



# Shinnston, Lumberport in water supply talks

By Erin Beck  
Editor

Both Shinnston and Lumberport councils have approved commissioning a study on the prospect of Shinnston selling water to Lumberport. Lumberport officials approved studying the feasibility of such a project on Jan. 3, said Lumberport Mayor Betty O'Dell, while

Shinnston officials authorized the study on Jan. 10. Officials are asking Thrasher Engineering to also consider whether another solution would better improve service for residents of Lumberport, according to multiple officials involved in the initiative. "We have some

really hard water here and we're just trying to get better water for our town," said O'Dell. Shinnston approached Lumberport about the potential project. The Thrasher Group will conduct the study. There isn't a set timeline. "Hopefully quick," O'Dell said, although she cautioned that the

project may never come to fruition. She also noted that Thrasher may determine another solution is more cost-effective. Shinnston City Manager Chad Edwards said Thrasher would review the cost of Lumberport upgrading its own plant, as well as the cost of transferring water from Shinnston's

plant. "It comes down to how much water they use daily, and can we supply that amount along with what we've been supplying to everybody else," he said. He said Thrasher was not given a maximum cost for the study, but he said he estimated the study would cost about \$15,000.

In previous meetings, council members for each municipality selected representatives to serve on a project committee. Rick Scott, one of those who represents Lumberport, said the committee recently met and heard from two companies interested in conducting the study. After scoring

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# Senior Center purchase to help the hungry



Thanks in part to funds from the state Legislature, the Harrison County Senior Citizens Center was able to purchase a new box truck for meal delivery. Pictured, from left to right, are Barbara Oldaker, senior nutrition mission program coordinator; Joe Caruso, CFO; Beth Fitzgerald, executive director; WV State Senator Mike Romano, D- Harrison; Bill O'Field, board president; Donna Stuart, board secretary; E. Ryan Kennedy, board vice president; and Don Burton, board treasurer. Courtesy photo.

By Erin Beck  
Editor

When Harrison County Senior Citizens Center began its grocery redistribution program, Beth Fitzgerald, executive director, expected the program to be short-term. But since

the pandemic and the need has persisted, the center recently made a large investment in keeping the program sustainable. Fitzgerald said the center hopes to serve more Harrison County residents with its new 12-foot Ford box truck.

Mountaineer Food Bank had asked the senior center to help with food redistribution due to an increase in need during the ongoing pandemic. "When it became obvious that we were going to continue this program, the box truck

became imperative," she said. Volunteers pick up food that would have been thrown away — cartons of eggs with one cracked, for example — from Kroger and Sam's and then distribute it to people in need. "There may be one

bad strawberry in the whole thing, and they throw that away," she said. "It's frightening to see how much food we throw away as a nation really, to think there's so many starving people out there." She noted that many in the area face barriers

to food shopping. Many lack transportation and she noted that Kroger had closed downtown, creating a "food desert." The center secured \$25,000 from the Legislature with help from Senator Mike Romano, D-Harrison. Continued on Page 3

# Relief funds replace airport revenue West Virginia winters



Rick Rock, North Central West Virginia Airport director, said that federal relief dollars will help replace revenue lost during the pandemic. He added that the airport is bouncing back. Courtesy photo.


By Dawn Hensil  
Staff Writer

As the pandemic drags on, the North Central West Virginia Airport continues to strive for growth in the face of adversity and provide a much-needed service to the people of West Virginia. A

recent allocation from federal COVID-19 relief funding may help. The airport recently received \$35,811 in federal American Rescue Plan funding. Airport Director Rick Rock said the funding will replace lost revenue for the airport

due to individuals not traveling during the pandemic. He said during the pandemic the airport saw two of the three car rental carriers shut down operations, which was a huge hit for the airport. The demand for rental cars significantly

decreased over the past two years. "Rental cars are a significant revenue source for the airport," he said. Rock said it was much easier for travelers to get a rental car when the airport had three car rental companies.



**Building Amazing Cities**

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By **JIM HUNT**  
*author, speaker, consultant*

I remember being a young boy, waking up, looking out the window and seeing a blanket of snow over everything. We would wait to see if school was canceled and if it was, we would bundle up and head outside for a day of fun and adventure. We had a large hill behind our house, and it was perfect for sled riding and snowball fights. After many hours of pulling our sleds up the hill, we would take a break and my mother would have some warm tomato soup and grilled cheese sandwiches for us. As it got dark, we would gather up some old wood and build a bonfire to warm up. We repeated this ritual each time the snow fell and couldn't believe that there was a better way to spend our time. One of the benefits of living in West Virginia is the opportunity to enjoy the four seasons. We spend spring

Continued on Page 3



Continued on Page 7

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Delegate Laura Kimble: Corporate subsidies cost citizens

Governor Jim Justice called a special session for the Legislature to consider the West Virginia Industrial Advancement Act which provides tax incentives for industrial facilities to locate in the state. The Act overwhelmingly passed both the House and the Senate with bipartisan support. I voted against passage and write to explain my vote.

Targeted incentives or corporate subsidies are intended to entice businesses to build projects or hire people. These incentives almost always include some cost savings to the subsidized businesses. Those cost savings come at the expense of the state, either through direct payments or through forgone tax revenues. In either case, it isn't the government that pays those costs. It is the citizens.

Governments generally don't 'earn' revenue. They tax it away from citizens. Every dollar

paid - or tax dollar waived - to a subsidized business is a dollar paid by the rest of the state's citizens. I generally don't believe it is proper to tax the whole of the citizenry in order to provide targeted economic benefits to one or more specific businesses.

Nor do I believe corporate subsidies are an effective way to stimulate the economy or create jobs. As Garrett Ballengee, executive director of the Cardinal Institute for West Virginia Policy stated, "economic incentives...are a bad idea 99% of the time. They're bad theoretically and empirically - the research is quite clear on this." The proper approach is to "lower taxes, create predictable/fair regulatory and legal frameworks, and ensure a level playing field for job creators."

Further, such subsidies seem even more inappropriate when government's outstanding le-

Continued on page 8

This week in West Virginia history

The following events happened on these dates in West Virginia history.

Jan. 19-20, 1978: An overnight snowstorm paralyzed Charleston. Unusual in that more snow fell in the capital city than in Randolph County, total snow depth in Charleston averaged 24 inches, the deepest snow on record for the city. January 1978 became the snowiest month for both Huntington and Charleston, and extended cold kept the snow cover on the ground into March, the longest known continuous snow cover for most towns in West Virginia.

Jan. 21, 1906: The first passenger train ran from Elkins to Charleston following completion of the Coal & Coke Railway. The new railroad, a project of former senator Henry Gassaway Davis, provided a much-needed north-south route through the heart of West Virginia.

Jan. 22, 1927: Confederate General John McCausland died. After the fall of the Confederacy, McCausland fled the country. He returned in 1867 and spent the remainder of his life on his large farm in Mason County.

Jan. 23, 1850: Raleigh County was established by an

act of the Virginia General Assembly. The county's founder, Alfred Beckley, named the county after Sir Walter Raleigh.

Jan. 23, 1888: Union leader Fred Mooney was born in a log cabin on Davis Creek in Kanawha County. He was secretary-treasurer of United Mine Workers of America District 17 from 1917 to 1924 and was a radical leader in the West Virginia Mine Wars.

Jan. 23, 1890: The United Mine Workers was organized at a meeting in Columbus, Ohio, with John B. Rae, a Scottish immigrant, as the first president. Just three months later, in Wheeling, UMW District 17, encompassing most of West Virginia, held its first meeting, elected M. F. Moran as district president and immediately launched what became a struggle of more than 40 years to unionize the state's coal mines.

Jan. 24, 1968: Mary Lou Retton was born in Fairmont. She made history at the 1984 Olympic Games in Los Angeles when, at 16, she became the first American woman ever to win a gold medal in gymnastics and the first native

West Virginia woman to win a gold medal in Olympic competition.

- ACROSS 1 Tax doc. whiz 4 Vietnam Veterans Memorial architect 11 Facility with a Jacuzzi 14 "Deathtrap" star Michael 19 Skirt edge 20 Worship 21 "Can do!" 23 "Deathtrap" dramatist Levin 24 Gotten out of dreamland 25 Tons 26 Inca conqueror Francisco 28 Natural skill 30 Radio shock jock Don 31 Hog food 32 Ltr. insert 34 Nobelist Wiesel 35 Obama's party: Abbr. 36 Deg. for a Wall Streeter 39 Con's vote 41 Light blows 43 Some small batteries 45 Conan of TBS 47 Dumas' "Le — de Monte-Cristo" 49 Suffix with polyethyl- 50 "Explorer" of kids' TV 51 Daytime nap 52 "— and the Night Visitors" (Menotti opera) 53 Sonata segment 55 "Well well well!" 57 Church recesses 58 Cinematic Streep 59 Give fresh life 60 Final: Abbr. 61 Final Greek consonant 62 Moose's kin 63 Singer Redding 65 See 69-Across 67 Mai — 69 With 65-Across, attended as a spectator 72 Casual top 73 Adroit humor 74 U.S.-Canada air-watch org. 75 Bit of an oval 76 Title for Ringo Starr 77 Baseball great Mel 78 "Selena" star, familiarly 79 "What's — for me?" 80 Loretta of "M\*A\*S\*H" 81 Deep anger 82 Virtuoso 84 Minister's study: Abbr. 86 Big name in motor scooters 88 Detach, as a badge 90 Pacific Ocean nation 92 "— -haw!" 93 Actor Rob 94 Snared with a lasso 95 Like a clear night sky 97 Angry mutt's sound 99 Poetic tribute 100 Arab chiefs 101 Mysterious 102 Great Lakes' — Canals 103 Whirled 104 Actor Neill 105 — kwon do 106 Foe of Liston 108 Have the gall 110 Touch gently 112 A bit wet 115 Cure- — (elixirs) 116 Lawn growth 118 Ties tightly 120 Casual affair 124 Rescue financially 126 Even one 127 Former Honda SUV 128 Put under water 129 TV's Jean- — Picard 130 Serpent stuff 131 Super Bowl stats 132 Ceases 133 Volcanic stuff

18x18 crossword grid with numbers 1-133 and black squares.

Super Crossword GO WITH THE FLOW

- DOWN 1 Casino disks 2 Hazard 3 Alternative to eBay or Etsy 4 Bryn — College 5 Worship 6 Canadian expanse on the border with Alaska 7 Brighton beer 8 Tall and thin 9 Apple media player 10 Kathmandu's country 11 Coil about 12 "Wham!" 13 Garden pest 14 Major film studio 15 \$5 bills, slangily 16 Not well 17 Prefix with orthodox 18 First-aid ace 22 Ladies' men 27 Unconcern 29 "So long!" 33 Kayaks' kin 36 1991 film about a family exiled from Uganda 37 — noire 38 Santa — (hot winds) 40 Much tabloid reportage 42 Actor Sean 44 Comic Mort 46 Gym units 47 Attended 48 Brunch order 50 With the current ... or what appears at the starts of eight long answers in this puzzle? 54 Dual-sport Sanders 56 2007 Stanley Cup losers 64 Up to, in ads 66 Hall & — 68 Jackie's #2 70 Less stuffy 71 Fads, e.g. 74 Co-founder of the band Chic 80 Accelerated 83 — avis 85 Brain wave tests, in brief 87 Cease 89 Roving types 90 Jrs.' exam 91 Razor name 96 Scold loudly 98 Act like a lion 103 Bagel seed 107 Ain't right? 109 Overzealous 111 Have faith 113 Dish lists 114 Pump (up) 115 As well 117 Family of PC games 119 Plains natives 120 Nero's 605 121 "How — ya?" 122 Chaney of chillers 123 A cow chews it 125 Oahu wreath

Find the Super Crossword Answers on Page 8!

Jan. 25, 1814: Francis Harrison Pierpont was born near Morgantown. On June 20, 1861, Pierpont was unanimously elected as governor of the unionist Reorganized State of Virginia, which sat at Wheeling until West Virginia entered the Union two years later.

Jan. 25, 1878: Activist Lenna Lowe Yost was born in Basnettville in Marion County. She held key leadership roles in the woman's suffrage movement and the temperance movement.

Jan. 25, 1889: Anna Johnson Gates was born in Kanawha County. The state's first female state legislator, Gates was elected to the House of Delegates in 1922 and served a single term.

Jan. 26, 1850: Wyoming County was formed by the Virginia General Assembly from a part of Logan County.

Jan. 26, 1960: Burnsville High School basketball player Danny Heater scored 135 points in a varsity game against Widen, setting a national record. Heater went on to receive an academic scholarship to attend the University of Richmond.

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# N&J Briefs

FROM AROUND HARRISON COUNTY

This calendar of events listing is provided free of charge to churches and nonprofit organizations. Please submit your listing two weeks prior to the event (if possible) by 4 p.m. on Friday. Send via email to [newsandjournal@yahoo.com](mailto:newsandjournal@yahoo.com).

### Bridgeport Public Library

Bridgeport Public Library at 1200 Johnson Ave. is open to the public. Also, readers can access the library's catalog by reserving books on their website at [www.youseemore.com/bridgeport](http://www.youseemore.com/bridgeport) and may pick up books on the following days and times: M-W-F 12 p.m.-8 p.m and Tuesday & Thursday 12 p.m.-5 p.m. 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.

### Book Sale

Bridgeport library will also hold a daily book sale from Jan. 3-Jan. 31, Monday-Friday from 11 a.m.-7 p.m. and Saturday from 11 a.m.-2 p.m. Buy one bag of books and /or music CDs for \$3; get a bag of books and/or music CDs free. No limit on the number you may buy and get free. Single items are \$.25 each, DVDs are \$.50 each. For additional information call 304-842-8428.

### Lowe Public Library

The Lowe Public Library has resumed its regular hours to the general public: Monday 11:30 am – 7 p.m. and Tuesday- Friday 11:30 a.m.-6 p.m., 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).

### Shinnston Senior Citizens

Shinnston Senior Citizens meets every Friday, weather permitting, from 10 a.m. - 12 p.m. at the American Legion.

### Celebrate Recovery

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

### American Legion

The Auxiliary Unit 31 monthly meeting is at 7 pm on Jan. 20 at Post 31, Shinnston.

# “water supply”

cont. from page 1

the two companies, they selected Thrasher, he said.

Scott said Lumberport's plant is antiquated, and its reservoir is filled with sediment.

He estimated it's been 25 years since any major upgrade to Lumberport's water treatment plant. But transferring water from Shinnston could be expensive, since it would require

pumping water under the river at Haywood, he added.

He said at the very least, he'd like to see Shinnston and Lumberport lines tied together since they both go into the Harrison Power Station in close proximity.

“If you went over there and hooked those two lines together, even if Lumberport's plant went down, you might be able to get

80% of Lumberport's customers in water,” said Clark, who retired as chief from the Clarksburg Fire Department. “But now if Shinnston's went down, Lumberport's plant could run and fill Shinnston's storage tank because our tanks are higher than them and water just (seeps) to the highest level.”

Officials are seeking American Rescue Plan COVID-relief money.

“I like when I turn on the spigot and water comes out,” Clark laughed. “It's pretty nice to take baths and wash your clothes. I think it's great that the two cities are working together, trying to solve a problem. I think it'll take awhile but I think we'll work it out and see what the engineer says and go to work.”

# “winter weather”

cont. from p. 1

getting our homes in shape and putting down fertilizer on our yards. It is time to get our outdoor equipment tuned up and ready for summer. Our summers are generally mild and allow for outdoor activities in the beautiful terrain of our wild and wonderful state. Swimming, boating, hiking and dozens of other activities are enjoyed by visitors and residents alike. The fall in West Virginia is one of the most beautiful times of the year and the leaves and fall festivals draw thousands to the Mountain State.

However, winter in West Virginia is something special and completes the picture of a beautiful state with activities throughout the year. I've often wondered what it would be like to live in a place without the snow and cold. Does it get boring, waking up to sunny skies and never having to learn to drive on icy roads? Do kids miss having snow days and getting to spend the day goofing off with their friends? Since there haven't been a string of moving vans heading north to West Virginia, I assume that people are getting

along just fine without our snow and ice, but I believe we are much better off with the variety of weather we get to enjoy. A good friend of mine, former Alderman Joe Moore of Chicago, recently went on a trip of a lifetime to Antarctica and I followed his trip with interest. He and his wife, Barbara, took a cruise to the southernmost continent, where the highest temperature ever recorded was a mild 64 degrees. Barbara took a dip in the freezing water and the video of her emerging from the water gave me chills.

They say that as you get older, you do not tolerate the cold like you did when you were younger. I will admit that it is difficult to get motivated to head outside on some of the cold, winter mornings and when I get home at night, it takes a lot to convince me to go back outside. However, a cup of hot chocolate and a fire in the fireplace brings back the memories and reinforces my love for our state. With snow in the forecast, this might be a good time to enjoy our Wild, Wonderful, Amazing state and put another log on the fire!

# “senior center”

cont. from p. 1

and Your Community Foundation gave \$5,000. The senior center supplied the rest of the funding for the about \$50,000 truck. Federal COVID-19 relief funding helped, she said.

Low-income housing centers, senior complexes and churches

are among the areas where they redistribute. They redistribute more than 30,000 pounds of food per month. Volunteers were using a passenger van, putting boxes on seats and floorboards. Fitzgerald said volunteers will save hours of loading/unloading time. She

noted that many volunteers are older, and the work is strenuous.

The center will also use the truck to pick up gently used medical equipment. Seniors without insurance to cover medical equipment needs often call the senior center to see if they have

equipment to loan to them free of charge. Currently, the center needs gently used wheelchairs. If you have medical equipment in good condition you would like to donate, please call 304-623-6795.



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# Happy birthday to my siblings

## GRAPEVINE

By Rosalyn Queen



I wanted to spend a few lines talking about my sister Joan who is celebrating her 85th birthday. She is one of a kind and since she is a little older than me, I have really never known life without her. The ironic thing is that only for a short stint of her living in Kentucky we have really never been separated. So, when you think of 82 years there are really a lot of memories. I could fill this newspaper with memories if they would allow it but some of those memories are just for

me. We were maids of honor for each other. We had babies just three weeks apart. We vacationed together at Rehoboth Beach for many years. We spent many times camping, enjoying family celebrations and times together talking. I was so proud of her when she went back to college raising three kids, got her degree, and then was named as director of the Career Center. She has enjoyed a lifetime of accomplishments and now in her retirement

years, she and her husband, Virgil, have had the opportunity to enjoy and spend time with their children, grandchildren, and even three greats. I thank her for being my sister but most of all for being one of my best friends,

Lest I forget, she shares her birthday with our brother, Bill, whom I must mention. I think I have the best brother in the world but then don't all sisters. Although he lives in Florida, he still maintains a home here and we get to be together almost monthly. I feel sorry for those who do not share a relationship with their brothers. My sisters Joan and Cathy know that he was the apple of our mom's eye, but that's OK, now he is the apple of our eye.

So, to the best brother and sister a very happy birthday and many more in good health.

My heart is broken that I have not been able to spend time with the families of John Oliverio and Patty Zara. I will be having eye surgery again next week and am trying to be very careful about getting the virus. I know that they understand, but both families are an extension of my family. My sympathy to three Zara girls and their father and to all the Oliverio children and their families. I hope that soon we will be able to get together.

I hope you are all staying warm and healthy. Take care and until next week "Now You Have Heard It Through The Grapevine."

# Good health and kind gestures

## Pine Bluff News



It started snowing last Thursday afternoon and when I got up Friday morning, we had 7 feet of snow on the ground. I also discovered my neighbor Jimmy Martin had already plowed off the driveway. I appreciated that. I had to wade through the snow on the back deck and walkway to get to the shed. That was where the snow shovel was hanging. Mister procrastinator here was going to put the shovel by the back door four weeks ago for this very reason. Oh well. It's there now.

The only thing I shovel anymore is a shovel-wide swath on the deck and walkway to the breezeway. Once I get to the breezeway, I can get into the garage where there are two four-wheel-drive vehicles. If they

can't make it out of the driveway then I don't need to go. I haven't had to use the snowblower in four or five years. It hasn't been out of the shed in two years. I used to love getting out and playing in the snow. The two keywords are "used to."

Thursday, I had a couple appointments at the VA hospital (Sure miss the valet parking). The first appointment was for an ultrasound of the thyroid? I told the nice lady who was performing the procedure, "I ain't got one! They removed it last year!" She said we're just checking to see if everything is OK. Apparently, it is because I didn't hear the machine making any weird sounds.

While waiting for the next appointment, I ate at the cafeteria

and then stopped to talk with my old friend Jim Toothman (the guy behind the big glass window near elevators), and they still don't have a stoplight in Fairview yet, in case you were wondering.

While chatting, Chris Shaw (pulmonary technician) sat down beside me. He said I was just going to call you to confirm your pulmonary test for tomorrow, but I spotted you sitting here and am taking care of it personally. I always enjoy talking to Chris.

When Chris left, a gentleman came by the window and was talking to Jim about Alabama football and Nick Saban. He said that Nick was going to coach one more year and then retire. After he left, I asked Jim who the gentleman was and he said that's Nick's brother-in-law. Stop the presses; maybe I have a scoop!

Then I was telling Jim that I just passed a milestone in life because the first of the

year marked 25 years since I retired, and I have enjoyed every minute of it. About that time, a guy on an electric scooter behind me said, "I remember when you retired." Because of masks, I couldn't recognize the person. Then he said, "I'm Pete Turner." We had worked together for a short time at the Osage Mine. He's a very nice gentleman.

The next appointment was with primary care physician Dr. Barreto. After checking me out, she said the lab work looked fine and I was good to go for another six months (bad news for the local undertakers). I was sure glad to hear that because for the last two years, I've had visits monthly and every three months. So, for now I can drag that one foot back out of the grave.

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

Ace

# Court rules in unemployment case

## Staff reports

The West Virginia Supreme Court has upheld a lower court's ruling that the state was legally entitled to opt out of additional federal unemployment benefit programs related to the coronavirus pandemic.

Represented by the nonprofit legal firm Mountain State Justice, Rebecca Urie, of Charleston, and Kimberly Griffith, of South Charleston, filed lawsuits in late July in Kanawha County, against Scott Adkins, Commissioner of

Workforce West Virginia. Kanawha County Circuit Judge Maryclaire Akers had ruled against the two women.

Lawyers for the plaintiffs had argued that the law requires the Workforce West Virginia commissioner to secure "all advantages available" from the federal government for unemployed people.

Brent Wolfingbarger, West Virginia Senior Deputy Attorney General, and Virginia Payne, Deputy Attorney General, argued that the statute mentions several

other federal laws, but doesn't specifically say the commissioner must take advantage of CARES Act funding.

West Virginia Attorney General Patrick Morrisey issued a statement in praise of the ruling.

"Time has shown that the lower court correctly held that the state had no clear legal duty to continue participating in those pandemic-related programs," Morrisey said. "We hope that the Supreme Court's ruling will advance the goal to see that all able-bodied

and healthy folks get back to work."

However, according to the left-leaning West Virginia Center on Budget and Policy, "the enhanced unemployment benefits and extended eligibility under the CARES Act did not create disincentives to work. Rather, unemployment benefits keep millions out of poverty, boost the economy, and provide a vital lifeline to both jobless workers and businesses," said Sean O'Leary, senior policy analyst.

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# HOUSE Call



## FLU FAQs



with **DR. MARK POVROZNIK**

### FAQs ABOUT INFLUENZA

#### What is Influenza (Flu)?

Influenza, also known as the flu, is a respiratory infection caused by the spread of the influenza virus. The infection mainly affects a person's nose, throat, and lungs and can come in four main types: Type A, B, C, and D.

Each type of influenza has varying strengths and viral characteristics when it comes to how it can spread. Influenza Type A and Type B are the most common and usually spread among humans each year (flu season). Influenza Type C is less common and less severe, and influenza Type D is usually only seen in animals such as cattle.

#### How Does the Flu Spread?

The flu is spread from an infected person to a healthy person via water droplets or vapors containing the influenza virus, usually transmitted in a cough, sneeze, or talking within close proximity. The influenza virus can also live briefly on solid surfaces and be transmitted to someone who has touched their eyes, nose, or mouth after touching the contaminated surface. This is one reason why handwashing can be such a powerful preventive measure.

Once the influenza virus enters a person's system, it begins to attack their respiratory tract. If their immune system cannot fend off the virus, the person will become infected and contagious. The person will quickly begin experiencing symptoms of the infection and will spread the virus further without proper precaution.

#### What Are Symptoms of the Flu?

Main symptoms of the flu include coughing, sneezing, runny nose, sore throat, headaches, fatigue, and muscle soreness throughout their body. These symptoms usually begin one to two days after a person has had contact with the influenza virus and typically last between two and eight days.

Though some individuals may experience the asymptomatic flu, in which they do not experience any symptoms, others may experience more severe symptoms such as high fever, nausea, vomiting, dizziness, chest pain, and shortness of breath.

The influenza virus can often lead to other more serious health complications such as pneumonia and bronchitis and infection and inflammation in other areas of the body. Preventing influenza can help to avert the development of these other conditions.

#### When is Flu Season?

Flu season in the United States typically occurs in the fall and winter months, with some seasons lasting until early spring. Though the influenza virus is present throughout the year, environmental factors such as temperature and low humidity allow the virus to survive longer and be transmitted more quickly in the colder months.

### FAQs ABOUT THE INFLUENZA (FLU) VACCINE

#### When is the Best Time to Get a Flu Vaccine?

The Centers for Disease Control (CDC) recommends that individuals receive an influenza vaccine—also known as a flu shot—each year by the end of October to prepare for the oncoming flu season. Because influenza is a virus, it is constantly mutating, and so it is important to get the flu vaccine each year to protect against the new variants.

#### Who Should Get a Flu Vaccine?

It is advised that everyone age six months and older should receive the flu vaccine each year. However, there are some groups of people that should be prioritized. These groups include:

- Children between the ages of 6-months and 4-years
- Adults older than 50 years old
- Those with a history of asthma, hypertension, diabetes
- Those who are immunosuppressed due to medications or infection
- Those who are pregnant or will become pregnant during the flu season

In addition to this list, the CDC also recommends that healthcare workers, individuals who work with children under the age of 5 and adults over the age of 50, and caregivers of individuals with advanced medical conditions receive the flu vaccine to prevent the spread of the flu to those around them.

#### Who Should Not Get a Flu Vaccine?

Individuals who have had severe allergic reactions to the flu vaccine, or any ingredients used in the influenza vaccine, should not receive the flu vaccine. A person should speak with his/her primary care physician if he/she has any questions regarding the flu vaccine and any potential risk based on his/her personal medical history.

#### Who Should Talk to Their Health Care Provider Before Getting a Flu Vaccine?

It is recommended that individuals with the following health conditions talk with their primary care physician when deciding whether to receive the flu vaccine:

- A severe allergic reaction to a previous dose of the flu vaccine
- An allergy to eggs or any of the ingredients used in the flu vaccine
- A current or prior diagnosis of Guillain-Barré Syndrome (GBS)
- A recent illness that may present complications alongside the flu vaccine

#### Flu Activity in My Community is Low Right Now. Should I Wait to Get My Flu Vaccine?

Though flu activity may seem low, it can begin spreading rapidly at any moment. Getting the flu vaccine when it is available gives your body time to develop the antibodies needed to protect against the flu. This can usually take about two weeks, which is why it is recommended that individuals receive the flu vaccine by the end of October, regardless of the flu activity around them.

## DR. P's CHICKEN SOUP RECIPE



Chicken soup has been scientifically shown to halt the bacteria-devouring white blood cells (WBCs) that respond as part of our immune system. While WBCs have little ability to kill off a virus, they do stimulate the production of mucous causing a stuffy nose, headache, sneezing cough, and sputum production.

The warmth of chicken broth naturally helps alleviate nasal congestion. The liquid helps provide hydration and contains vitamins, minerals, and healthy nutrients. Chicken itself is packed with protein, which supports the immune system.



#### INGREDIENTS

- 1 whole or quartered chicken (3-4 lb., bone-in)
- 3 cups diced celery (include the celery leaves for added flavor)
- 3 cups diced carrots
- 1-½ cups pastina (may substitute 16-ounce egg noodles)
- 1 package fresh spinach (optional)
- 4-5 bay leaves
- 3-4 tablespoons olive oil
- Chicken bouillon (optional)
- Salt and pepper to taste

#### DIRECTIONS

1. Place chicken in a large stock pot along with any carrot or celery ends. Season generously with salt and pepper. Cover with water. Simmer 60-90 minutes until chicken is completely cooked.
2. Remove the chicken to cool. Strain and reserve the broth.
3. Debone the chicken and chop into pieces. Set aside.
4. Return all the bones and skin to the stock pot, cover with water or canned chicken broth. Allow to cook another 30-45 minutes to extract more flavor. Strain and reserve the broth.
5. Add celery, carrot, bay leaves, and olive oil to the stock pot. Season lightly with salt. Heat, allowing vegetables to sweat until near tender.
6. Add reserved chicken broth and pastina. Simmer until pastina is mostly cooked.
7. Return the chicken and add the spinach. Continue to simmer 15 minutes.

*Enjoy!*

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## Mountaineer Hoops take center stage



### The Bottom Line

By Bill Nestor  
Sports Editor

West Virginia University's legendary head coach Bob Huggins had a rollercoaster of a week. Last Tuesday his team claimed a double-digit win over Oklahoma State. That lock-up took place in Morgantown in front of over 10,000 fans. Sure, the home-court advantage is a difference-maker, but it does not diminish this impressive accomplishment. The victory gave Huggins a 13th win but that wasn't the biggest takeaway from the affair. Fairmont native Jalen Bridges had been in somewhat of a sophomore slump, but the multitalented Bridges poured in a season-high 22 points on six of 14 shooting from the field and a perfect 10 of 10 from the foul line. Bridges also grabbed a handful of rebounds in the lock-up to keep WVU unbeaten at home.

The Mountaineers were

more than a one-man show as three additional players joined the double-digit scoring party Taz Sherman, Sean McNeil, and Gabe Osabuohien contributed 13, 12, and 12 points respectively. Everything appeared to be going in the right direction for the entire squad heading into its biggest challenge of the campaign.

West Virginia had three days to prep for perhaps the biggest road match-up in the entire year. Allen Fieldhouse on the campus of the University of Kansas is a storied venue that provides more heartbreak than any other over the years for Big 12 teams. This proved to be no exception last Saturday for the Mountaineers. The first half provided a solid start for WVU, which laid the groundwork for a possible upset. The 33-31 Kansas lead was a mere bump in the road in the path of the potential

signature win for this year's edition.

Unfortunately, the second half didn't go as planned for Mountaineer Nation, as the Jayhawks were nearly impossible to guard in the final 20 minutes of play. The hosts shot 61% from the field while outscoring West Virginia 52-28 en route to the victory. Since joining the Big 12, the Eers are winless (0-10) at the Fieldhouse.

There were some positives to take away from this one-game road trip. Bridges continued his resurgence with a double-double that included a 12-point and 11-rebound performance. That included a pair of three-pointers breaking a two-game drought. While Taz Sherman continues to recover from the after-effects of COVID-19, the need for offensive support was met by Malik Curry. Curry, the senior guard, came off the bench to score a season-best 23 points in 25 minutes of play. Curry had four previous double-figure scoring efforts, but this effort was by far his best considering the

opponent and the location of the game.

With opportunities come experience. Those that capitalize will garner more playing time making the team that much better in the process. Thus the term "team-building" comes into play, which is exactly what Huggins is trying to accomplish even in a loss like this one.

...

On the women's side, Head Coach Mike Carey and his team picked up their first conference win this week. Carey and his crew took down Texas Tech, 64-53 last Wednesday. The Coliseum provides an incredible home-court advantage that propelled the Mountaineers to victory. Carey has always hung his hat on defense and it was no different in this battle. The Mountaineers forced an impressive 21 turnovers scoring 19 points off them. It hasn't been the traditional quick start that previous teams have had under Carey but as always, you can count on a strong finish!

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

## Lego challenge is back



### From The World Of Parks & Recreation

By Doug Comer

Every kid's memories entail something related to Legos. For me, building Star Wars creations with my son Jake was always something special and even today with Costa, we have him using his imagination in creating one-of-a-kind items to display in the living room. At the parks department, we would love to see what every kid in the reading area can do.

In 2021, we offered a contest where kids could show off their talent in making themed items, and boy, the results were amazing. We considered imagination and looking outside of the box when deciding the winners. All winning entrants received a certificate and a chance for prizes at the end of the contest. We saw great

participation, and so we decided to do it again this year.

"Legos have always been a part of a child's development, and even adults today have collections that go well beyond the level of difficulty than in the past," said Director Mike Book. "And, earlier in the pandemic, we purchased some Legos that were themed for NASA's Apollo celebration to display for enrichments. And some of the staff were delegated to make some of the items. And this created the buzz of having a contest."

This year's start date is slated for Jan. 17. Kids will be able to submit entries through our webpage [hcparks.org](http://hcparks.org). Each week there will be a different theme and just like in the past, we are looking at creativity when deciding the weekly

winners. And to make all things fair, we will have three different age brackets for the participants: ages 7-and-under, eight-to-12 years of age, and 13-to-16 years old.

"We encourage any type of extracurricular activities with the kids," said Book. "Whether it is recreation, enrichments or even family time, we try to keep kids away from the iPads, phones and other electronics and having something like this is just another avenue to entertain the kids. We hope to have a level of competition as we did last year."

The six-week contest offers different themes. Kids have over a week to get each done, time for them to really get into the projects and use their imagination to create something wonderful. From animals to Olympic theme creations, the kids will really enjoy the topics.

"Those that

followed the contest on Facebook last year, we had entries from Knoxville, Tennessee to Manassas, Virginia and we did not expect to see how wild families went over this. Again, it just shows you how much of an influence that Legos have on families. You are seeing it in movies and in books. The marketing of Legos nowadays almost makes it impossible to not be exposed to the product," said Book.

We have set some limitations on the contest including one entry per child per week. But, for those who complete projects for every week, we will add two more entries as a bonus. Look for some bonus challenges during the sixth week in late February.

If you have some questions or would like some more information, please contact Donna Stuart at the parks office at 304-423-7800.

## Senior citizens select officers

Submitted by  
Donna Post

The Shinnston Senior Citizens met at the American Legion ballroom on Dec. 10 with President Janet Dotson presiding. After games of Bingo, they pledged allegiance to the flag and sang the National Anthem.

Dotson informed the members effective Jan. 1, 2022, Carla Wilfong

would assume the office of vice president. The office of treasurer was combined with the office of secretary; Donna Post fills that position. Janet Dotson will continue as president.

Prizes won: Melvin Sowers won the door prize. Jo Smith won the 50/50 drawing. Karen Flanigan won the cover all and the guessing jar.

Brenda Nestor gave the devotion. Lunch was spaghetti and meatballs provided by Betty Waddy.

Those in attendance not already mentioned were Violet Stout, Enith Wright, Delores Minor, Stanley McIntire, Dortha Parsons, Donna Yelich, Tom Willis, Jeff Willis, Linda Wilfong, Jean Hornick, Nannette

Hixon, Jeannette Bonell.

Organizers said each member would receive a fruit basket at the next meeting. Members were encouraged to wear the favorite Christmas sweater for that meeting as well. For their Christmas dinner, they were scheduled to have ham prepared by Carla Wilfong and Margaret Yost.



*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 Athlete of the Week award is an avenue to promote the youth of our county, while bringing attention to their athletic accomplishments. This week's winners of the Shinnston News & Harrison County Journal's Athlete of the Week are Notre Dame's Bella Ramsey and Robert C. Byrd's Brayden Thomason.*

*Fighting Irish basketball player Bella Ramsey had an impressive effort in a*

## Department reports 58 structure fires in 2021

The Shinnston Volunteer Fire Department calculated and released its number of calls for 2021. The fire department responded to 58 structure fires, while most calls were medical emergencies. The Ten House responded to 939 calls for service in 2021, according to the fire department.

loss to Tygarts Valley Jan. 11. Playing on the road, Ramsey garnered game-high honors in points and rebounds. Ramsey finished with 15 points and 17 rebounds.

Flying Eagles hoopster Brayden Thomason had a solid outing in a setback to Grafton in overtime Saturday. Thomason scored a team-high 22 points in the lock-up. Thomason was near-perfect from the foul line, going seven of eight on the night. He was also impressive on the defensive side of the court utilizing a tenacious effort to disrupt the Bearcat offense while coming up with a pair of steals in the process.

Congratulations to Notre Dame's Bella Ramsey and Robert C. Byrd's Brayden Thomason for being named the Shinnston News & Harrison County Journal's Athletes of the Week!

The calls were broken down as follows:

510 medical emergencies	117 service calls (tree down, flooding etc.)
58 structure fires	36 motor vehicle accidents
173 fire alarm activations	8 vehicle fires
18 unknown or other type fires	

## Blood drive scheduled

Healthcare providers in the region say blood supplies are at a critical low.

WVU Medicine is also urging eligible donors to find a nearby blood drive, according to a news release.

"Blood is a life-saving resource for surgical, trauma, cancer, and other patients," Michael Edmond, M.D., WVU Medicine chief medical officer, said. "It is a resource that can only be obtained by the selfless act of blood donation. Critically low supply levels like we experience now make it challenging to provide care to those who depend on it."

According to the American Red Cross, one donation can save up to three lives, and the typical blood transfusion recipient receives three units of blood.

You may be eligible to donate blood if you are in good health and feeling well, are at least 17 years of age, weigh at least 110 pounds, and have not donated blood in the last 56 days.

"Blood donation only takes a few minutes of your time, but it can make an enormous impact on someone's life," Dr. Edmond said. "I strongly encourage everyone to donate blood if they are able."

United Hospital Center's next Blood Drive is at The Bridge Sports Complex on Feb. 2 from 10 am to 3:30 pm, according to a news release. For more information or to schedule a donation, call 412-209-7000 or visit [www.vitalant.org](http://www.vitalant.org). You can also find a blood drive near you at [Vitalant.org](http://Vitalant.org) or [RedCrossBlood.org](http://RedCrossBlood.org).



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#### Geneva Blanche (Heater) Leemasters



Geneva Blanche (Heater) Leemasters, 79, of Shinnston, passed away on January 12, 2022 at her residence. She was born November 13, 1942 in Baltimore, MD, the daughter of the late Offie Ruck Heater and Nellie Blanche (Bunnel) Heater.

Geneva loved the Lord, her family, babysitting and helping cook at Enterprise United Methodist Church. She sold Blair and Avon cosmetics, did janitorial work at Jimmy's Diner and the Post Office, worked at Helms Store and rolled hair for her neighbors.

Geneva is survived by two sons: Robert Leemasters and wife Connie of Mineral

Springs, NC and Keith Leemasters and wife Rose of Clarksburg; daughter, Lisa Wolfe and husband Michael of Philippi; one sister, Juanita DeBerry and husband Marvin of New Quarters; two brothers: Ruck Heater of Lumberport and Roy Heather of Shinnston; three sisters in law: Jenny Rose Trump and Dotty Scholz both of OH and Cecilia Leemasters of NC; three grandsons: Daniel E. Leemasters and wife Samantha of LA, Jeremiah Leemasters and fiancée Krissa of NC, and Daniel L. Williams and wife Alicia of Clarksburg; four granddaughters: Holly Weaver and dog, "Gizmo" of Weston, Kristy Leemasters and fiancé JD of Clarksburg, Robin Williams of NC and Rochelle Dupree of Shinnston; twelve great grandchildren and many nieces and nephews.

In addition to her parents, Geneva is preceded in death by her husband, Alton; five sisters: Naomi

Heater, Linda Riley, Dotty Long, Rosemary Arbogast and Patty Layfield; two brothers: Roger and Russell Heater.

The family would like to give a special "Thank You" to WVU Medical Hospice nurses: Tessa, Dana, Barb and Emily.

In lieu of flowers, donations can be made to Geneva's memorial fund on her tribute page at www.DorseyFuneralHome.com, in order to support the family.

Family received friends on Sunday, January 16, 2022 from 2:00pm - 8:00pm at Dorsey Funeral Home, 701 S. Pike St., Shinnston. Funeral service was held Monday, January 17, 2022 at 11:00am with Pastor Brian Plum and Pastor Matthew Keith, officiating. Interment at Enterprise IOOF Cemetery.

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

## Out Of The Past

Memorable Photographs from around Harrison County.



A classroom of students sit at their desks at Hepzibah School in the very early 1900s. Photo courtesy of Bobby Bice.

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## "relief funds replace airport revenue" cont.fr om p.1

rental companies. "2019 was a banner year for the airport and in 2020 the bottom fell out," he said.

Since then, business has improved. In 2021, the airport saw an approximate 40% increase in revenue over the previous year, according to Rock.

New flights to new destinations are being implemented, and a large jet repair facility is being constructed on the grounds

of the airport. This state-of-the-art facility will be approximately 105,000 square feet and will, when completed, provide more than 300 jobs to the region in the field of aircraft maintenance, Rock said.

According to a news release from Senator Joe Manchin's office, four airports in the state received \$334,000 in American Rescue Plan funding.



## VA Hospital request s cards for veterans

Submitted by Wesley R. Walls

Public Affairs and Community Relations Service

The Louis A. Johnson VA Medical Center will

be celebrating National Salute to Veteran Patient Week from February 13 - February 19, 2022. Although, we are not able to have visitation, we are asking for Valentine

Day Cards to be sent to our hospitalized Veterans to be handed out during the week of February 13<sup>th</sup>.

You can either mail them to: Louis A.

Johnson VA Medical Center Attention: Voluntary Service (00-P) One Medical Center Drive Clarksburg, WV 26301 Or you can email cards/messages to: [MAIL4VETS@](mailto:MAIL4VETS@VA.GOV)

[VA.GOV](http://VA.GOV)

If you would like to donate care items; inquire about volunteer opportunities; or have any questions about National Salute to

Veteran Patient Week, please call Voluntary Service at: 304-623-3461, Ext. 3669. #

## VA tightens up COVID restrictions

Submitted by Wesley R. Walls

Chief, Public Affairs and Community Relations Service, Louis A. Johnson VA Medical Center

In response to the Omicron variant surge of COVID-19, this virus'

significant increase in transmissibility, and the rising community transmission, the Louis A. Johnson VA Medical Center will be instituting new masking and visitation procedures. Beginning on Jan. 18 the only approved masks are medical-

grade N95 or KN95 masks. Cloth masks, gaitors, scarves and neckerchiefs are prohibited. That includes all cloth masks without N95 or equivalent filtration.

Inpatient visitation will be restricted to patients whose death is imminent

and limited to two visitors at a time. Outpatient visitors will be limited to one adult essential companion if the patient must have someone to understand the treatment plan or assist with the patient's care. In both cases, the visitor must be

18 years or older, pass screening and comply with masking requirements. Alternatives to face-to-face visitation can be offered and accomplished through telephone and virtual methods. The updated masking and visitation policy

is in effect at all Louis A. Johnson VA Medical Center properties, including the main facility and all community-based outpatient clinics. If a mask is found to be non-compliant, a compliant mask will be provided.

## City issues candidate filing correction

City Hall will be open 8 a.m. to 4 p.m. on Saturday,

Jan. 29 to receive candidate filings. Any candidate

filings mailed will be accepted if postmarked by

midnight, Jan. 29. City Clerk Kathleen Panek apologizes for

the error in the story titled "Candidate filings begin" on

page 7 of the Jan. 13 issue.



# “Kimble: subsidies cost citizens” cont. from p. 1

gitimate obligations are not being fully met. If roads are not well maintained or there are significant needs going unfulfilled in government services, the costs associated with such business subsidy plans are even more acutely felt by the citizens.

Finally, while it's tempting and easy to trumpet any jobs that immediately result from such subsidies, the opportunity costs of what might have otherwise been accomplished with the funds is often ignored or forgotten. As Ballangee wrote, “if West Virginia’s surpluses are going to be

used for economic development strategy, it would be more prudent for the surplus to be used to ‘pay down’ the income tax. Targeted industrial policy has an abysmal track record and is anathema to free markets.” In short, I believe government should limit itself to its proper functions, tax its citizens as little as possible to accomplish its legitimate objectives, and leave business development and job creation to free markets which are sure to thrive when government provides a fair and level playing field and otherwise stays

out of the way of its free citizens voluntarily exchanging value for value under the rule of law. (Editor’s note: Delegate Laura Kimble, R-Harrison was one of just two delegates who voted against the bill, which multiple media outlets reported was meant to entice Nucor Steel to locate in Mason County. Delegate Chris Pritt, R- Kanawha, also voted against it. All other Harrison County representatives voted for the bill.)



Delegate Laura Kimble

# Lions honor veterans

Submitted by Betsy Turner

On Nov. 11, 2021, the Shinnston Lions Club partnered with American Legion Post 31 and the American Legion Family (Auxiliary, Sons and Riders) to host its annual post Veterans Day Parade Lunch at American Legion Post 31, Shinnston.

Following the invocation by Cliff Shingleton, American Legion Riders Post 31, the program was opened by David Minor, Shinnston Lions Club. Maxine Weser introduced guest speakers Terry Robey; Veteran Joe Shepperd; Kenny Skye, American Legion Auxiliary Department of West Virginia President,

Cathy Post; Commander Post 31, Bruce Grimes; and American Legion Auxiliary Unit 31 President, Carla Wilfong.

After the table blessing by American Legion Auxiliary Unit 31 Chaplain, Betsy Turner, the lunch, prepared by American Legion Auxiliary 31 was served. The menu included hot dogs with all the “fixins”, macaroni and cheese, baked beans, three kinds of salad and a variety of desserts provided by the Lions Club. The tables, decorated by the Lions Club were patriotic-themed with vases of variegated red, white and blue carnations. The Lions Club presented guests with

commemorative travel mugs with a veterans logo and “Shinnston Lions Club Parade 2021”. American Legion Auxiliary Unit 31 presented all veterans attending with a card and a poppy. Approximately 85 people participated in the event.

All in all it was a busy day celebrating our veterans by the Shinnston Lions Club and American Legion Post 31 and the American Legion Family.



Pictured during a break between events are Betsy Turner, Marsha Duckworth, Karen Flanigan, Cathy Post, Carla Wilfong, Margaret Yost and Lois and John Layman.

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### Answers

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T	E	E		W	I	T		N	O	R	A	D		A	R	C		S	I	R		
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				P	R	O		R	E	L		V	E	S	P	A		U	N	P	I	N
P	A	L	A	U		Y	E	E		E	S	T	E	S		R	O	P	E	D		
S	T	A	R	R	Y		G	R	R	R		O	D	E		E	M	I	R	S		
A	R	C	A	N	E		S	O		S	P	U	N		S	A	M					
T	A	E		A	L	I		D	A	R	E		P	A	T		D	A	M	P		
				A	L	L	S		G	R	A	S	S		T	R	U	S	S	E	S	
D	A	L	L	I	A	N	C	E		B	A	I	L	O	U	T		A	N	Y		
C	R	O	S	S	T	O	U	R		I	M	M	E	R	S	E		L	U	C		
V	E	N	O	M		T	D	S		D	E	S	I	S	T	S		A	S	H		