



It's Time To Prepare Your Home For Fall And Winter

By SANDY MCINTYRE

Most would say that Fall is the most beautiful time of the year in the Mountain State. We all look forward to the red, orange and yellow bright colors on the trees that nature blesses us with, but with all good things, there is usually a down side as well.

Owning your own home is the American dream, but once that dream comes true and the honeymoon period is over, then comes the realization that a lot of maintenance is required to keep your dream home safe and

sound. A home you enjoy is important for many things, including comfort, relaxation and joy for you and your family. It's been proven that a person's happiness is related to the environment in which they live. The environment can affect our homes in a variety of ways, including the changing of the seasons and most of all, Fall and Winter. It's important to begin preparing our homes for Fall and winter even before the cold weather begins. This keeps our homes comfortable and aids in preventing damage

that the environment and seasons can cause. Delaying repairs and waiting until the last minute can add stress, and possibly add cost to any future problems.

Renovations and repairs can be easy if you do continuous maintenance and catch problems in time to fix them. In addition, do it yourself, or DIY projects can help you cut down on labor costs in order to help you follow through on much needed seasonal preparations.

The first thing that's a must in preparing your home for Fall and winter

is to check your heating, ventilation, and cooling system, also known as the HVAC system. An HVAC system can last for as long as 20 or more years (fingers crossed), but in between those years it must be properly maintained. Residential heating services can assist you with that or you can do some aspects of the maintenance yourself. You should replace filters and make sure the heating and cooling system is properly insulated which can keep your home warm during the cold months. Any roof repairs



should be given special attention before the fall and winter months arrive. Any leaks in your roof can affect the repairs, but it is well worth it when preparing your home for Fall and winter. Be sure to check out the flashing on your roof as well. Flashing, especially in areas where the roof is prone to leaks, such as the valleys of your roof, can help prevent further water damage. Installing flashing at the very top of your roof can help protect it against wind gusts during the cold

insulation and beams of your house and can lead to worse water damage. Roofing can be the costliest of your winter months.

Next, clean your gutters. The beautiful leaves that fall can clog gutters and lead to backup and drainage that can seep into your roof and drip down into your foundation. Cleaning gutters can be dangerous (especially for seniors) and obtaining the help of gutter services is a good option. Cleaning your

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Lincoln High School And City Of Shinnston Sponsor 'Spooktacular Fest' October 31



Pictured is an example of a beautiful trunk that Lincoln High School students created for one of their past Trunk or Treat events.

By SANDY MCINTYRE

The Lincoln High School Key Club and The City of Shinnston are teaming up to sponsor a 'Spooktacular Fest' on Halloween. The FREE event will take place on October 31 from 4:00 p.m. to 6:00 p.m. in the Lincoln High School parking lot.

Maria Osbourn, Key Club Advisor, said, "In the past, the 'Trunk or Treat' event was sponsored only by Lincoln, but this year the city wanted to

get involved. We are reaching out to local businesses and are hoping they will get involved as well."

There will be various activities for kids to look forward to during the evening's events, including prizes, games, crafts and an auction.

Hopes are that the community will come out and show their support for the all the effort students are putting into this event. "When I was a kid, the city held a Kid's Halloween Fest

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Social Security Announces 5.9

Percent Benefit Increase For 2022

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 5.9 percent in 2022, the Social Security Administration has announced.

The 5.9 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2022. Increased payments to approximately 8 million SSI beneficiaries will begin on December 30, 2021. (Note: some people receive both

Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase

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Lincoln Band Stepping High In Homecoming Parade



The streets of Shinnston were lined deep with crowds of Cougar fans and alumni who came out to celebrate during Lincoln's Homecoming Parade last Wednesday evening. Pictured is the Lincoln Marching Band leading the parade.

Electric Cars



Building Amazing Cities

By JIM HUNT
author, speaker, consultant

The inspiration for today's column comes from a good friend who lives in Trotwood, Ohio. His name is Rap Hankins and I met him a long time ago, when he was a councilman in Trotwood and we would see each other at the National League of Cities conferences. Rap is one of the most interesting people I know and I call him when I need a shot of motivation or to get his opinion on some national issue. We have disagreed on several occasions but we have never argued about anything. I can remember one time when we were at a meeting in Washington, DC and Rap was upset with the direction that the NLC Board of Directors was going and made his feelings known at the meeting.

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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 is 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).

ST. ANN'S SPAGHETTI DINNER

St. Ann's Catholic Church, 610 Pike St., Shinnston will be having their second biannual spaghetti & meatball dinner. Curbside pickup (no dine in) on October 24 from 11:30-2:00. Meal includes salad, bread & dessert. \$12.

FLU SHOTS FOR VETERANS

The Louis A. Johnson VA Medical Center will be holding unscheduled Saturday and evening flu vaccine clinics for Veterans Only at the main facility and four community-based outpatient clinics as follows: October 28th (4-6 pm) 30th (8am-noon). Locations include Louis A. Johnson VA Medical Center (Clarksburg, WV), Braxton County CBOC (Gassaway, WV), Monongalia County CBOC (Westover, WV), Tucker County CBOC (Parsons, WV), and the Wood County CBOC (Parkersburg, WV).

BRIDGEPORT LIBRARY ONGOING BOOK SALE

Bridgeport Library has an ongoing book sale October 21,22,25,26,27,28. All Books and Music CD's \$.25 each /\$3.00 bag. DVD's \$.50 each.

HOLY TRINITY SERBIAN ORTHODOX MISSION LITURGY SCHEDULE

The October Liturgy schedule for Holy Trinity Serbian Orthodox Mission, 408 Morgantown Ave, Fairmont with Fr. Sasha Nedich (724) 966-7428 is as follows: Saturday, Oct. 30th Liturgy at 10AM.

AMERICAN LEGION AUXILIARY UNIT 31 MEETING

The Shinnston American Legion Auxiliary will hold its monthly meeting at Post 31 on Thursday, October 21 at 7 pm. All members 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.

NARCONON DRUG & ALCOHOL REHABILITATION AND EDUCATION

Since the outbreak of Covid 19 in the US, both addiction and alcohol use are on the rise. Alcohol sales showed a tremendous increase as on line alcohol sales skyrocketed. Learn more about alcohol addiction and what can be done by visiting:

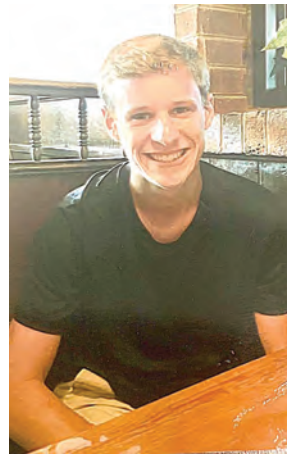
<https://www.narcononnewliferetreat.org/blog/signs-that-alcohol-use-is-getting-dangerous.html>

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Hotsinpiller 2021 Scholarship Winners Announced



Dakota Lough



Tyler Blythe



Lindsay Maxwell



Nathaniel Whetsell

The Board of Directors of the Lt. James W. Hotsinpiller, Jr. and Deputy United States Marshal Derek W. Hotsinpiller Scholarship fund has awarded four new scholarships.

The scholarship honors the memory of Jim and Derek Hotsinpiller. Jim was a member of the Bridgeport Police Department at the time of his passing. Derek followed in his father's footsteps, entering law enforcement, and serving as a Deputy United States Marshal. He was fatally wounded while attempting to serve an arrest warrant.

Deputy United States Marshal Dustin Hotsinpiller, Jim's oldest son and Derek's brother, is the President

of the Scholarship Corporation. This scholarship was established to assist students interested in pursuing degrees in criminal justice.

Providing applicants maintain eligibility, scholarships are renewable each semester of undergraduate study. Scholarships for graduating seniors are \$500 per semester, renewable for four years. Scholarships for college students who have completed their sophomore year in a related field of study are \$1,000 per semester, renewable for two years.

Awards are also available to Law Enforcement Officers who are pursuing Criminal Justice degrees.

Since its inception, the Board has awarded more than 45 scholarships.

The following are the recipients for 2021:

Dakota James Lough is a freshman at Glenville State College and a 2021 graduate of Lewis County High School. He is the son of James and Crystal Lough of Weston. He was a member of the Lewis County High School Cross Country and Track teams, National Honor Society, Robotics, and a member of New Life Southern Baptist Church, where he has volunteered for the church food pantry. He has also served his community by serving hot meals to those in need, spending time at nursing homes, and volunteering for Adopt-

a-Highway. Through his volunteer work, he has encountered individuals with drug addictions. His passion to educate children about substance abuse and keep drugs off the street has helped inspire his career choice as a law enforcement officer. Dakota describes himself as determined and he is set on completing his degree in Criminal Justice at Glenville State and thereafter becoming a law enforcement officer.

Tyler John Blythe is the son of Christopher and Monica Blythe of Bridgeport. He graduated from Bridgeport High School in 2021 and is currently in his freshman year of Forensics Studies

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"Time To Prepare For Winter"

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gutters is important to do throughout the entire year.

Cover your pool. It's exciting to get our pool ready in the Spring because we know warm temperatures and fun are on the way. But in the Fall, the fun is over and it's time to protect our investment from excess leaves and debris that comes along with autumn. Using your pool cover during regular months can also be useful to prevent water spillage and save you money on energy bills.

Treat exterior wood to eliminate damage during the harsh winter months. Sealing your wood with a good sealant, painting your wood, and adding caulking to any visible cracks can go a long

way in helping protect your exterior wood. This can include your patio, deck area, and any trimming that is around your porch as well.

Seal all doors and windows. Windows and doors can last years with regular maintenance and are crucial in keeping your home free of cold drafts and warm during cold winter and Fall months. Sealing your windows and doors can be as easy as adding sealant, or rubber to the windows and doors. Repairing screens can also be relatively simple. You don't want to wait to the last minute to do this; however, as the cold seeps in, it can drastically affect your energy bills and increase costs.

Our driveways often get overlooked when

getting our homes ready for the winter. Driveways are prone to damage from the cold months, and this can be one of the more tedious repairs to fix once damaged. Damage can be costly and heavily interfere with your life. Make sure to add concrete and proper masonry work to have your driveway ready for the snow and rain. Sealing an asphalt driveway is also simple and cost-effective if you do it yourself.

For those of you fortunate to have a fireplace to cozy up to on those cold winter days, be sure to clean out your chimney. A chimney builds up what is known as creosote over time, which is in essence debris inside

your chimney. This creosote becomes highly flammable and is the cause of many house and chimney fires. Hire professional chimney cleaning services (a Chimney Sweep) to ensure you have everything cleaned and pristine before lighting your chimney again. Take this time to shop for firewood also, before residents begin to take up supplies by the truckload.

Once you have checked all the boxes on your Fall prep list, you can sit back, relax by the fire with your favorite book with a cup of hot chocolate and enjoy watching the snow fall. Winter is a time for us to slow down, recharge and make plans for the Spring.

"Spooktacular Fest"

cont. from p. 1

and I thought the city could collaborate with Lincoln's Trunk or Treat, which the community has embraced in the past, and expand upon it and include some new activities," said Shinnston's Economic Development Coordinator Anthony Tate.

There will be a

costume contest in which prizes will be awarded according to their age brackets – ages 3-6 and 7-12. Prizes (courtesy of the City of Shinnston) will be awarded for the Scariest, Funniest, Cutest, and best overall Boys and Girls costumes. There will also be a prize for the best decorated trunk.

Key Club members and Student Council members will be judging the contest.

Also, the city has purchased the materials necessary for kids to create three different Halloween craft projects, with which the members of the Key Club will be assisting.

Last but not least, the

students of Lincoln are creating and decorating pumpkins to be auctioned off during the fest.

Be sure to make plans to come out, decorate your trunk and show your support and appreciation for the hard work and dedication these young students are giving to their community.

"Social Security"

cont. from p.1

to \$147,000 from \$142,800.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount.

Most people who receive Social Security payments will be able to view their COLA

notice online through their personal my Social Security account. People may create or access their Social Security account online at www.socialsecurity.gov/myaccount.

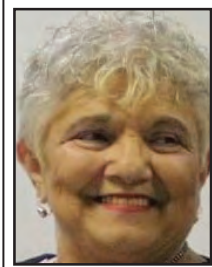
Information about Medicare changes for 2022, when announced, will be available at

www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2022 are announced. Final 2022 benefit amounts

will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

Remember To Get Your Yearly Mammogram...It Saves Lives!



GRAPEVINE

By Rosalyn Queen

October is currently referred to as Breast Cancer Awareness Month. Over the last several years I have always dedicated my column to breast cancer. As many of you know I have been a victim of breast cancer and fought it for approximately four years. It reappeared four times and I had several surgeries. I was treated with chemotherapy and with radiation. Finally I was announced to be cancer free. I take a cancer drug that I will probably have to take for the rest of my life. I am suffering from chemo after effects such as neuropathy and am treating it with medication. Another of the effects is fatigue and I am learning to alter my activity to meet my energy level.

There is one bit of advice that I would like to extend to those of you who have gone through this ordeal. Get a mammogram regularly. I can speak from experience that a mammogram is capable of saving your life. I attribute a mammogram for saving my life. Even after you have been given the green light cure, it is necessary to continue with your yearly mammogram. Breast

cancer can be cured very easily but it can also be a cancer that spreads very easily and quickly.

Wear that pink ribbon and be aware of breast cancer during October.

This past week I travelled to Harpers Ferry with Leslie and Dixon Pruitt. They were once again going to hike the Appalachian Trail and Lisa and Abe Gibson were accompanying them. I stayed at the hotel and waited for them to return. The first day they hiked about 13 miles and the second day they hiked about 8. They camped out on the trail for two nights. Much to my surprise they came back with a mushroom but it did not last until we made it home. They say they are looking forward to going again in the spring.

While staying in my room I read two books by Robin Carr which I enjoyed thoroughly. The Bridgeport librarians have introduced me to some good authors and I continue to enjoy their choices of books for me.

A happy birthday to Fray Queen and Dave Alonso and many more in good health and to all those October babies.

An update on my eye. I finally feel that it is healing and the pain is subsiding. I will continue to make that trip to Morgantown for a check up.

The Corona virus is still with us and I hope each of you is cautious about coming in contact with it. Take care, stay healthy and until next week "Now You Have Heard It Through The Grapevine."

My Social Life Mostly Consists Of Doctor Visits



Pine Bluff News

By Pat Matheny

Don't forget, the Pine Bluff Treasured Memories Club is having a pizza sale next month. They will be taking orders until the last of October. The baked or unbaked pizzas are priced at \$7 each or two for \$12. The pizzas can be picked up at the community building Friday and Saturday, Nov. 5th and Nov 6th, from 11 am to 6 pm. To order, call President Julia Martin at 681-443-1122 or contact one of the members.

If you have noticed, in the last eighteen months mostly the only thing I write about is health issues or the comings and goings to doctor appointments. I'm officially a hypochondriac. My social life consists of hanging out with medical staffs at the different facilities. I spend more time with them than I do with family.

When I first started writing the column in 2010, I did not want the gibberish to be about me. I wanted to keep it about the people and the many things happening in a small rural community, the same way my mom did it for years starting back in 1938. However, things over time have changed. Sadly, several of PB's favorite sons and daughters that I have written about over the years have passed away in the last eleven years... many I had known all my life. Also, due to COVID, for the last two years the community building has been virtually shut down (See Paragraph one) ...everybody stays holed up. What I am trying to say is there ain't much to write about except for paragraph two.

I'm not writing about the medical problems for sympathy, assurances, or to stroke my ego. I want young people to know what it is like getting old

and dealing with medical issues from a guy who abused his body his entire life; now, I have to deal with it. I swear, I never thought I would live this long.

Thanks to former President Trump for initiating the VA Community Care program. Basically, with prior-approval, it allows Veterans to go to local non-VA doctors (Specialists) or hospitals, if the VA hospital cannot provide those services within a forty-mile radius. In the past, I've had to travel to the Pittsburgh VA Hospital (110 miles) for specialized procedures. The program makes it much simpler, plus limits the travel factor. A lot of older Veterans who can no longer drive have to rely on the kindness of family or friends for transportation to appointments. The VA has vans for transporting Veterans, but it's limited.

Friday, I had an appointment with Cardiologist Dr. McKnight at UHC Hospital to see about having a heart catheterization. Dr. Finkel at the VA wanted to do a stress test, but the last one didn't turn out so well and I declined. What happened is I couldn't do the treadmill due to poor leg circulation, so they shot the adrenalin (Or whatever) in the IV and my heart rate instantly dropped below 30...WTH. Hence, I was referred to Dr. McKnight which was fine with me. Over the years, Dr. McKnight had inserted fourteen stents in Susie's heart. So, Doc and I have run into each other before.

Monday, Lee took me to UHC to have the procedure done. Doc said the previous four bypasses (18 years ago) and two stents (6 years ago) were still doing their job. Well, at least some good news.

Tune in next week and I'll fill you in on the different doctor appointments I had on Wednesday, Thursday, and Friday...exciting stuff.

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

Ace

Fall Open House Planned At Glenville State College

Future Glenville State College (GSC) welcome in the Pioneers are invited to the Ballroom on the campus to attend the third floor of the upcoming Fall Open Mollohan Campus House on Saturday, Community Center October 23. at 11:00 a.m. A tour

The day's schedule of the main campus

and the Waco Center field parking lot. The Department will follow at 11:30 a.m. Immediately after the tours at 12:30 p.m., students and families will visit the Department Tailgate in the football

Prospective students and their families are then invited to cheer on the Pioneers at the Homecoming football game against Notre Dame College at 1:30 p.m. at I.L. and Sue Morris Stadium.

For more information about GSC's Fall Open House and to sign up, contact the Admissions Office at (800) 924-2010. Visit www.glenville.edu/admissions/events to complete online registration for the event.

"Electric Cars"

cont. from p. 1

After we had left the meeting, the NLC Executive Director called me on my cellphone and asked if I could reach out to Rap and see if I could call Rap and try to understand his position a little better. Since we both were driving home, I called Rap and we began to talk. As I was pulling into my driveway in West Virginia, we finished our hours long phone call. We still laugh about that, each time we meet.

I called Rap this week to get his advice on the new Apple iPhone, since he has been an Apple devotee for many years and once owned a computer business. I joked with him onetime, that every time we go to a meeting, he gets me excited about the new Apple phone or computer and I end up spending thousands of dollars every time I talk to him. I was surprised when he told me that he had not bought the new iPhone and I wondered if he was getting tired of being my technology advisor. Surprisingly, he has advanced to a new tech item, namely, a Volkswagen ID.4, the newest electric vehicle on the market. Rap told me that the local Volkswagen dealer had reached out to him and offered him a deal on the electric car. This was a shrewd move on the dealer's part, since Rap talks to hundreds of people every month.

Rap explained to me that the new Volkswagen is an amazing vehicle and has many advantages over the conventional gasoline engine. He and his wife, Jan, had recently taken a trip to upper Michigan and it was the first long journey for his new electric car. He made two stops to charge his vehicle and they were listed on the "Electrify America" website. He noted how quiet the vehicle is and the acceleration that is faster than many sports cars.

With General Motors and Ford investing billions of dollars in electric vehicles, an electric vehicle will soon be as common as the Chevy Blazer or the Ford F-150. Rap pointed out to me that many people associate electric vehicles with a wealthier portion of the population and that lower income neighborhoods and neighborhoods of color, might get left out on this revolution in automaking and that is why he is so enthusiastic about bringing an electric vehicle to Trotwood, a mostly black, suburb of Dayton.

I joked with Rap that, once again, he is probably going to cost me some money, as I have been doing a little research and seeing if I might like to get one of these innovative vehicles. It is also important for cities to install charging stations in order to attract the growing numbers of electric vehicles. Imagine the economic impact if hundreds of travelers were stopping by your store or restaurant, because you had a charging station. It's a new world and one that I am so happy to share with my good friend, Rap Hankins!

Casey's of Shinnston



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UNITED HOSPITAL CENTER'S HOME VISIT

HOUSE Call

MEDICATIONS WHAT YOU SHOULD KNOW



AGING AND HEALTH: YOU AND YOUR MEDICINES

As you age, it is important to know about your medicines to avoid possible problems. As you get older you may be faced with more health conditions that you need to treat on a regular basis. It is important to be aware that more use of medicines and normal body changes caused by aging can increase the chance of unwanted or maybe even harmful drug interactions.

"Avoid potential problems by knowing the facts about your medications," said Sonny Hoskinson, R.Ph., Director of Pharmacy at United Hospital Center. "Awareness is key when it comes to your medicines. Talking with your health care professional will help you to avoid any errors."

As you age, body changes can affect the way medicines are absorbed and used. For example, changes in the digestive system can affect how fast medicines enter the bloodstream. Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. The circulation system may slow down, which can affect how fast drugs get to the liver and kidneys. The liver and kidneys also may work more slowly affecting the way a drug breaks down and is removed from the body.

"Drug interactions for older adults is more common due to these body changes," Hoskinson said. "When two or more medicines react with each other (called a drug-drug interaction) it results in an unwanted effect."

This kind of interaction can also cause one medicine to not work as well or even make one medicine stronger than it should be. For example, you should not take aspirin if you are taking a prescription blood thinner, such as Warfarin, unless your health care professional tells you to.

Questions to ask before you leave the doctor's office:

- What is the name of the medicine and what is it supposed to do? Is there a less expensive alternative?
- How and when do I take the medicine and for how long?
- Whether to take it with water, food, or with a special medicine, or at the same time as other medicines.
- Can it be taken with over-the-counter medicines? If so, when?
- What to do if you miss or forget a dose.
- Whether you take it before, during, or after meals.
- The timing between each dose. For example, does "four times a day" mean you have to take it in the middle of the night?
- What your doctor means by "as needed."
- Are there any other special instructions to follow?
- What foods, drinks, other medicines, dietary supplements, or activities should I avoid while taking this medicine?
- Will any tests or monitoring be required while I am taking this medicine? Do I need to report back to the doctor?
- What are the possible side effects and what do I do if they occur?
- When should I expect the medicine to start working, and how will I know if it is working?
- Will this new prescription work safely with the other prescription and over-the-counter medicines or dietary supplements I am taking?
- Keep a Record of Your Medicines; Give Your Medicine Chest a Yearly Check-Up



"List all the prescription and over-the-counter medicines, dietary supplements, vitamins, and herbals you take, as this will help you to organize your medicines," said Hoskinson. "Be sure to share this list with your health care professionals".

It is very important that each of them knows what medicines you are taking. The list should include: the name of the medicine, the doctor who prescribed it, how much and how often to take, instructions on how to take the medicine, what it is taken for and any expected side effects.

Remember to bring all over-the-counter medicines you take as well as any dietary supplements, vitamins, and herbals. It is also important to get rid of any expired medicines you may have.



Sonny Hoskinson, R.Ph.,
Director of Pharmacy at
United Hospital Center.

WHAT YOU SHOULD BE DOING

Taking Prescription Medicines

"It is always best to read and keep the package insert information for your medications and follow your doctor's instructions," said Hoskinson. "If you are worried about forgetting your medications or if you do not understand the instructions, ask your healthcare provider to give you written directions."

Take your medicines for the whole time they are prescribed, even if you feel better.

Take only your own medicines. Taking someone else's medicine may hide your symptoms and make diagnosing your illness more difficult for your doctor.

Know about your medicines. If you take more than one medicine, be able to tell them apart by size, shape, color, number or name imprint, form (tablet or capsule), or container.

Plan for medicines you need to take during the night. If you need to take more than one medicine, try not to keep these by your bedside. If you must, and there are no small children or pets in your home, place the pills you will need during the night on your bedside table. Turn on the light and make sure you are taking the right medicine at the right time.

Before you travel, ask your doctor or pharmacist how to adjust your medicine schedule to account for changes in time, routine, and diet. Bring the phone numbers of your doctors and pharmacists with you. When flying, carry your medicines with you; do not pack them in your checked luggage. When traveling, always keep medicines out of heat and direct sunlight.

If there are children in your home, remember to put medicines out of their sight and reach, and do not take medicines in front of them.

Get prescriptions refilled early enough to avoid running out of medicine, which may cause problems with your medicine schedule.

Organize your medicines at home. Many people use a chart or written schedule to keep track of their medicines. Some find containers with different colored caps, different sections or with alarms that go off at set times helpful.

Keep medicines in a cool, dry place, away from bright light. A kitchen cabinet or bedroom shelf may be good storage places. Medicines should not be kept in places where heat and moisture can alter their effectiveness. Do not keep medicines in the refrigerator, unless your doctor or pharmacist, or the label, tells you.

If you do buy medicines on the Internet, check the web site for the Verified Internet Pharmacy Practice Sites (VIPPS) program and seal of approval to make sure the site is properly licensed and has been successfully reviewed and inspected by the National Association of Boards of Pharmacy (www.nabp.net).

Always keeps medicines in their original containers, and never put more than one kind of medication in the same container.

Taking Over-the-Counter Medicines

Today's medicine cabinets contain a growing choice of over-the-counter, OTC, medicines to treat a growing number of health problems. Common OTC medicines include pain relievers, laxatives, cough and cold products, and antacids.

"It is important to keep in mind that OTC medicines can affect how prescription medicines work or are used by the body," Hoskinson said. "Make it a point to discuss with your doctor about your OTC medication(s)."

Important Tips to Remember

Always read and follow the directions on the medicine label. OTC medicine labels give you all the information you need to take the medicine the right way and tell you:

- Active and inactive ingredients,
- What the medicine is used for,
- Interactions or side effects that could happen,
- How and when (or when not) to take the medicine,
- Other warnings.

Choose OTC medicines that have only the ingredients you need. It is a good idea to only use medicines that treat the problems or symptoms you have. Ask your pharmacist for help. If you are taking more than one medicine, pay attention to the "active ingredients" to avoid taking too much of the same ingredient.

Check for package tampering and the expiration date. Do not buy medicines if the packaging has been broken or if the expiration date has passed. The expiration date tells you the date after which the product may not be as effective.

Talk to your doctor if taking an OTC medicine becomes a regular habit. Most OTC medicines are only to be used for a short time.

If you have questions about specific medicines, visit the National Library of Medicine and click on "Drug Information."

Find more tips and health information online at UHHouseCall.com.

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Two Times The Mountaineers And The Flying Eagles!



The Bottom Line

By Bill Nestor
Sports Editor

There were only two Harrison County football teams in action this past week. Liberty and Robert C Byrd are looking to make the Class AA playoff scene. The Mountaineers earned a huge win while the Flying Eagles suffered a heart-breaking setback.

Liberty hosted East Fairmont and came away with a 41-14 victory. The host jumped out to a 13-0 lead after the first quarter on a pair of Raiden Childers touchdown runs. Childers showed big play capabilities finding paydirt on runs of 65 and 34 yards. The Bees cracked the scoreboard on a five-yard run to cut their deficit in half. Childers answered the call, earning the hat trick of end zone scores on a 48-yard run to push the Mountaineer lead out to 20-7 at the halftime

break.

East Fairmont made it a one score game on William Sarfield's second scoring scamper of the evening. Childers accounted for another big play on a 47-yard run. Liberty signal caller, Trenton Tucker connected with Preston Buckhannon on a 53-yard pass play to provide separation for the host. Childers added insurance when he added a career best, fifth rushing touchdown on a two-yard plunge.

The Mountaineers accrued 441 yards of total offense and were led by Childers and Tucker. Childers finished the night with 327 yards on 28 attempts, while Tucker was 3 of 4 for 70 yards.

Liberty travels to Shinnston this week for a key Big 10 lock-up

with Lincoln.

Robert C Byrd travelled to the "Friendly City" to do battle with Fairmont Senior. Despite outgaining the Polar Bears (338-324), picking up more first downs, and winning the turnover battle (2 for Fairmont Senior and none for Robert C Byrd), they lost in the only category that matters, the scoreboard. They scored with less than four minutes remaining in the fourth period to pull within a point at 21-20. The extra point attempt did not make it through the uprights leaving the visitors trailing. The Flying Eagles were out of timeouts and with the clock turning inside of two minutes, a costly offside call on fourth down gave the Polar Bears the win. Robert C Byrd appeared to have a "go-ahead" touchdown in the third quarter on a tremendous run by Jeremiah King. However, a penalty wiping the points off the board and the Flying

Eagles would not regain momentum from that point forward.

Robert C Byrd was paced by King's 317 yards on 34 rushes. The Flying Eagles are back in action in two weeks when they host Liberty in a must win game.

Let's bring on the Mountaineers! The West Virginia University mens basketball team hit the hardwood this past weekend in the Gold/Blue Debut. Veteran mentor, Bob Huggins addressed the crowd before an hour-long scrimmage. It was the first look at this year's edition. The night belonged to Fairmont native Jaylen Bridges who finished up with 21 points. Taz Sherman, Sean McNeil and a host of newcomers took the opportunity to impress those in attendance as well.

The night ended with an autograph session and hope for a big year for Huggins and company.

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 Claudia Moore and Liberty's Raiden Childers.

Flying Eagle cross-country runner, Claudia Moore finished second overall in the Big 10 girls cross-country meet. The event was held at Philip Barbour this past Thursday. Moore was the top Harrison County runner six seconds better than the next nearest runner.

Raiden Childers propelled the Mountaineers to a win over Fairmont East this past Friday. Childers scored a career best five touchdowns on runs of 65, 34, 48, 47, and 2 yards respectively. Childers was the games leading ground gainer accumulating 327 yards on 28 carries.

Congratulations to Robert C. Byrd's Claudia Moore and Liberty's Raiden Childers for being named the Shinnston News and Harrison County Journal's Athletes of the Week!

Lincoln Homecoming Activities A Big Success



Pictured is the Lincoln Cougar football team in Homecoming parade.



Pictured are Lincoln girls who participated in the Powder Puff game.

Huge crowds lined the streets of Shinnston last Wednesday evening with dozens of Lincoln High School students participating. Unfortunately, the homecoming game on Friday with Elkins was cancelled due to COVID related issues. However, the Homecoming Court was introduced and the Queen was chosen during the Powder-Puff game on Friday night in which the Senior and Junior girls defeated the Sophomore and Freshman girls by a score of 21-12.

WVU Rifle Off To A Strong Start



West Virginia's Malori Brown takes aim.

The rifle team at West Virginia University is off to a really good start for its 2021-2022 season. They have

posted three of the top four aggregate scores in the nation. Last year, the Mountaineers took fourth place in pursuit

of the NCAA title.

The top team members to have a chance at postseason titles are Tal Engler, who has been the leader so far, Malori Brown, Jared Eddy, Akihito Shimizu, Verena Zaisberger and Calista Smoyer.

The early-season high scores they are ranking up give the Mountaineers a great base for making the NCAA Championships again. Selections for that event are based on a combination of the scores shot in a qualifying match at the end of the season, combined with a team's

three highest scores at three different venues. WVU, with three scores well north of 4700, are in good shape to build an excellent qualifying score. The Mountaineers are scheduled for their NCAA Qualifier at their home range, competing alongside VMI and North Georgia, on Feb. 19, 2022.

The Mountaineers won five consecutive national titles from 2013-17, but Kentucky (2018, 2021) and TCU (2019) have won the last three. The 2020 Championship was canceled due to Covid.

GNCC Series Announces 2021 Awards Banquet

With two rounds remaining in the 2021 Grand National Cross Country (GNCC) Series presented by Specialized, an AMA National Championship, Racer Productions is excited to announce details for the end of season banquet celebration. The GNCC Series is excited to host an in-person banquet celebration once again,

after accommodating a virtual banquet in 2020 due to COVID-19 safety measures and protocols. The world's best off-road racing competitors will be recognized on Friday, December 10 and Saturday, December 11 at the Morgantown Marriott at Waterfront Place Hotel and Convention Center in Morgantown, West Virginia.

Friday evening will be dedicated to the top 10 ATV, ATV Micro 50cc finishers and eMTB top 10 finishers in each championship class, while Saturday evening celebrates the top 10 Bike racers, and the Bike Micro 50cc finishers in each championship class. In addition to the trophy presentation, the top 5 in each class will receive

contingency item prizes from our Series Sponsors.

The banquet will also feature an array of Specialty Awards, including Rider of the Year, Kurt Caselli Foundation Good Steward Award, Sponsor of the Year and more. If you would like to nominate a rider for the Good Steward

Continued on page 8

Wild Game Feast Scheduled For Weekend At Rec Complex



From The World Of Parks & Recreation

By Doug Comer

Have you ever tasted any type of meat that has not come from a cow or a chicken? If so, then you may want to pay a visit to the Harrison County Recreation Complex this weekend to sample some of the finest wild game tastings you will ever sample.

So, beginning Saturday at 11:00 AM, you can come and try some of the best offerings from the wild. While the event is not sponsored by the Park's department, staff employee Donna Stuart has ran point on this project. What started as a simple phone call has blossomed into an event where many activities have been added to compliment the event. Director Mike Book is excited to host an event like this.

"Once we were approached, we felt that it would be a win-win for the community. West Virginia is known for hunting and fishing and I am sure this will bring a draw of those folks to the complex to try some of the meals that will be prepared. And to add, we are adding some music and trail tours, as well as dessert to the event. It should be a great affair."

Some of the foods to be sampled are cheese pheasant pizza, BBQ beaver, wild duck tortillas and black bear burgers as well as many foods made from rabbit, wild boar, venison and many others. For those looking for some dessert, there will be s'mores by the campfire for those who love the #1 camping treat.

"The center of the attraction is definitely the wild game feed but we wanted to surround this event with some activities including music, tours and kid activities," said Book. "We contacted the folks at Blue Steel and they plan to play a small concert and staff will be available all over the park. We have disc golf, beach volleyball, a walking trail and of course, our playground area. To summarize, we will have something for all families."

The staff has been working hard on the upper trail including some classroom settings as well as easy access to all the trail entrances including a texture step system that allows those who walk it to sense the feeling of walking on sand, pine cones, sticks and gravel. It was an ingenious idea by one of the workers and it is going to be a conversation topic for many who visit. Book hopes to fill the park up with plenty of people so that we can showcase the projects completed.

"The team has worked hard over the past month improving the parks as a whole," said Book. "There are plenty of projects for us to complete and the trail was one on the priority list. We have improved the safety of the bridges, and added some railing to the trail and capped that off with the additions of the eye-spy animal scavenger hunt and the

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TIMOTHY JAY BOOK

Timothy Jay Book Saved by grace through faith in Jesus Christ ... Tim Book stepped out into eternity on Friday, October 8th at the age of 62 after a yearlong battle with the autoimmune disease of deep vein thrombosis further complicated by the contraction of the Covid-19 virus.

Tim was born in Shinnston, WV to the late Rudy and Jane Book. The third of four children, he was preceded in death by a sister, Tina Marie Pinn and his father and mother-in-law, Tom and Delores West.

While in high school, Tim was an exceptional, multi-sport athlete, excelling in basketball, baseball, football and track. While attracting interest from colleges for his basketball ability, following graduation, he went to work with his father in Dola, WV at the Clinchfield Coal Company. Upon the mine's closure, Tim went on to work as a roofer for City Window & Construction Company before assuming the role of head of maintenance for St. James Catholic Church, from which he would retire.

He was united in marriage to his best friend, Jackie (West) Book, in an intimate ceremony on September 9, 1978 and for 43 years they shared a life with and a love for one another. Together, they brought two children into the world, TJ Book and Libby (Book) Stonebreaker and watched in delight as their son and daughter grew up to ultimately marry the loves of their lives, in Amanda (Pethtel) Book and Donnie Stonebreaker, respectively. The arrival of his six grandchildren, Halle Ramsey, Haven, Harlow and Henna Book and Mazi and Walker Stonebreaker would prove to be the highlight of Tim's life as he spent the last many years of his time on this earth, playing with, fascinated in and altogether captivated by each of them.

Tim enjoyed sports of all kinds, especially those involving his beloved West Virginia Mountaineers and Dallas Cowboys. Before his body's failure, he could be found almost exclusively outside happily consumed by various different landscaping endeavors. But above all, Tim longed for and was

at his best with his "grandbabies".

Along with his wife, children and grandchildren, Tim is survived by his brother, Mike and sister-in-law Sheila Book of Clarksburg, WV, his sister, Nanci and brother-in-law Terry Keenan of Hurricane, WV, his brother-in-law, Brian Pinn of Fairmont, WV, his sister-in-law Tammy and her husband Jimmy Heldreth of Wyatt, WV and his sister-in-law, Lisa Riffle of Fairmont, WV. Tim is also survived by numerous nephews, nieces, aunts, uncles and cousins.

In accordance with his wishes, following his cremation a private celebration of Tim's life was held at The Warrior's Chapel located in Shinnston on Thursday, October 14th, 2021.

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

JAMES HARRISON MARKLEY

James (Jim) Harrison Markley, 78, of Meadowbrook, passed away at Louis A. Johnson VA Medical Center on October 8, 2021. He was born December 2, 1942 to the late William Markley and Airanna Blanche Deshong, but was raised by Robert and Anna Baker. He is preceded in death by his wife, Lillian L. Markley who died August 15, 2011.

He is survived by a brother, William (Bill) Markley; stepson Robert Hawkins; step-grandson Timothy Hawkins; step-granddaughter Amanda Hawkins; step-grandson Ryan Hawkins; half-brothers David Markley, and Danny Markley; and several nieces and nephews.

James served in the US Army during Vietnam from 1964-1969. He loved fishing and spending time with his family. He belonged to VFW Post 573 Clarksburg and the American Legion Post 31 Shinnston.

A graveside service was held at the WV National Cemetery on Friday, October 15, 2021.

Online memories and condolences may be shared at Harmerfuneralhome.com

NELLIE ELIZABETH HYDE

Nellie Elizabeth Hyde, 102, of Enterprise, passed away at her residence on October 10, 2021. She was born October 6,

1919 in Marion County, to the late Homer Booth and Madeline Devon.

She is preceded in death by her husband, Jesse P. Hyde; sons Jesse Hyde Jr. and Donald Hyde; grandchildren Benjamin Riley, Cheryl Ostrelch, and Anthony Riley.

She is survived by her children Mary Riley, James (Linda) Hyde, Wilma (Ivan) VanOrder all of Enterprise, and AnnHyde of Bridgeport. Also surviving are grandchildren Lodis Robert and (Jeannie) Hyde, Nevin (Rebecca) Hyde, Kenneth (Cheryl) Riley, Cynthia Shaver, Sandra Riley, James Hyde Jr (Donna Markley), Gloria (Paul) Sandy, Jennifer (James) Akers, Shelby (Michael) Musick, Wilma Yvonne VanOrder (Joe DeFazio), Pamela (Jay) McClelland, and Suzanne (Brandon) Johnson. Nellie also had twenty-one great-grandchildren, and twenty-four great-great-grandchildren.

Nellie was a homemaker, and attended Faith Baptist Church in Enterprise. She was a wonderful, loving mother and she enjoyed her grandchildren. She loved spending time with all of her family in Florida, especially on Holidays.

A funeral service was held at Harmer Funeral Home on Friday, October 15, 2021 with Pastor Charles Chipps officiating. Interment followed at Enterprise Cemetery.

Online memories and condolences may be shared at Harmerfuneralhome.com

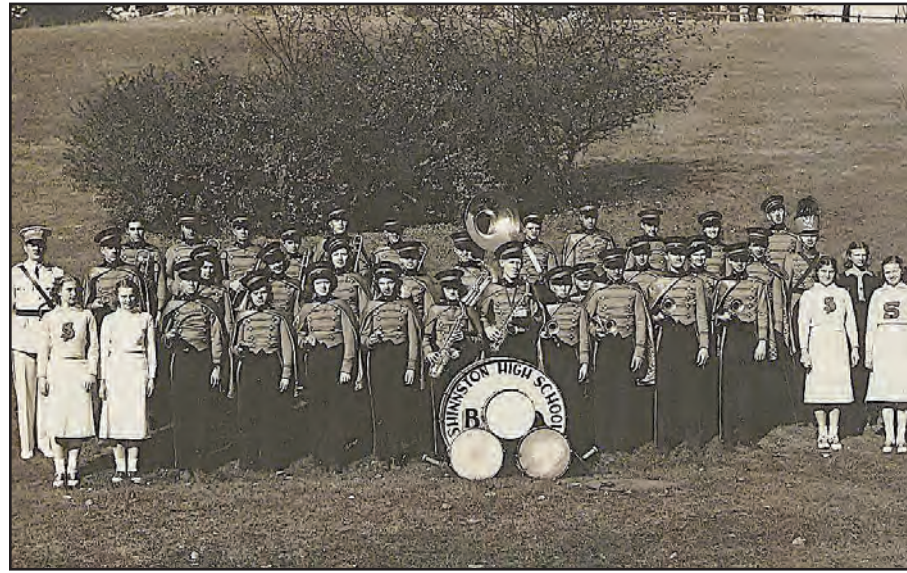
CLOVIS "COKE" MCCOY

Clovis "Coke" McCoy), 58, of Sardis, passed away on October 12, 2021 at Ruby Memorial Hospital. He was born in Margaret, Marion County on December 15, 1963 to the late Dolan and Barbara McCoy. He was also preceded in death by his brother Terry McCoy.

Clovis is survived by his three sons, Cory McCoy of Simpson, WV, Clovis McCoy Jr. of Huntington, WV, Matthew McCoy Vickers of Clarksburg; a sister, Norma Cunningham of Margaret, WV; and brothers Dolan Bud McCoy of Lumberport, WV, Mike McCoy and Tracy McCoy, both of Shinnston, Kerry McCoy of Baltimore,

Out Of The Past

Memorable Photographs from around Harrison County.



Shinnston High School Band during the 1937-38 school year. Photo courtesy of Bobby Bice.

MD, and Rodney McCoy of Buckhannon, WV.

Clovis worked as a carpenter and was an avid outdoorsman. He loved to fish, hunt, ride his motorcycle, and spend time with his sons.

Per his wishes, Clovis was cremated.

Online memories and condolences may be shared at Harmerfuneralhome.com

RICHARD LEE "RICK" DAVIS

Richard Lee "Rick" Davis, 74, of Lumberport, WV, went to be with the Lord, Friday, October 8, 2021 at Mon General Hospital. Rick was born in Clarksburg, WV on November 12, 1946 to the late William and Mary Ellen (Garrett) Davis.

He was married to his high school sweetheart, Carolyne (Cottrell) Davis for 55 years. They have three sons: Stephen Davis and wife, Ann, of Greensboro, NC; Brian Davis and wife, Tracy, of Cove City, NC; and Nathan Davis of Lumberport, WV.

Rick was a proud Veteran of the United States Navy. The first ship he proudly served on was the USS Saratoga CV-60 and then later served on the USS John F. Kennedy CV-67. He displayed his pride by wearing his hat emblazoned with the USS John F. Kennedy logo. Rick was retired from the Harrison Power Station after 32 years of service.

In addition to his wife and sons, Rick is survived by his brother, Guy Davis and wife Elsa of Bridgeport, WV; Judy (Davis) Tichenor and husband Skip of Enterprise, WV; Joyce (Davis) Coffey of Lumberport, WV; Brenda (Davis) Stark and husband Don of Lumberport, WV; and Kim (Davis) Nay and husband Joe of Huntsville, AL; eight grandchildren, three great grandchildren,

and one he had yet to meet, and several nieces, nephews and cousins.

In addition to his parents, Rick was preceded in death by one son, Rodney Allen Riffle.

Rick was a kind and gentle man who loved his family. He loved life and enjoyed hunting, fishing and could fix just about anything. Rick will leave a legacy of helping others and his meticulous love of gardening and sharing his abundance with others. He knew most everyone and never met a stranger. Other than his family, few things meant more to him than his word. He was the definition of a best friend and instilled in his sons that to be a best friend, you have to be a best friend. He will be greatly missed by many.

A funeral service was held on Wednesday, October 13, 2021. Officiating was Pastor Josh Carlisle of Hampton Road Baptist Church, Barrackville, where Rick attended. Interment followed at Lumberport Lions Club Cemetery.

Full Military Honors were provided by the United States Navy and Harrison County Honor Guard.

Dorsey Funeral Home is honored to be handling the arrangements for the Davis family.

MARSHADEANNA "DEE" ALLEN

Marsha Deanna "Dee" Allen, 76, of Bridgeport, WV, went to be with the Lord, Tuesday, October 12, 2021. Marsha was born in Shinnston, WV on February 20, 1945 to the late James and Helen (Moore) Shanholtz.

Marsha graduated from Shinnston High School. She was a very active member in her community through the Shinns Run CEO and the community at large. Marsha found her passion of crafting and woodworking with her husband, Charles. She was very creative and gave a personalized

touch to all of her crafts. Foremost, she was a tremendous wife, mother, daughter, sister, and friend to all who knew her. She was especially fond of her grandchildren and great grandchildren.

Marsha was an extraordinary woman and will be deeply missed by all who knew her.

Marsha is survived by her loving husband of 57 years, Charles Allen. In addition, she is survived by two children: Mark Allen and wife Dianna, of Monongah, WV and Wendy Allen Cottrill and husband Mark, of Bridgeport, WV; Her grandchildren: Chad Cottrill of Charlotte, NC, Cody Cottrill of Bridgeport, WV, Abbey Cottrill Davis and husband Joel, of Whitehall, WV, Ashley Cottrill of Bridgeport, WV, Linsey Harris and husband Aaron, of Belington, WV, Lauren Hamby and husband Brian, of Fairmont, WV, Nicky Hines of Fairmont, WV; Great grandchildren, Ethan McNemar of Bridgeport, WV, Wyatt, Wade, Laurel, and Raina Harris of Belington, WV, Sutton Hamby of Fairmont, WV, and Aria Hines of Fairmont, WV; One brother Keith Shanholtz and wife Marsha of Joetown, WV; Two sisters, Sandra Griffin and husband Okey, of Bridgeport, WV and Cynthia Tassone and husband Sam of Shinnston, WV; One brother-in-law, Gary Amos of Bridgeport, WV. As well as many nieces and nephews.

In addition to her parents, Marsha was preceded in death by one sister, Elizabeth Amos.

In lieu of flowers, the family asks that donations be made to: Amedisys Foundation PO Box 366 Suite 102 Anmoore, WV 26323. Per the family's request, public services have been canceled. A celebration of life will be held at a later date at the family's convenience.

Dorsey Funeral Home is honored to be handling the arrangements for the Allen family.

“Parks and Rec” cont. from p. 5

addition of the Johnny Appleseed section. We are extremely proud of the work we have done and those who come

this weekend will see all the hard work and dedication to making the park one of the best in the area.”

For more information, please contact Donna Stuart at the parks office for more details.



Autumn is here, my favorite time of year! With the cooler days of Autumn my family and I love to hike. Of course we bring along snacks and drinks, and enjoy finding a perfect spot to rest, and take in nature. I found a recipe for an amazing brittle, much like granola, that is full of the seeds and berries that we love to take along.

This is a healthy snack, that also satisfies the sweet tooth! I hope you enjoy!

AUTUMN BRITTLE

Submitted By Debra Smith

Make your friends and family an amazingly delicious snack with a few ingredients. It's chock full of healthy ingredients and is a brittle that is much like a granola bar.

- Ingredients
1 c. almonds
1 c. cashews
3/4 c. pumpkin seeds
3/4 c. sunflower seeds
2/3 c. dried cranberries
2 1/4 c. granulated sugar
1/4 c. golden brown sugar
1/2 c. honey
1 c. water
1/2 t. salt
1 T. butter

Directions:

Heat sugars, honey, water and salt in a large pot over a low-medium heat. Use a pot that is larger than you would think necessary because when the mixture begins to boil, it will foam up and increase in size. Stir every 5 minutes. Using a candy thermometer, continue to heat mixture until it reaches

a temperature of 302 degrees Fahrenheit. This is the temperature at which sugar hardens into a rock-like state after it cools. Pay close attention not to go very far above 302, otherwise you will burn the sugar. It can take up to an hour for the mixture to reach that temperature, so don't get discouraged if fifteen minutes has passed, and the thermometer is still at 175 degrees! It takes time, but it is so worth it! While the sugar mixture is boiling, place a sheet of parchment paper on top of a shallow pan, about 9 x 13 inches in width and length; grease the parchment paper; set aside. Once the sugar mixture reaches 302 degrees, immediately remove it from heat; stir in butter, cashews, almonds, pumpkin seeds, sunflower seeds and dried cranberries until coated. Immediately pour mixture onto the parchment paper; spread out into a large rectangle with a rubber spatula, trying to keep the surface even and about 1 inch in height. Place the pan in the refrigerator; allow the mixture to cool. Once it has finished cooling, remove the sheet of brittle from the parchment paper; break brittle into pieces using a meat tenderizer or a clean hammer.

Prep Time
15 minutes plus 1 hour cooling time
Cook Time
1 hour
Please remember to visit your local Price Cutter for all your cooking and baking needs. If you have a favorite recipe to share, mail it to us at The Shinnston News and Harrison County Journal, P.O. Box 187, Shinnston, WV 26431 or send it via email to newsandjournal@yahoo.com.

“Awards Banquet” cont. from p.6

Award, Pit Crew, Comeback of the Year or Sportsmanship awards please send a letter to media@gncracing.com.

The cost of the banquet is \$50 for adults (12+), and \$25 for youth (6-11), with kids five and under receiving a free admission. The celebration will begin at 5 p.m. each day for Happy Hour and seating, with dinner commencing at 5:30 p.m. Online Registration is required, and the deadline to register is Tuesday, December 7, 2021, at 5 p.m. EST.

Rooms at the Morgantown Marriott Hotel are available to GNCC Racers and their families at a discounted

rate of \$139 + tax. To receive the discounted group rate, please make reservations no later than Friday, November 12, 2021. Availability of rooms after the last day to book may be subject to pay higher rates and only reservations booked within the group block will receive the contracted group rate.

Rocky Mountain ATV/MC will be returning with the Ticket to Ride giveaway. Two winners from each night will be chosen at random to experience a once-in-a-lifetime opportunity courtesy of Rocky Mountain ATV/MC, to a unique riding excursion in Moab, Utah. Each winner will be invited to bring a

guest on the exclusive trip in the spring of 2022. The winner must be present at their respective banquet night in order to claim the prize.

Riders Meetings will once again be held virtually, a schedule of Riders Meetings will be available online at a later date. Participants can login to the Zoom Riders Meetings to be able to voice their opinion on class structure, rules and more for the upcoming 2022 season. If you would like to submit a rule proposal beforehand, please forward your proposal to rules@gncracing.com.

“Scholarship Winners” cont. from p.3

at Fairmont State University. While at BHS, Tyler was involved in sports including Cross Country, Track, Freshman Basketball and Soccer. He was active in the Drug-Free Club, French Club, Young Life, and Shop for Tots, among other activities. He is a volunteer for Bridgeport Little League Challenger Division and a member of All Saints Catholic Church, where he has been an altar server and taught Sunday School. He has dreamed of becoming a homicide detective or crime scene investigator since he was in middle school. He describes himself as driven and is passionate and motivated to complete his goal of serving his community. He believes his experiences with sports, church, clubs, and volunteering have provided him with the tools to accomplish that.

Lindsay Maxwell is a 2021 graduate of Elkins High School and is the daughter of Ken and Michelle Maxwell. She is attending West Virginia University, where she is enrolled in the Eberly College of Arts and Sciences as a Criminology major. In recent years, Lindsay has been active in Band, Shotokan Karate, Band

Club, SkillsUSA and 4-H. She is certified in lifeguarding, CPR/AED and first aid through the American Red Cross and has been employed as a lifeguard for the Elkins Otters Swim Team, RAYS Swim Team and Elkins YMCA. She competed in the Crime Scene Investigation competition for Skills. She aspires to become an FBI Agent and is interested in studying causes of criminal behavior and how to prevent it. She describes herself as persistent and said she will do everything necessary to achieve her goals which include earning a master's degree in criminology, participation in the ROTC program, serving as an Army pilot and ultimately, becoming an FBI Agent.

Nathaniel Whetsell is a 2021 graduate of Elkins High School. He is the son of Robert and Carol Whetsell of Elkins. He is attending Fairmont State University as a freshman, pursuing a degree in Criminal Justice. Nathaniel has been involved in Boy Scouts - advancing to Eagle Scout - and Civil Air Patrol. Through both organizations, he has been involved in

extensive service work. As a member of the Civil Air Patrol, he was trained to operate as a ground team member for search and rescue missions. He was a member of Varsity Cross Country and Varsity Swim Teams, Elkins High School Marching and Concert Bands, and National Honor Society. During the summer of 2020, he hiked 267 miles of the Allegheny Trail in 24 days. He also worked as a lifeguard for the YMCA. Staying true to moral values is important to Nathaniel, who looks forward to a career in Criminal Justice.

Future applicants can get information about applying for the scholarship from their school counselor or online at www.hotsinpillerscholarship.com.

Held in Bridgeport annually in June, the Derek Hotsinpiller Fallen Stars Memorial 5K is a major fundraiser for the scholarship fund. Private and corporate donations are also instrumental.

Donations to the scholarship fund can be made payable to the “Jim and Derek Hotsinpiller Scholarship Fund” and mailed to PO Box 392, Bridgeport, WV 26330.

Answers

Grid of crossword puzzle answers including words like PREAMP, SPIRALED, LEBERGER, HONOLULU, PROPERTY, ENSNARES, IVANA, NIECE, DENT, ALLEY, INFRARED, RAY, SHOWIER, ESSES, TRI, HOCKEYSKATE, PREGNANT, ESTEIRA, COOED, BOA, STANDPAT, TBONES, LOAFS, OLD, MULLETHAIRCUT, APRONED, ISOLA, ARCSINE, FLOUNDER, ABOUT, POI, ROUTE, NOMADS, MENTORED, OTS, ADAIR, ITO, PALE, SZECHUAN, DOWNTHEPIKE, ABS, ASANA, WAGONER, PARROTPERCH, BOLLOS, ALAS, RODEO, BERLE, ALAI, RECITING, PORGYANDBESSES, EXECRATE, EVIGAN, ELOPE, DARKENED, DAMONE, SENSE

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