll through the days of September, we ready ourselves to wind down our gardening season. I notice my tomato plant is ready to go; it has just a few little tomatoes left on the vine for me to enjoy. But the one plant that is still hardy is my basil and I know from previous years that if I bring it inside, I will have fresh basil well into December.

Speaking of basil, I received a book on basil from a dear friend of mine, Wanda Ashcraft, from Shinnston, who was the former mayor. Wanda and I go so far back it seems like we were friends from the beginning. The book is titled ‘The Basil Book’ by Marilyn Hempstead, founder of Fox Farms. A big thank you to Wanda...a good friend lasts forever. I so admire you for your leadership, especially to the City of Shinnston.

Most people will admit that the most popular use of basil is for pesto. Pesto is a paste made by chopping the basil, placing it in a mortar and grinding it with garlic and salt. When it has reached the right consistency, it is mixed with olive oil and then used with freshly boiled pasta. This serves as a great substitute for red sauce on pasta. When serving this dish, you can add a little bit of butter and top with Parmesan cheese.

Some may think that basil originated in Italy but it is said to have come from Greece. This makes sense because of the Greek influence in Southern Italy. Locally, the most popular basil is sweet basil with its large green leaves. As it grows it produces a little flower on top which will produce the seed. I would be remiss if I did not mention that there are many varieties of basil such as the red leaf, the French, lemon and many more.

Locally, the most common use of basil is to enhance tomato sauces. It is used in the sauce for canning peppers and most everyone uses it in their sauce for meatballs. Its sweet flavor has a tendency to take the bitterness from the tomato,



Basil is a warm-weather, fragrant herb that tastes great in many dishes—including the beloved homemade pesto!

thus adding a sweetness to the sauce.

No basil story would ever be complete for me without adding my recipe for tomato salad: a fresh tomato, chopped onion, basil and olive oil, add a little salt with fresh Italian bread and ‘manga’.

A little reminder, if you are overflowing with tomatoes, can the whole ones and use them for a salad this winter. This also works great for whole tomatoes in cans. Just remember to baby that basil for use this winter.

My cousin, Thelma Ferrise, reminds me weekly to stay out of crowds to fight the virus. I am at the point that I hardly go out of my house. I encourage you all to also adhere to restrictions - better safe than sorry.

My sincere condolences to Nancy Richison and her family on the loss of Fred Allen. I know her heartache is so deep on the loss of her second son. Nancy, if it helps, know that I love you and am praying for you.

For me this is the best time of the year. Fall is so beautiful with the leaves turning, hot days and cool evenings, and of course, those football games.

A Happy Birthday to my son-in-law, Dixon Pruitt and all those September babies.

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

Finally, Football Is Back With Fans In The Seats



Pine Bluff News

By Pat Matheny

Last Friday, I got the mowing caught up. The more I use the new mower, the better I like it. The grass has slowed down growing, which is good, but it also means that old man winter is right behind, which ain’t good. Also, I replaced the torn American Flag at the community building.

Saturday, I spent most of the day watching college football. It was great seeing the fans in the jammed packed stadiums around the country... no doubt, Fauci was having a heart attack. I watched the WVU/Maryland game and I’ll leave it there. We play Long Island University next and they have only been playing big time football for one year and are 0-1 this year, so, I feel very confident, confident, (somewhat confident) in a win.

Monday, Lee came by and brought some ripe tomatoes from their garden; Patty had to work the holiday. We took his monster truck to the Outback Steakhouse beside the Meadowbrook Mall for something to eat. I’m getting better at getting in and out of the thing and it’s kind of nice to be chauffeured around. Note - I do like the look of the new street signs the city is putting up.

Tuesday, I had a doctor’s appointment at the VA hospital. That walk from the parking lot is getting longer and longer (Sure miss the valet parking). I know they have a van running around the lot transporting people back and forth, but for some reason they are never anywhere near when I need

them. And I’d hate to wait around and then have to do jumping jacks in the lot to get their attention - I’m too old for that.

Of course, the first thing I had to do was to have blood drawn at the lab. The sheriff wasn’t at her usual station at the entrance. She was either on break or she had finally lassoed and hogtied an uncooperative Vet and dragged him off to security personnel. Since I had another appointment scheduled for Friday, which also required blood work, I told them to get what they needed now because I’m only giving blood one time this week...with a smile, the young phlebotomist took six vials (I bet you didn’t think I knew big words like that).

Since I had two hours to kill between labs and appointment, I hit the cafeteria for bacon, eggs, and biscuits and gravy (No doubt, my cardiologist would have a heart attack if he knew) - oh well, they tasted pretty good. Then I bantered back and forth with Jim (behind the big glass window) to kill more time; he’s a character. I guess the appointment went all right, at least I wasn’t prescribed more meds.

One afternoon, my cousin John Matheny stopped in for a visit. Our grandfathers were brothers. John was visiting with people in PB which included Toots Martin, nephew Bobby Matheny, and Bill Salerno prior. It’s always great talking with John. We started hanging out together at Rosie’s Dew Drop Inn when we were sixteen years old. He had a ’55 Pontiac and I had a ’54 Chevy. I would love to have those vehicles now.

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

Ace

WVHC Seeking Proposals For Minigrants

The West Virginia Humanities Council is seeking proposals from nonprofit organizations for its upcoming October 1 minigrant deadline.

Humanities Council minigrants support projects that request \$1,500 or less, including small projects, single events, lectures, small museum exhibits, brochures, consultation needs, and planning for more complex projects. The Humanities Council

offers minigrants four times per year to support educational programming in the humanities.

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

“Parking Spaces”

cont. from p. 1

navigate the cars into and out of the building make them inefficient in terms of space. Surface parking lots are cheaper to build and maintain but they use up valuable real estate and are often unsightly. On street parking must share space with bus stops, taxi stands, loading zones and other uses. Parking meters require someone to check the times and issue citations to the violators. Some cities have experimented with “free parking” on city streets and it can be effective in drawing shoppers to a downtown district but is frequently abused and difficult to manage.

One idea that is catching on in many cities is to use technology to assist in managing parking. GPS can help guide drivers to available parking spaces and avoid drivers circling an area in the hope of finding a parking spot. Engineers have studied this issue and find that many crowded city streets are simply a result of drivers searching for spaces.

Some parking lots are using electronic signage to let drivers know how many spots are available and the distance from venues like concert halls and shopping districts. Surge pricing is another strategy to help control parking by increasing prices at peak times and lowering prices when demand is low. This is controversial in many cities but can lower car usage and move people to public transportation.

Surprisingly, car share services like UBER and LYFT are helping ease the parking dilemma for many cities by giving citizens a low cost, efficient way to travel. The sheer number of car share drivers and the ease of use means more and more citizens have gained confidence that there will be a car available and that it will be safe and also avoid the hassle of carrying cash to pay for the ride.

In my travels over the past several years, I have used car share services on many occasions and have never had a bad experience. On a recent trip to Arizona, the hotel said that they use UBER and LYFT exclusively and do not offer the option to call a taxi for their guests.

Some transportation experts have predicted that in the near future, people will not own a car but will “share” a vehicle on an as needed basis. Think about a person driving to work and then making their vehicle available to other drivers during the day. While this may seem a little far-fetched, the idea of cars as a service has many advantages. Parking would be improved since more than one person would be using the car through the day and not requiring as many parking places. It would also be less expensive than every family owning a car that may sit in a garage most of the day.

Just think, our children and grandchildren may never have the experience of driving around, looking for a parking space. That will be totally Amazing!

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September Is Healthy Aging Month

10 MYTHS About Aging



DR. JAMES E. MALONE

Many people make assumptions about aging, what it is like to grow “old”, and how older age will affect them. However, as we are getting older, it is important to understand the positive aspects of aging. Research has shown that you can help preserve your health and mobility as you age by adopting or continuing healthy habits and lifestyle choices.

“As adults age, it is natural for them to become concerned about their cognitive abilities,” said James E. Malone, DO, with

Bridgeport Family Healthcare. “Often times, it is only mild forgetfulness, which is a normal part of the aging process.”

1. Depression and loneliness are normal in older adults.

As people age, some may find themselves feeling isolated and alone. This can lead to feelings of depression, anxiety, and sadness. However, these feelings are not a normal part of aging as growing older can have many emotional benefits, such as long-lasting relationships with friends and family and a lifetime of memories to share with loved ones. In fact, studies show that older adults are less likely to experience depression than young adults.

So, when should you be concerned? It is important to remember that older adults with depression may have

less obvious symptoms or be less likely to discuss their feelings. Depression is a common and potentially serious mood disorder, but there are treatments that are effective for most people.

Depression is more than just feeling sad or blue. A common but serious mood disorder needs treatment. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, and working.

“Depression is serious and it is a real illness. When you experience depression, you have trouble with daily life for weeks at a time,” said Dr. Malone. “This condition is referred to as depressive disorder or clinical depression. Treatment in this case is highly recommended.”

Get Immediate Help If you are thinking about harming

yourself, tell someone immediately who can help.

□ Do not isolate yourself.

□ Call your doctor.

□ Call 911 or go directly to a hospital emergency room or ask a friend or family member to help you.

Call the toll-free, 24-hour National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255) or 1-800-799-4TTY (1-800-799-4889).

2. The older I get, the less sleep I need.

As people age, they may find themselves having a harder time falling and staying asleep. A common misconception is that a person’s sleep needs decline with age.

Older adults need the same amount of sleep as all adults — 7 to 9 hours each night. Getting enough sleep keeps you healthy and alert.

Adequate sleep can also help reduce your risk of falls, improve your overall mental well-being, and have many other benefits.

“There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep,” said Dr. Malone. “Some medicines can keep you awake. If you do not get a good night’s sleep, the next day you experience irritability, memory problems, forgetfulness, feel depressed, and/or have more falls or even accidents.”

3. Older adults cannot learn new things. Not true! Older adults still have the ability to learn new things, create new memories, and improve their performance in a variety of skills. While aging does often come with changes in thinking,

many cognitive changes are positive, such as having more knowledge and insight from a lifetime of experiences. Trying to learn a new skill may even improve cognitive abilities. For example, one study found that older adults who learned quilting or digital photography had improved memory. Seeking out new social connections with others and engaging in social activities, such as a dance class or book club, can keep your brain active and may boost your cognitive health.

“Cognitive health is an important component of performing everyday activities,” said Dr. Malone. “Although, this is just one aspect of overall brain health.”

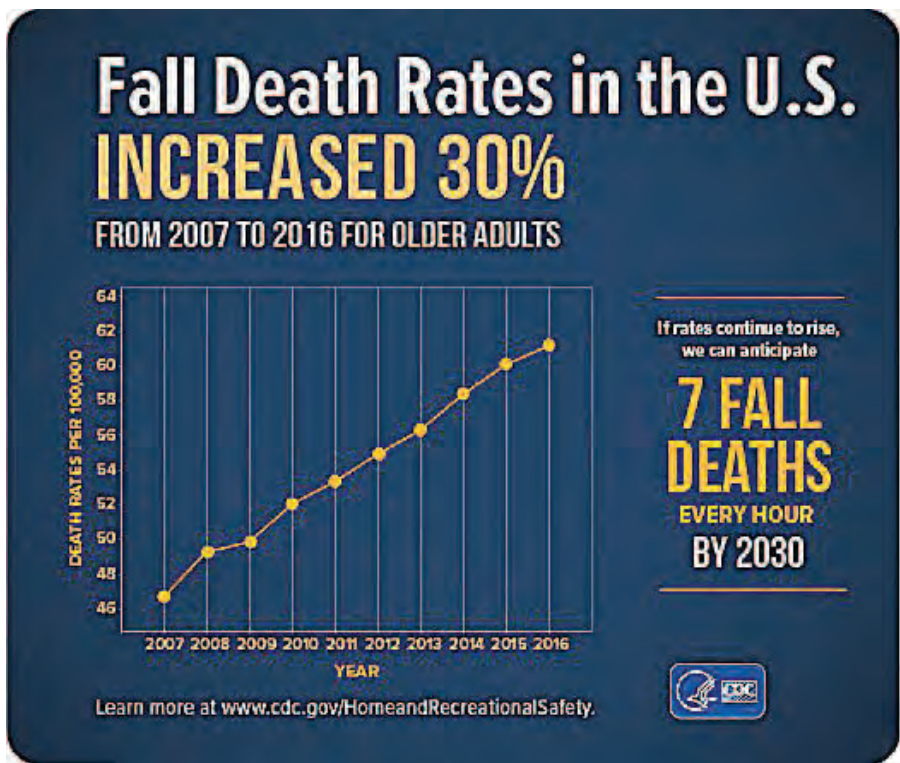
4. It is inevitable that older people will get dementia.

Dementia is not a

Continued on Page 9

Falls Are Serious & Costly

Threatening the Health and Independence of Older Adults



More than 10,000 people in the United States turn 65 every day. Each year, millions of older people—those 65 and older—fall. “The number of falls and fall injuries will only increase, as the population of older Americans continues to grow,” said Dr. James E. Malone, DO, at Bridgeport

Family Healthcare. “West Virginia has the third highest number of residents 65 and older, which accounts for 20% of the state’s population.”

In fact, more than one out of four older people fall each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

Death rates from falls have also increased to approximately 30% in the last decade.

One out of five falls causes a serious injury such as broken bones or a head injury.

Each year, 3 million older people seek treatment in emergency departments for fall injuries.

More than 800,000 patients a year are

hospitalized due to a fall injury, most often a head injury or hip fracture.

Each year at least 300,000 older people are hospitalized for hip fractures.

More than 95% of hip fractures are caused by falling, usually by falling sideways.

Falls are the most common cause of traumatic brain injuries (TBI).

More than 8 million falls require medical attention or limited activity for a least one day.

88 older adults die daily due to a fall, which is more than 32,000 people annually.

“Not all falls result in an injury,” said Dr. Malone. “However, one in five falls does cause a serious injury, such as a broken bone or a head injury.”

These injuries can make it hard for a person to get around, do everyday activities,

or live on their own.

Falls can cause broken bones, like wrist, arm, ankle, and hip fractures.

Falls can cause head injuries. These can be very serious, especially if the person is taking certain medicines (like blood thinners). An older person who falls and hits their head should see their doctor right away to make sure they do not have a brain injury.

Many people, who fall, even if they are not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling.

Research has identified many conditions that contribute to falling, commonly referred to as risk factors. Many risk factors can be changed or modified

to help prevent falls. These include:

- Lower body weakness
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect your balance.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as broken or uneven steps, and throw rugs or clutter.

“Generally, falls occur due to one or more combination of risk factors,” said Dr. Malone. “An increase in risk factors only intensifies the likelihood of a significant fall.”

What You Can Do to Prevent Falls

To prevent falls, try some of these simple

Continued on Page 8

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Lincoln, Bridgeport, & Robert C. Byrd Football Claim Wins!



The Bottom Line

By Bill Nestor
Sports Editor

It is early in the season but a trio of teams have started the year unblemished. Three county squads used match-ups this past Friday to jump out to 2-0 marks respectively.

Lincoln hit the road for the first time, travelling to Big 10 Conference foe, Grafton and the result was a 27-7 victory. It marked the first time since 2015 that the Cougars have started undefeated after two games. Veteran mentor, Rob Hawkins went to the ground game and the result was 392 yards and four scores. Quarterback Nick Kellar started the scoring with a 41-yard run. They would extend their lead when Antwan Hilliard went 22 yards to pay dirt. Liam Gallagher added the first of three consecutive extra points. A pair of Easton Gibbs touchdowns (21 and 6 yards) in the third quarter put the

game away. Hilliard led all rushers with 134 yards on 17 carries. Kellar crossed the century mark with 103 yards on 10 attempts. Gibbs garnered 94 yards on seven rushes and picked off a Bearcat pass in the first half. The Lincoln defense has been stingy versus the run. Grafton could only manage 23 yards on 23 attempts. The Cougars will play a second consecutive road game this Friday, travelling to Summersville to tangle with Nicholas County. The Grizzlies are well rested following the postponement of last week's tilt.

Bridgeport came to Clarksburg and picked up a 54-6 win over Liberty. The Indians relied, as usual, on a strong rushing attack to spearhead their offensive efforts. The Tribe gained 552 yards on 35 opportunities. All eight Bridgeport touchdowns came via the ground

game. Signal caller, Cam Cole earned an impressive 207 yards on only five rushes and scored on four of those attempts with runs of 39, 33, 73, and 49 yards respectively.

Tyler Martin started the Indians scoring with a 21-yard scamper. Antony Spatafore (26-yard run), Derek Starkey (11-yard run), and Rowan Michaelis (28-yard run) added touchdowns in the victory.

The Mountaineers utilized the passing game to find paydirt. Quarterback, Trenton Tucker found Jenson Dodd on a three-yard pass play in the third period for a score. Tucker was 8 of 14 in the air for 106 yards with a touchdown and two interceptions. Raiden Childers was the leading ground gainer for Liberty with 91 yards on 16 carries.

B r i d g e p o r t entertains Fairmont Senior tomorrow evening while Liberty hosts Philip Barbour.

The Flying Eagles took a lengthy road trip to Greenbrier East and came home with a 31-16 win over the Class AAA Spartans.

Jeremiah King decided to celebrate his birthday early (it was last Sunday) by rushing for 324 yards (the fourth time in his career to gain over 300 yards in a game) and three touchdowns. King crossed the 5,000-yard mark for his career on his first rush from scrimmage. Prior to last Friday, King's longest scoring run was 75 yards. He bettered that mark twice against Greenbrier East on runs of 81 and 78 yards respectively. Signal caller, Nick George connected with Nathaniel Junkins on an 85-yard scoring strike late in the second frame to put the game on ice. Junkins also had an interception and Elias Beto came up with a fumble recovery in the win. Cam Clark was 4 of 4 on extra points and nailed a 39-yard field goal in the win.

Robert C. Byrd hits the highway again, this time heading up I 79 and taking the two lane to Preston County to duel with the Knights. That will do it for now. Until next week...take care and God Bless!



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

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

This past week's winners are Robert C. Byrd's Avery Childers and Jeremiah King.

Flying Eagle volleyball player, Avery Childers led her team to a sweep in a tri match over Fairmont Senior and Buckhannon Upshur this past Wednesday in Fairmont. Childers recorded 19 kills, 10 aces, and 20 assists in the two matches.

Flying Eagle running back, Jeremiah King helped his team to a 31-16 win at Greenbrier East this past Friday. King rushed for 324 yards and three touchdowns in the win over the Spartans. He recorded the hat trick in the first half of play on runs of 15, 81, and 78 yards respectively.

Congratulations to Robert C. Byrd's Avery Childers and Jeremiah King for being named the Shinnston News and Harrison County Journal's Athletes of the Week!

Notre Dame Senior Anthony Rogers Is On The Ball & In The Books



From The World Of Parks & Recreation

By Doug Comer

In a world today where athletes focus their time on one or two sports, Notre Dame senior Anthony Rogers participates in three and performs all at a high level. And like most three sport athletes, you transition to each sport in relation to the season. Rogers' schedule is no different as he plays golf in the fall, basketball in the winter and baseball in the spring.

Golf Coach Paul DuPont says that Rogers is an important part of this team as his leadership and golfing abilities will make his squad contenders for the regional tournament next month at Clarksburg Country Club, home to the Fighting Irish.

Rogers' scoring average this year makes him a candidate for male golfer of the year, an award given out during the spring at the annual sports banquet. To add, one of his best scores so far is a 32 on the front nine at Clarksburg. Being his home track, Rogers boasts a three handicap on the par-70 golf course. His course knowledge will be an advantage heading into regional play at the end of the month.

Once daylight savings time kicks in, all focus will be on basketball, a sport that has surrounded his family since early childhood. For instance, his cousin, Trey Petitto, is a teammate and Petitto's father, Steve, is the assistant coach. Playing under former WVU standout Jarrod West, Rogers has been able to hone his hoop skills and aid in the Irish success during his career.

Known as a defensive specialist, Rogers takes pride in guarding the best players and finding a way to quiet their offense. What he brings to the court is his awareness of the situations and finding ways to make his team better. Those traits you will not find in the stat sheet but it definitely is recognized by his coaches.

Coach West agreed that Rogers does many great things on the court, but it is his intelligence and tenacity that makes him a solid player on the court. "He has a mental edge over anyone on the court and no one is more prepared before a game than Anth."

As we fast forward into the spring, baseball begins and with the inconsistent weather, it is always tough to find a rhythm as games will be cancelled or moved to different days or even double-headers. And the transition from golf swing to baseball is never the easiest to adjust to, but Rogers has a knack to make that happen.

On the hardwoods, the point guard is the floor general as all the offense begins with that person. On the diamond, the person controlling the game besides the coaches is the catcher. He calls out plays, sees the entire field and coaches players on what to do under certain scenarios.

Previously, he has been used around the field including center field and short stop. But his value will be behind the plate in hopes of leading Notre Dame to another trip to the state tournament. Coach Trent Lahasky realizes the importance of his leadership that secured Rogers' spot behind home plate.

For Rogers, his sports I.Q. does not end on the sports arenas as he shines in the classroom as well. Carrying a grade point average of 4.24, Rogers tries to max out

Continued on page 8

Cougar Cubs Earn Second Consecutive Win



Cougar Cub #7 Nick Glaspell with the ball during the game against West Fairmont. Photo courtesy of Nickii Glaspell.

On Sunday, September 5 the Cougar Cubs got their second consecutive win of the 2021 season. They played West Fairmont at Mary Lou Retton Park in Fairmont and picked up win number two.

The Cougars beat West Fairmont by a score of 12-6. Cougar Nick Glaspell had two receiving touchdowns in the affair.

The Cougar coaches have implemented a reward program for the team to keep them motivated to improve each week. Each week the coaches will vote and give the following awards:

The Chain for best lineman, The Sledge

Hammer for best defensive player and The Football for best offensive play. The players will get to hang on to the awards for the week. The team voted to only receive the awards if they win the game.

The following players received awards for their first win against Elkins: Talon Evans-The Chain, Felix Blake- The Football and Roger Duckworth-The Sledgehammer.

The following awards were given for the second win against West Fairmont: Issac Elliott-The Sledgehammer, Aiden Gunnoe-The Chain and Nick Glaspell-The Football.

Hatfield-McCoy Trails Suspends Trail Development

The Hatfield McCoy Regional Recreation Authority has suspended trail development in the East Lynn area of Wayne County.

The Authority is a public corporation and instrumentality of government set up to manage off-road trails in southern West Virginia, better known as the Hatfield-McCoy Trail System. The Hatfield-McCoy Trail System is an economic development project utilizing tourism to promote

entrepreneurship and job creation.

The goals of the Hatfield-McCoy Trail System are to diversify the economy of southern West Virginia, provide a positive economic impact within the fourteen-county project

area and to offer a safe recreational experience for each visitor of the Hatfield-McCoy Trail System.

The proposed East Lynn area trail would have encompassed roughly 9,000 acres of

Continued on page 8

Rafters, Gauley Season Kicked Off Last Weekend

The Gauley River in West Virginia is recognized by paddlers as one of the top-ranked rivers in the world. Its technical rapids, inaccessibility and scenic beauty contribute to its world class designation.

Dropping more than 650 feet in 25 miles, the Gauley River features over 100 rapids. Two distinct 12-mile sections (Upper Gauley and Lower Gauley) offer

their own personality and flair. Rafting Gauley River WV is an adventure not to be missed.

Summer water flows on the Gauley River allow another dimension in rafting and a very different perspective of this wild river. River Expeditions runs trips on the Gauley River in the summer from Memorial Day Weekend through Labor Day Weekend, based on

water flows.

Then beginning the Friday after Labor Day (September 10, 2021) the fall draw down of Summersville Lake begins and brings Gauley River to its peak rafting flows. Raft upgrades are available. Smaller rafts provide higher performance and increased maneuverability. This aggressive approach is for experienced, enthusiastic paddlers

who want to see the river from a completely different perspective. Wildside and Extreme Wildside are the two options for those over the age of 18, with prior class V+ rafting experience, excellent health, and the ability to calmly respond to adverse and difficult whitewater situations.

River Expeditions offers raft upgrades for those that want

Continued on page 9

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Barbara Ann Cook, 64, of Fairmont, formerly of Shinnston, passed away on Saturday, September 4, 2021 at Mon General Hospital. She was born May 19, 1957 in Akron, OH a daughter of the late Ellis and Bernadette Leemasters Sandy.

On July 17, 1982 she married Robert Tilden Cook, Jr. who preceded her in death on December 26, 2007.

She is survived by her son, Robert T. Cook III and his wife Staci of Fairmont; two grandsons, Robert T. Cook IV of Morgantown and Dane Michael Cook of Fairmont; her great-grandson, Jeremiah Cook of Morgantown; as well as her sisters, Linda Lanham and her husband Timmy of Owings and Karen Waddell and her husband Robert of Shinnston; her special niece, Hailey Ball of Fairmont; and several aunts, uncles, cousins, and nieces and nephews.

In addition to her parents and husband, Barbara was preceded in death by her brother, Fred Sandy.

Barbara enjoyed reading and traveling to the Amish Country. She also loved spending time with her family, especially her niece Hailey and her beloved dog, Gambit.

A funeral service was held on Wednesday, September 8, at Perine Funeral Home with Pastor Samuel Massey III officiating. Interment followed at the Enterprise I.O.O.F. Cemetery. Online memories and condolences can be shared at www.perinefunerals.com

LOUIS VELTRI



Louis (Lou) Veltri passed away on 09/10/2021 at 99 years of age.

Lou was born in Hutchinson, WV. He went to Monongah High School for two years and then transferred to Shinnston High School where he played both football and basketball. He was a member of the SHS 1941 Big Ten Championship football team.

Upon graduation and losing his brother Frank Samuel Veltri in the bombing of the USS Kanawha in the British Solomon Islands, he enlisted in the US Navy. He served as a First-Class Storekeeper on various naval vessels including the aircraft carrier the USS Randolph. Lou was also stationed in South America and was part of an atomic bomb expedition on the Kwajalein Atoll in the Marshall Islands.

He was discharged from the Navy in November 1948. Lou then attended and graduated from West Virginia Business College with a two-year degree in Accounting. He went to work for Owens-Illinois. He retired from Owens-Illinois when it closed in 1980 with 28 years of service.

Besides surviving his first wife, Geraldine Veltri and his second wife Elaine Veltri, Lou also survived his parents Salvatore and Serafina Veltri and seven of his siblings.

He is survived by his children Frank (Natasha) Veltri, Valerie (Bill) Cross, and Vanessa (Joe) Belcastro and step-children Mark (Debbie) Shaver, Dixon Shaver, and Marsha (Tony) Folio. He is also survived by numerous grandchildren and great-grandchildren.

A graveside funeral service was at the Shinnston Memorial Cemetery, Monday, September 13.

Online memories and condolences may be shared at Harmerfuneralhome.com

JAMES THOMAS SMALL

James “Thom” “JT” Thomas Small, 88, of Bridgeport passed away at his residence on Thursday, September 2, 2021 with family by his side. He was born on August 26, 1933 in Nutter Fort, the son of the late James Alton and Madaline M. Malcomb Small.

JT served his country in the United States Coast Guard during the Korean War. He was a Commercial Developer his entire life and decided to do a residential development before retiring. He enjoyed golfing, anything with cars from collecting, working on them and also would buy, sell and trade. JT spent winters in Florida where he would rehab houses and condos. He was a member of the local VFW in Florida.

JT is survived by his wife, Karla Gail Sprout Small; three stepchildren, Bradley Greathouse and Tammy, Clarksburg, Stephen Greathouse and Arienne, Dayton, OH, Kari

Shingleton and Robbie, Shinnston; five step grandchildren, Dylan, Adyson, and Kaylin Greathouse, Kinley and Kaimry Shingleton; like a son, Charlie Hall and Jess, Surprise, AZ; one sister, Carol Harman, Atlantic City, NJ; five nieces and nephews, Debbie Johnson and Richard, Stillwell, OK, Marsha Powers and Richard, Proctorville, OH, Kimberly Martin and Dennis, Exeter, PA, Kathryn Smith and Richard, Pottstown, PA, and Herbert Hartman Jr and Soza, Atlantic City, NJ; ten great nieces and nephews.

In addition to his parents, JT was preceded in death by his two sisters, Loralee Monroe and Willadene Degler.

A graveside service was held at the West Virginia National Cemetery on Monday, September 6, 2021 with Pastor Robert Shingleton officiating and military honors by the Harrison County Honor Guard and US Coast Guard Honor Guard. Online condolences can be made at www.Davisfuneralhomewv.com.

BETSEY JO SHINGLETON

Betsey Jo Shingleton, 48, of Clarksburg, passed away Friday, September 3, 2021 at United Hospital Center with family by her side. She was born October 18, 1972 in Clarksburg, WV, daughter of Lawrence Henry Shingleton of Clarksburg and the late Paula Jean Barker Shingleton.

In addition to her father, Betsey is survived by two sisters, Heidi Shingleton and Tiffany Shingleton; a brother, Lawrence “Larry” Shingleton, Jr., several aunts, uncles and cousins.

Betsey loved to watch football, especially Tennessee Titans, Volunteers and WVU Mountaineers. She also loved her animals.

A funeral service was held at Davis Funeral Home on September 6, 2021 with Pastor Brian Daugherty, presiding. Online condolences may be sent to DavisFuneralHomeWV.com.

JERRY LEE WILLIAMS

Jerry “Vern” Lee Williams, 54, of Mt. Clare, WV passed away on Friday, September 3, 2021 at United Hospital Center. He was born in Clarksburg, WV on June 27, 1967, a son of the late Charles Ray Williams and Mary Rebecca (Claypool) Chandler.

Vern was a mechanic and could fix anything. He was working for

AB Contracting and previously worked at Thurman’s Garage. He even did logging in his earlier years. Vern loved his dogs, Rosie and Chico.

He is survived by one brother, Marty Williams and Loretta Cavallier, Stonewood; four sisters, Robin Goodman, Mt. Clare, Lisa Williams, Stonewood, Michelle Williams and Robin, Stonewood, Melissa Chandler and Richard, Jane Lew; like a son, Robbie Gaston and Kim and daughter, Alli, Mt. Clare; several aunts, uncles, nieces, nephews and cousins.

In addition to his parents, Vern was preceded in death by his sister, Carolyn Christine Chandler and his brother, Walter Lee “Chico” Chandler.

A funeral service was held on Friday, September 10, 2021 from 3:00PM at Davis Funeral Home. A Private Interment was held at Stonewall Park Cemetery, Stonewood. Online condolences may be sent to DavisFuneralHomeWV.com. Memorial donations can be made to his Care Fund on his memorial page.

LARRY ALLEN STEVENS

Larry Allen Stevens, 49, of Clarksburg passed away suddenly as a result of a motorcycle accident on Friday, September 3, 2021 in Wilsonburg. He was born August 26, 1972 in Clarksburg, the son of the late Larry Edward Stevens and Janet Cyndonia Hardy Stevens Thornhill.

Larry was a mechanic and car salesman. He had a great talent for fixing vehicles and it showed in his work. He also enjoyed basketball and watching sports on TV. Larry and Sommer are known for their love of new sneakers and together they collected dozens. He enjoyed life to the fullest and time with family and friends. He will be greatly missed.

Larry is survived by his wife, Sommer Dawn Bergeron Stevens whom he married on January 26, 2012; one brother, Mark E Stevens and wife Kim, Niceville, FL; two sisters, Melissa Patsalides and husband Georgios, Middletown, MD and Lori Thornhill, Clarksburg; stepfather, James “Jim” Thornhill of Clarksburg; several nieces and nephews.

A funeral service was held on Saturday, September 11, 2021 at Davis Funeral Home. Online condolences can be made at www.Davisfuneralhomewv.com. Memorial donations can be made to his Care Fund on his memorial page.

Out Of The Past

Memorable Photographs from around Harrison County.



Sunday School Class of the Methodist Episcopal Church, now 1st UMC on Rebecca Street. Taken around 1910. Photo courtesy of Bobby Bice.

FRED ALLEN RICHISON SR.

Fred Allen Richison, Sr. 66, of Clarksburg passed away on Monday, September 6, 2021 at United Hospital Center surrounded by his loving family after a brief illness. Fred was born May 15, 1955 in Clarksburg, the son of Nancy Ann Johnson Richison of Clarksburg and the late Frederick James Richison.

Fred was affectionately referred to as “G.P.S. Fred” and “Pap”. He was a long-haul truck driver for over forty years. For the past ten years he has been a driver for Cove Run Contracting. Fred had a great love for thoroughbred horses. He owned and operated Richison Racing with his daughter, Crystal, as Trainer.

In addition to his mother, Fred is survived by his loving wife of fifty years, Kathy Ruth Swiger Richison whom he married on June 7, 1971; one son, Fred Allen Richison, Jr; two daughters, Tracy D Jones and Ricky and Crystal Cain and Francis, all of Clarksburg; ten grandchildren, Kristin, Gabby, Keith, Lane, Colton, Sarah, Faith, Christopher, Michael, and Dalton; twelve great-grandchildren, Morgan, Makaila, Montanna, Marrion, Ciara, Aubriegh, Trenton, Bryleigh, Brynleigh, Ben, Izzy B, Levi, and Bella; one great-great grandson, Zaydyn; one sister, Kim Bell and Tony, Clarksburg; numerous nieces and nephews.

In addition to his father, Fred was preceded in death by his grandson, Christopher and his brother, Joseph Richison.

A funeral service was held in the Davis Funeral Home Chapel on Friday, September 10, 2021 with Pastor Rex Swiger officiating. Interment followed at Floral Hills Memorial Gardens. Online condolences can be made on DavisFuneralHomeWV.com.

NELLIE ELIZABETH JENNINGS

Nellie Elizabeth “Betty” (Haynes) Jennings, 96, of Bridgeport, passed

away Sunday morning, August 22, 2021 in the Stonerise Bridgeport Nursing Home with her family by her side. She was born on September 9, 1924 in Youngstown, Ohio, a daughter of the late Frank Reamer Haynes & Ethel Mae (Price) Haynes.

She was preceded in death by her loving husband of 63 years, Rev. Robert G. Jennings, on July 11, 2014.

She is survived by her three daughters, Deborah J. Lee and her husband Greg, Auburn, AL, Holly J. St. John and her husband Terry, Chatham, VA, and Melody J. Thomas and her husband Isaac, Bridgeport; 12 grandchildren, Nichole Schmidt, Joshua Lee, Natashaia Priestley, Justin St. John, Brittany Shreve, Heather Rager, St. John, Tara Harper, Tiffany Jordan Dingus, Isaac Thomas, III, Titus Thomas, and Jared St. John; and 18 great-grandchildren; one brother, John Haynes of Grapevine, TX and one sister, Judy Carroll of Sarasota, FL; and several nieces and nephews complete her family.

In addition to her husband and parents, she was preceded in death by her brother, Frank Reamer Haynes, Jr.; and her sister, Dorothy Mae Haynes Bauer.

Betty was a homemaker and faithfully served alongside her husband in ministry for over 53 years. One could not begin to count the number of services, weddings, and funerals she played the piano for over the years. Betty loved the Lord and she loved people.

A funeral service was held at Fellowship Bible Church on Friday, September 3, 2021. Interment followed in WV National Cemetery.

WILLIAM WALTER STRUGAREK

William Walter “Bill” Strugarek, 68, of Spelter, passed away unexpectedly on Monday, September 6, 2021 at his residence. Mr. Strugarek was born on March 22, 1953 in Toleda, OH, a son of the late Stephen and Matilda

Continued on Page 9

“Avoid Pandemic Pounds” cont. from p. 1

fitness. They also typically have lower body fat and stronger bones. Physical activity can also reduce the risk of depression. Children in particular need at least 60 minutes of physical activity every day.

SLOW DOWN ON SUGAR – Most of us eat and drink too many added sugars, which can lead to health problems such as weight gain and obesity, type 2 diabetes and heart disease. Avoid temptations like sugary drinks such as soda, juice, and flavored milk.

Drink more water, plain low-fat milk or 100% juice instead.

REDUCE SCREEN TIME – Adults and children spend over 7 hours a day being sedentary, and that doesn’t include time spent sleeping! Many of these sedentary hours are spent sitting or lying down with a phone, tablet, or computer on their lap or beside them; watching TV; or playing video games. Too much screen time is associated with poor sleep and/or weight gain, and for children, lower grades in school. When you reduce screen time, you free up time for family activities. And perhaps consider making some rules such as keeping meal times tech-free, charging devices at night outside the bedroom, and turning screens off an hour prior to bedtime.

SLEEP WELL – Good sleep is critical, and too little sleep can be associated with obesity partly because inadequate sleep can make us eat more and be less physically

“Parks & Rec” cont. from p.6

the amount of A.P. classes offered. While playing sports in college can very well happen based on his abilities, being prepared for college by challenging oneself in high school through academics is just another piece of being a complete student-athlete.

Personally, I have watched Rogers grow into a person that you can count on to make that birdie, steal a ball or make that clutch hit. He has this “switch” that he flips and he goes from the normal high school senior to a determined young man.

I see it in his eyes when he is at the putting green before a match and even during warmups of his basketball games. And I am sure the coaches will agree, you cannot teach this as you are just born with it. Well, this kid definitely has it!

LEGAL NOTICE

If you purchased Super S Supertrac 303 Tractor Hydraulic Fluid, Super S 303 Tractor Hydraulic Fluid, Cam2 ProMax 303 Tractor Hydraulic Oil, and/or Cam2 303 Tractor Hydraulic Oil from Tractor Supply Company (including Del’s Feed & Farm Supply), Orscheln Farm and Home, Rural King, and/or Atwood Stores between December 1, 2013, and the present, a Class Action Lawsuit and Settlement with the Four Retailer Defendants Could Affect Your Rights

READ THIS NOTICE CAREFULLY. YOUR LEGAL RIGHTS MAY BE AFFECTED WHETHER YOU ACT OR DO NOT ACT.

A federal court authorized this notice. This is not a solicitation from a lawyer.

The purpose of this notice is to inform you that a \$7,200,000.00 class-action settlement (the “Proposed Retailer Settlement”) has been reached with the four Retailer Defendants in a lawsuit regarding the sale and use of Super S Supertrac 303 Tractor Hydraulic Fluid, Super S 303 Tractor Hydraulic Fluid, Cam2 ProMax 303 Tractor Hydraulic Oil, and/or Cam2 303 Tractor Hydraulic Oil (“303 THF Products”). The Proposed Retailer Settlement settles claims against Retailer Defendants Tractor Supply Company, Orscheln Farm and Home LLC, Rural King, and Atwood, together with each of their affiliates, divisions, subsidiaries, and assigns (collectively referred to as “Retailer Defendants”) that were asserted in a Multi-District Litigation (“MDL”) lawsuit. Plaintiffs believe that the primary claims in the MDL are against Smitty’s Supply, Inc. and CAM2 International, LLC (collectively referred to as “Manufacturer Defendants”), and those claims are proceeding in the MDL and have not been settled.

The Proposed Retailer Settlement may affect your rights. For comprehensive information about the lawsuit and settlement, including the longer notice of settlement and the Retailer Settlement Agreement and Release with the precise terms and conditions of the Retailer Settlement, please see www.303tractorhydraulicfluidsettlement.com or call 1-866-742-4955. You may also access the Court docket in this case through the Court’s Public Access to Court Electronic Records (PACER) system at www.mow.uscourts.gov/ or by visiting the office of the Office of the Clerk of Court, United States District Court for the Western District of Missouri, 400 E. 9th Street, Kansas City, Missouri, 64106, between 9:00 a.m. and 4:00 p.m., Monday through Friday, excluding Court holidays. The MDL lawsuit is titled *In Re: Smitty’s/CAM2 303 Tractor Hydraulic Fluid Marketing, Sales Practices, and Product Liability Litigation*, MDL No. 2936, Case No. 4:20-MD-02936-SRB, pending before the Honorable Judge Stephen R. Bough in the United States District Court for the Western District of Missouri. Please do not telephone the Court or the Court Clerk’s Office to inquire about the Proposed Settlement or the claim process.

In the MDL lawsuit, Plaintiffs allege (1) that the Manufacturing Defendants’ 303 THF Products did not meet the equipment manufacturers’ specifications or provide the performance benefits listed on the product labels, (2) that the 303 THF Products were made with inappropriate ingredients, including used transformer oil, used turbine oil, and line flush, and (3) that use of the 303 THF Products in equipment causes damage to various parts of the equipment. Because of the used oil and line flush contained in the 303 THF Products, Plaintiffs allege that those 303 THF Products should not be used as tractor hydraulic fluid and that the fluid should be flushed from equipment systems if one can afford the cost of doing so.

The Manufacturer Defendants have denied the allegations and claims of wrongdoing, and the claims against those Manufacturer Defendants are ongoing. The Retailer Defendants deny any allegations and claims of wrongdoing on their part. The Court has not decided who is right or made a final ruling on Plaintiffs’ claims. Plaintiffs and the Retailer Defendants have agreed to the Proposed Settlement as to the Retailer Defendants’ liability to avoid the risk and expense of further litigation.

You may be a member of the Retailer Settlement Class if you purchased the above-listed 303 THF Products from December 1, 2013, to the present from Tractor Supply Company (including its Del’s Feed and Farm Supply locations), Orscheln Farm and Home, Rural King or Atwood. If you are a member of the Retailer Settlement Class, you may need to submit a Class Membership Form to be eligible for benefits, and you also may be eligible to submit a Repair/Parts/Specific Equipment Damage Claim Form. Please see www.303tractorhydraulicfluidsettlement.com for a copy of the Class Membership Form and Repair/Parts/Specific Equipment Damage Claim Form or call 1-866-742-4955 to request a Class Membership Form and Claim Form be mailed to you. The deadline to file your claim is December 29, 2021. In order to maximize efficiency, proceeds from this Retailer Settlement will be held for distribution at such a point in time after monies, if any, have been received in settlement or judgment for the Litigation Class claims against the Manufacturer Defendants. Please be patient and check the website for updates.

If you do not want to be legally bound by the Proposed Retailer Settlement, you must exclude yourself by December 29, 2021. If you do not exclude yourself, you will release any claims you may have against the Retailer Defendants, as more fully described in the Retailer Settlement Agreement. You may object to the Proposed Retailer Settlement by December 29, 2021. The Long Form Notice, available at www.303tractorhydraulicfluidsettlement.com or upon request, explains how to exclude yourself or object.

The Court will decide whether to approve the Proposed Retailer Settlement at the Final Fairness Hearing on January 6, 2022, at 1:30 p.m. Class Counsel also will ask that the Court award up to \$2,300,000.00 in attorneys’ fees, \$300,000.00 in expenses, and an incentive payment of \$500 for each of the class representatives. The amounts awarded for attorneys’ fees, expenses, and incentive awards come out of the Retailer Settlement Class Fund. This date for the hearing may change; see www.303tractorhydraulicfluidsettlement.com



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active. Sleep better by being active during the day, removing screens from bedrooms at night and setting a consistent sleep schedule – even on weekends.

It is important for parents to remember that children imitate the adults in their lives, so be a role model for them by adopting these healthy habits and hopefully, they will too! Small changes every day can lead to success in controlling weight. Adults can make

lots of mistakes but it is never too late to correct some of them. For example, start adding some physical activity to your own routine – walking the dog, taking an evening family stroll, going for bike rides, etc. – and encourage children to join you. Make it a ‘family’ activity.

Perhaps adults may recall the time when they were growing up and Mom prepared a meal which you either ate or went without. Children were not permitted to just

consume junk food in place of that meal because it was easier than an argument! So establish rules that will be followed and don’t give in. Bad patterns are hard to break, but when it comes to good health, it might be worth the argument.

And if there is a battle about limiting screen time, remind yourself that being a good parent sometimes means making an unpopular decision. And don’t forget to set the good example by modifying your own screen time!

“Hatfield-McCoy Trails” cont. from p.6

the East Lynn Wildlife Management area. As part of its community and environmental assessment and impacts process, the Authority solicited public input on the proposed East Lynn project. Based on the responses and participation of community members in the public input process, the Authority Board of Directors has decided

to suspend the project. The importance of community input into this type of decision is reflective to its success and the Authority Board of Directors appreciates the feedback from members of the community.

“Our goal is to enter an area that is looking to diversify their communities through tourism opportunities,”

said Chris Zeto, Marketing Consultant of the Hatfield-McCoy Trails. “We respect the views of all involved parties and at this time, we feel that we need to redirect our attention to other areas.”

The Hatfield-McCoy Trail system will continue to seek out new projects and expansions within their fourteen-county project area.

“Falls Are Serious & Costly” cont. from p.5

tips to keep yourself from falling.

Talk to Your Doctor

Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.

Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the counter medicines.

Ask your doctor or healthcare provider about taking vitamin D supplements.

Do Strength and Balance Exercises

Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.

Have Your Eyes Checked

Have your eyes checked by an eye doctor at least once

a year, and be sure to update your eyeglasses if needed. If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.

Make Your Home Safer

Get rid of

obstructions that may cause you to trip.

Add grab bars to both inside and outside of your tub or shower and next to the toilet.

Put railings on both sides of stairs.

Make sure your home has lots of light by adding more or brighter light bulbs.

“Make your humble abode safe, so you can think of it as ‘home sweet home,’” said Dr. Malone.

Answers

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“10 Myths About Aging” cont. from p.5

normal part of aging. Although the risk of dementia grows as people get older, it is not inevitable, and many people live into their 90s and beyond without the significant declines in thinking and behavior that characterize dementia. Occasionally forgetting an appointment or losing your keys are typical signs of mild forgetfulness, which is very common in normal aging. Nevertheless, you should talk with a doctor if you have serious concerns about your memory and thinking, or notice changes in your behavior and personality. These problems can have a range of different causes, some of which are treatable or reversible. Finding the cause is important for determining best next steps.

5. Older adults should take it easy and avoid exercise so they do not get injured. As you age, you may think exercise could do more harm than good, especially if you have a chronic condition. However, studies show that you have a lot more to gain by being active — and a lot to lose by sitting too much. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. “One of the best decisions you can make about your health is to choose to become physically active,” said Dr. Malone. “In addition to being great for your

mental and physical health, exercise can help to keep you independent as well.” Almost anyone, at any age and with most health conditions, can participate in some type of physical activity. In fact, physical activity may help manage some chronic conditions. Exercise and physical activity are not only great for your mental and physical health, but can help keep you independent as you age. Tai Chi and similar mind and body movement practices have been shown to improve balance and stability in older adults and this can help maintain independence and prevent future falls.

6. If a family member has Alzheimer’s disease, I will have it too. A person’s chance of having Alzheimer’s disease may be higher if he or she has a family history of dementia; there is an increased risk if you have these specific genes. However, having a parent with Alzheimer’s does not necessarily mean that someone will develop the disease. Learn about your family health history and talk with your doctor about your concerns.

Environmental and lifestyle factors, such as exercise, diet, exposure to pollutants, and smoking also may affect a person’s risk for Alzheimer’s. While you cannot control the genes you inherited, you can take steps to stay healthy as you age, such as getting regular exercise, controlling high blood pressure, and not smoking.

7. Now that I am older, I will have to give up driving. As the U.S. population ages, the number of licensed older adults on the road will continue to increase. The Federal Highway Administration (FHWA) recorded a record number of drivers that are 65 years or older at 41.7 million or almost one in five drivers. Natural changes can occur with age that may affect a person’s ability to drive, such as having slower response speed, diminished vision or hearing, and reduced strength or mobility. The question of when it is time to limit or stop driving should not be about age; rather, it should be about one’s ability to drive safely. “Perhaps you already know that driving at night, on the highway, or in bad weather is a problem for you,” said Dr. Malone. “Some older drivers also have problems when yielding the right of way, turning, changing lanes, passing, and using expressway ramps.” The following are a few suggestions to consider before you get behind the wheel.

Safe driving tips:

- Have your driving skills checked by a driving rehabilitation specialist, occupational therapist, or other trained professional.
- Take a defensive driving course. Some car insurance companies may lower your bill when you pass this type of class. Organizations like AARP, American Automobile Association (AAA), or your car insurance company can help you find a class near you.
- When in doubt, do not go out. Bad weather like rain, ice, or snow can make it hard for anyone to drive. Try to wait until the weather is better, or use buses, taxis, or other transportation services.
- Avoid areas where driving can be a problem. For example, choose a route that avoids highways or other high-speed roadways. Find a way to go that requires few or no left turns.

Ask your doctor if any of your health problems or medications might make it unsafe for you to drive. Together, you can make a plan to help you keep driving and decide when it is no longer safe to drive.

8. Only women need to worry about osteoporosis. Although osteoporosis is more common in women, this disease still affects many men and could be underdiagnosed. While men may not be as likely to have osteoporosis because they start with more bone density than women do, one in five men over the age of 50 will have an osteoporosis-related fracture. By age 65 or 70, men and women lose bone mass at the same rate. Many of the things that put men at risk are the same as those

for women, including family history, not enough calcium or vitamin D, and too little exercise. Low levels of testosterone, too much alcohol, taking certain drugs, and smoking are other risk factors.

9. I am “too old” to quit smoking. It does not matter how old you are or how long you have been smoking, quitting at any time improves your health. Smokers who quit have fewer illnesses such as colds and the flu, lower rates of bronchitis and pneumonia, and an overall better feeling of well-being. “Remember that smoking can also make muscles tire easily, make wounds harder to heal, increase the risk of erectile dysfunction in men, and make skin become dull and wrinkled,” said Dr. Malone. Smoking has a negative effect on body as it makes your muscles tire easily. The benefits of quitting are almost immediate. Within a few hours, the carbon monoxide level in your blood begins to decline and, in a few weeks, your circulation improves, and your lung function increases. Smoking causes an immediate and long-term rise in your heart rate and blood pressure, but quitting can lead to a lowering of heart rate and blood pressure over time. Quitting smoking will also lower your risk of cancer, heart

attack, stroke, and lung disease. Quitting will also reduce secondhand smoke exposure to other family members or caregivers in the home. It is never too late to reap the benefits of quitting smoking and setting a healthy example for your children and grandchildren.

10. My blood pressure has lowered or returned to normal, so I can stop taking my medication. “High blood pressure, sometimes called “the silent killer”, is very common in older people and it is a major health problem,” said Dr. Malone. “It often does not cause signs of illness that you can see or feel, as you can have high blood pressure, or hypertension, and still feel just fine. That is why it is important to see your primary care physician for a checkup.” If you take high blood pressure medicine and your blood pressure goes down, it means the medicine and any lifestyle changes you have made are working. However, it is very important to continue your treatment and activities long-term. If you stop taking your medicine, your blood pressure could rise again, increasing your risk for health problems like stroke and kidney disease. Talk with your doctor about possibilities for safely changing or stopping your medication.

“Obituaries” Cont. from p. 7

Hoffman Strugarek. He is survived by his wife of 44 years, Marianne Walsh Strugarek. Also surviving are his three children, Rebecca Fortney and her husband Matthew of Washington, PA, Stephen Strugarek of Spelter, Sarah Keener and her husband Ryan of Fairmont; six grandchildren, Lyla and Kaylee Fortney, Aydan Strugarek, and Rylie, Taylor and Peyton Keener; Coty Shingleton, whom Bill considered a son; siblings, Robert Strugarek and his wife Lisa of Erie, MI, LaDonna Slifco of Monroe, MI, and Cynthia Loreto of Tuscon, AZ; sisters-in-law, Sarah “Sally” Anagnos and her husband George of St. Charles, MO, and Patricia “Patsy” Powell of Bridgeport; brothers-in-law, John “Tom” Walsh and his wife Debbie of Fredricksburg, VA, Richard “Rick” Walsh and his wife Debbie of Bruceton Mills, WV, Charles “Chuck” Walsh and his wife Anna of Clarksburg, and Martin Walsh and his wife Joan of Fairfield, OH; as well as numerous nieces, nephews, great-nieces and great-nephews. In addition to his parents, he is preceded in death by his in-laws, John and Ruth Ellen Walsh. Bill was a United States Veteran, having served in the Navy. He spent his career as a cook at the Louis A. Johnson VA Medical Center. After retirement, he worked for the St. Ann’s Catholic Church as head of maintenance, and enjoyed visiting the Adoration Chapel. He enjoyed bowling in his pastime and loved to ride his motorcycle. His greatest joy in life came from his family, especially his grandchildren whom he cared for often. He will be remembered for his generosity including how he mowed the yards and the flat on his street routinely. He was Catholic by faith and a member of St. Ann’s Catholic Church in Shinnston, WV. In lieu of flowers the family requests donations be made in Bill’s memory to St. Ann’s Altar Society, 610 Pike Street, Shinnston, WV 26431. A Mass of Christian Burial was held at St. Ann’s on Friday, September 10, 2021 with Father Chris Turner as Celebrant. In keeping with his wishes, Bill was cremated following the services. Inurnment will take place at a later date at the WV National Cemetery. Expressions of sympathy may be extended to the family at www.amoscarvelli.com A service of Amos Carvelli Funeral Home.

“Rafters, Gauley Season Kicked Off” Cont. from p.6

a more riveting ride. Smaller rafts provide higher performance and increased maneuverability. Experienced paddlers (that are also over the age of 18, in excellent health and calmly respond to adverse conditions) can choose smaller raft options — Wildside or Extreme Wildside— for a new perspective and extra adrenaline rush.

2021 FALL GAULEY RIVER RELEASE DATES (TENTATIVE): September: 17, 18, 19, 20; 24, 25, 26, 27 October: 1, 2, 3, 4; 8, 9, 10, 11; 16 (Bridge Day) & 17 (Last Day)

Sometimes, families or smaller groups like to choose a smaller raft in order to have a closer, more personal experience without the added thrill. When upgrading to a small raft, simply share your preference with us, and we’ll be happy to accommodate. Small raft prices are per person per day; An additional \$20 applies to these upgrade rates on Saturdays and Holiday Sundays. For complete package details go to <https://raftinginfo.com/adventures/rafting>

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6208-0721

Too Many Formal Dresses In Your Closet... Lincoln High School Flea Market May Be Able To Help!



This Saturday there will be plenty of formal attire for girls and guys at the Lincoln High School Formal Flea Market in the school’s parking lot...don’t miss out of a good deal.

Whether you’re looking for the perfect formal dress for an upcoming dance, or need to make room in your closet by selling your loved formal gowns, shoes and accessories – the Lincoln High School Formal Flea Market Can Help!

On Saturday, September 18th, the senior class at Lincoln High School invites community members from all areas to attend their Formal Flea Market – buyers from all over, as well as shoppers are WELCOME at this fun event! The sale will take place in the Lincoln High School Parking Lot, 100 Jerry Toth Drive in Shinnston, WV from 9 – 11 a.m. on Saturday, September 18th.

According to Senior Class Vice President, Hailey Boyce, “we are excited about hosting the Formal Flea Market and believe it will be a huge event that both sellers and buyers will enjoy. The idea came to us after we all realized that many of the girls in our area have new and like-new formals available and this seemed like the perfect way to help each other find a great gown!”

Sellers – parking spots are available to rent in the high school lot for \$10 each during the event, no reservations are necessary, simply plan to arrive at the high school between 8 a.m. and 8:30 a.m. to set up your parking spot. You may sell any type of formal item during this sale: homecoming dresses, prom gowns, formal shoes, accessories, bags, men’s formal clothing, etc... To rent a parking spot, you will simply stop at the table on your way around the loop and a senior class officer/member will assist you.

Buyers – the Formal Flea Market Sale will begin promptly at 9, please follow the signs as you enter Lincoln High School’s main drive to the shopper’s parking area.

Senior Class President, Matthew Kerns noted, “not only are we helping students find affordable formal wear in good condition for fair prices, but we are also helping our community clean out their closets and helping our class raise much needed funds through the parking spot rentals. We hope everyone from Harrison County and all surrounding areas attend!”

Auxiliary To UHC Holds Annual Board Of Directors Retreat



Auxiliary’s Board of Directors: Front row – left to right, seated: Peggy Barnett, Judy Maxwell, Janet Wilson 2nd row, left to right: Carol Gaynor, Carol McKisic, Carole Moodispaugh, Judy Gonzalez, Pat Gray, Ceffie Haught, Don Niles. Standing, left to right: Lyda Lister, Cynthia Campbell, Sharon Montgomery, Helen McCarty, Denise Steffich, Deb Donini, Scott Griffiths, Greg Shockley. Not pictured – Megan Lindsey

The Auxiliary Board of Directors to United Hospital Center (UHC) held their annual retreat on Tuesday, August 10, at Vincent Memorial Church in Nutter Fort.

While new members were introduced, current Auxiliary members completed a history tree that included member names and the history of the Auxiliary and hospital. Scrapbooks of the Auxiliary were also on display for everyone to view.

This educational opportunity for new members, also presented a walk down memory lane for many current auxiliaries—memories that were certain to be a Blasts from the Past. Those in attendance learned that the Auxiliary to United Hospital Center is unique in that it is the merging of various Auxiliaries, not unlike UHC’s history.

The Board discussed the many projects that the Auxiliary has completed, as well as the extensive list of future plans. These would include fundraising sales, social media ideas, selection of innovative projects, work at the infusion center, and field trip ideas.

It was a day filled with activity, education, and renewing friendships.

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