



Scholarship honors Lumberport VA worker

By Mary Heinrich
Staff Writer

One of the new scholarships established on West Virginia University's Day of Giving has a story nearly a century in the making behind it. The Thelma Marion Ferrise Nursing Scholarship, which will be disbursed beginning in the fall semester of 2023, has a history rooted deeply in love and admiration.

Natalie Ferrise Bush, a former student of the WVU School of Nursing, established this scholarship on March 9. Her own training at WVU led Bush to quite a formidable career in adolescent mental health and in women's health care. She serves as chair on the WVU School of Nursing advisory board and co-chair of the John Hopkins University School of Nursing advisory board. She is also a member of the Inova Health

Foundation board and a trustee of the Potomac School in McLean, Virginia, where she makes her home. Bush also volunteers as a registered nurse at the Arlington Free Clinic.

Despite all this achievement, the scholarship is not named the Natalie Bush Scholarship. Instead, it is named for a woman who holds the admiration of this highly accomplished woman: her aunt. Thelma Marion Ferrise was born in and lived her life as a resident of Lumberport. Her loving niece said Ferrise was the daughter of Italian immigrants and her father and brothers all served in the United States military.

In 1945, Ferrise graduated from Lumberport High School and joined the workforce, working at a local pharmacy and at the Maidenform Factory as a seamstress



Thelma Marion Ferrise, who died Feb. 6, often said the world needed more love, according to her obituary. Her niece Natalie Bush has established a scholarship in her honor. Courtesy photo.

to help support her family. This comes as no surprise when speaking of the woman whose obituary records, "The bedrock of her life was her family and kindness."

In 1978, at 50 years

old, she found an opportunity to change her life through education, and she did. She earned a special clerical diploma from WV Career College in Clarksburg and in 1979, she found her calling.

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Clarksburg's First Fridays are set to begin April 1. On-street parking will be available downtown for free at all metered spaces as well as at Jackson Square. The covered upper lot is accessible from Traders Ave between 3rd and 4th Streets, and the lower lot is accessible on Pike at 321 W Pike St. Courtesy photo.

Clarksburg First Friday arts events in the works

Submitted by the City of Clarksburg

CLARKSBURG – The City of Clarksburg is joining with community partners and local businesses for the kickoff to Clarksburg's "First Fridays" on Friday, April 1, beginning at 4:30 p.m. in downtown Clarksburg.

"Everyone is invited to come and explore what downtown Clarksburg has to offer," said Tina Yoke, executive director of the Clarksburg Visitors Bureau. "First Fridays is a great way to unite businesses, artists, organizations, and the community to showcase the beauty and opportunity existing right here in our city. Downtown businesses will be open, our restaurants and cafes will be open, live music will be playing, and I encourage everyone to come and enjoy Clarksburg's historic downtown with us."

Special events will include an artist gallery, featuring local artists Jim and Katy Crim and handmade wood art from Daniel McQuade, at the Clarksburg Community Action

headquarters at 333 W Main St. The artists will be in attendance, and artwork from each artist will be available for purchase.

A "Scavenger Hunt Eggstravaganza" will originate at the Clarksburg-Harrison Public Library at 404 W Pike St. and will take participants on a hunt through a selection of notable downtown locations and businesses in search of special Easter eggs. Participants may start the scavenger hunt at any time during the event.

Eventgoers will have the opportunity to enjoy live music in the courthouse breezeway, specialties from local-area food trucks, and special hours at downtown businesses including the Clarksburg History Museum located in the Harrison County Board of Education building at 445 W Main St.

Families are invited to finish their downtown experience at The Robinson Grand Performing Arts Center for a showing of the movie "Peter Rabbit 2: The Runaway" beginning at 7 p.m. Tickets are available

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Lincoln Middle School Wildcats win



Shinnston City Council recognized the Lincoln Middle School girls' basketball team at its March 14 meeting. The Wildcats became the Harrison County middle school champions following their defeat of Bridgeport in the 2022 championship on Feb. 19. The team consists of eighth graders Gracey Fortney, Sadie Adams and Manager Darby Freeman; seventh graders Adriana Elder, Mia Barnes, Aundrea Rockwell, Emery Riley, Journey Honaker, and Dakota Davison; and sixth graders Kerstyn Leggitt, Kennedy Linville, Ava McGill, Bristol Toth, and Manager Emmy Salerno. Coaches are Jessica Logar and Chelsea Holcomb. Courtesy photo.

PSC: eight counties lose 911 service

By Erin Beck
Editor

Eight counties in West Virginia, including Harrison County, lost 911 service for varying lengths of time earlier this month.

While Harrison County was able to reroute 911 calls to Marion County, other counties weren't as fortunate, according to emergency officials. Some callers had to look up the number for their local fire station or sheriff's department.

Frontier Communications is the phone provider responsible for 911 service in the state.

None of the emergency officials contacted reported that anyone died or complained about being

unable to access help, but those emergency officials also said they'd only know about such cases if members of the public reported them.

Three counties, Ohio, Marshall and Brooke, along with the West Virginia Enhanced 9-1-1 Council, filed complaints with the Public Service Commission of West Virginia, which regulates utilities like phone providers. On March 7, the 9-1-1 Council wrote in its complaint that Barbour, Brooke, Grant, Harrison, Taylor, Ohio, Marshall, and Wetzel counties were totally or partially without 911 service in the previous several weeks, especially March 3-6.

Harrison County's

Office of Emergency Management posted on Facebook that those attempting to reach 911 in Harrison and Taylor counties should call the business line, 304-626-4900, at about 5:30 p.m. March 5 and posted that the lines were functional the next day at about 9 p.m.

"For a period of time when they called 911, they were either getting a constant ring, or a 'call cannot be completed as dialed,'" said Paul Bump, Harrison/Taylor 911 director.

He said after emergency officials learned of the outage, they quickly rerouted 911 calls to Marion County. But that's after Frontier's efforts to reroute calls to a local ten-digit number failed,

he said. He described the outage as "100% phone company problems."

"Everything runs on the same network or series of networks," he explained. "When you dial 911, it goes to your cell carrier, then it rides the trunk to Frontier's network and then it rides to a server point in either Wheeling, or Clarksburg in our area – we've got two of them. There's all kinds of redundancies. And whatever happened in the fiber world, over the weekend, took out all the paths, or at least, the ring to where it couldn't get to where it

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Building Amazing Cities

By JIM HUNT
author, speaker, consultant

D.C. trip an honor

For the past 37 years, attended the conference the National League of Cities has held its Congressional City Conference in the second week of March and for 36 of those years, I have

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 <p>McDonald's of Harrison County</p>	<p>Harmony Valley Carefree, Comfortable & Independent Living for Seniors 55+ (304) 622-6711 or (304) 677-6800 <small>Located on Sun Valley Rd. (Off Rt. 50 W. of Clarksburg)</small></p>
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What's in a gas bill?



OPINION

By Charlotte Lane

Chair, West Virginia Public Service Commission

People often ask how the Public Service Commission determines utility rates. Ratemaking is a precise and complicated process, and most utilities have so many variables that the process is difficult to explain in this space. However, natural gas bills are fairly straightforward, so let's use them as an example.

Residential gas bills are determined in three types of cases. The cost the company incurs for obtaining gas is set in the annual Purchased

Gas Adjustment (PGA). Expedited recovery of costs related to infrastructure replacement and expansion is determined in what is known as a 390P case (named for the bill passed by the Legislature in 2015 that authorized this process). And base rate cases determine the rate of recovery for all other expenses.

The PGA component makes up roughly half of a typical residential natural gas utility bill. The PGA compensates the utility only for what it pays for gas – it does not include any profit for the company. Annual PGA

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This week in West Virginia history

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

March 24, 1890: Confederate General William Lowther Jackson died in Louisville. Jackson, who was born in Clarksburg, joined the Confederate Army as a private. After helping to organize an infantry unit, he was promoted to colonel. He served on the staff of his cousin, Gen. Thomas J. "Stonewall" Jackson, and was jokingly nicknamed "Mudwall."

March 25, 1878: Attorney General Armistead Abraham "Cousin Abe" Lilly was born at Jumping Branch, Summers County. Lilly appealed the Virginia Debt Suit to the U.S. Supreme Court; when settled, it was estimated that Lilly saved the state a large sum of money.

March 26, 1920: Aviator Rose Agnes Rolls Cousins was born. She was the first black woman to become a solo pilot in the Civilian Pilot Training Program at West Virginia State College (now University).

March 27, 1917: Statesman Cyrus Roberts Vance was born in Clarksburg. In 1977, President Carter tapped Vance as his secretary of state. In 1978, Vance was instrumental in the Camp David peace accord between Egypt and Israel and in negotiating the Panama Canal Treaty.

March 28, 1870: State officials, with state records and property, boarded a steamboat called Mountain Boy, one of six steamboats that moved West Virginia's capital from Wheeling to Charleston.

March 28, 1941: Musician Charlie McCoy was born in Oak Hill. One of the most significant harmonica players in country music, his work can also be heard on rock 'n' roll albums. He was the musical director for the television program "Hee Haw."

March 29, 1834: Henry Mason Mathews, the fifth governor of West Virginia, was born at Frankford, Greenbrier County. There were strikes and riots during much of his administration, including the national railroad strike of 1877, which began at Martinsburg.

March 30, 1837: The Virginia legislature granted a charter to establish a private academy at West Liberty, north of Wheeling in Ohio County. The first class of 65 students met in the home of the Rev. Nathan Shotwell in 1838. The school is now known as West Liberty State University.

March 30, 1926: Actor, singer and game show host Peter Marshall was born in Wheeling. His career includes Broadway, television and over 5,000 episodes as host of "The Hollywood Squares."

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

Super Crossword

BLOOMING HUMANS

ACROSS	53 "The Sea, the Sea" novelist of 1978	100 Shorthand whiz, in brief	9 Ignited before the first century	49 Friendly introduction?	89 Senator Paul
1 "Rabbit food"	56 Highway jam	102 Poe's "radiant maiden"	10 Last year	50 Sushi tuna screen	90 Big Apple's city and state: Abbr.
6 Back-and-forth talk	58 Adhesive rolls	103 Cleveland-to-Raleigh dir.	11 Busybody	54 Keanu of the screen	91 "I'd say," in a text message
12 Cold case solvers, often	60 German king called "the Great"	104 Aunt of Harry Potter	12 HMO VIPs	55 Driving paths	92 Coarse sack material
20 Oven maker	61 Verb suffix in London	109 DJ's platters	13 Petty peeve	57 Check-giving time at work	97 Unwell
21 Source of weather upheaval	62 When Hamlet's soliloquy is recited	111 Level, grassy plain	14 — Khan	58 Fri. follows it	98 Spike of films
22 This instant	66 — New Guinea (island nation)	112 Pub fixture	15 Lymphoid organ in the neck	59 Arrid target	99 They may cry "Uncle!"
23 MTV's first Latina video jockey	69 Li'l Abner's mother	113 Ball-shaped blooms	16 Moral code	63 Film dancer Charisse	100 One napping noisily
25 "Don't go anywhere"	71 Friend of Lucy van Pelt and Patty	117 Aim for	17 Sort not to be trusted	64 Wee kid	101 Inserted plan shoots
26 Dresses up	76 Beef up	121 Hippies (and an alternate title for this puzzle)	18 Egg cake	65 Ring victory, for short	104 Main course of action
27 Cubs' and Eagles' gp.	77 Clout	125 Tidied up	19 Elbow grease	66 Cooking vessels	105 Nobody — (mine alone)
29 Mazda two-seater	79 Gold, in Peru	126 Novelist Gay	24 "Giant" novelist Edna	67 Muhammad	106 Spanish bar appetizers
30 Common conjunction	80 "You can't — train"	127 Trashed stuff	28 Wolf-headed Egyptian god	68 Guitar piece	107 Link up
31 Social-climbing snob on "Keeping Up Appearances"	83 Actress Dianne	128 Declared	31 Inklings	70 Overly sweet	108 Messy impact sound
37 Gp. in the Arab League	84 Famed killer whale	129 Declared	32 "— -haw!"	72 Suffix with journal	110 MIT business school name
40 Funny Conan	86 "Lost Souls" novelist of 1992	130 Busybody	33 Common conjunction	73 Celebrity tributes	113 Historical slave Scott
42 Blends to mush	90 Penpoint	DOWN	34 Uno plus dos	74 Fighting forces	114 — facto
43 35th president's mother	93 Siberia locale	1 "Smooth Operator" singer	35 Ship's wheel	75 1983 Lionel Richie hit	115 Countertenor
46 Banjoist Fleck	94 Chichi	2 "Walk Like —"	36 Romeo	78 Film holder	116 Filter slowly
47 Inklings	95 Tehran locale	3 Woodsy den	37 Bit of expert advice	80 Health club	118 Strep doc
51 Carve — career	96 Vampiric TV housewife	4 Actor Williams	38 Writer — May Alcott	81 Blue Jays, on sports tickers	119 Golf prop
52 Post-Q string		5 Diary	39 "Your Best Life Now" author Joel	82 Decide	120 Singular
		6 God, in Latin	41 ICU figures	83 Triumph in the end	122 Ending for Motor
		7 — -de-France	44 Water, to Watteau	85 Keeps	123 Soggy
		8 Actress Sheridan	45 "Gadzooks!"	87 Tube-shaped pasta	124 Suffix with journal
			47 Dog collar attachment	88 La — Tar Pits	
			48 Part of many an emoticon		

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Find the Super Crossword Answers on Page 6!

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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. Send via email to newsandjournal@yahoo.com.

Soup bean & ham dinner

Take-out only soup beans with ham dinner. Includes cornbread, coleslaw or applesauce, and dessert. \$6.

Friday from 2 p.m.-5 p.m. at St Ann's Catholic Church, 610 Pike St., Shinnston.

Pancake breakfast

A pancake breakfast will be held at the First Baptist Church of Shinnston to benefit the Lincoln Middle School track team on Saturday from 8 a.m.-12 p.m. \$6 for pancakes, sausage, and a drink. Dine-in or curbside take-out. 304-592-0232

Easter egg sale

St. Ann's Catholic Church, 610 Pike St, Shinnston is taking orders for chocolate-covered Easter eggs. Peanut butter covered in milk chocolate or white chocolate, coconut covered in milk chocolate or white chocolate, milk chocolate covered almond, and milk chocolate covered chocolate cream. \$6. Sale begins Saturday. 304-592-2243, 304-592-0665, 304-203-8905, 304-584-4376, or 304-841-1487.

Holy Trinity Serbian Orthodox Mission

408 Morgantown Ave, Fairmont
Rev. Sasha Nedich (724) 966-7428
www.holytrinityserborthwv.org
Liturgy Schedule for March:
Saturday, March 26 at 10 a.m.
Please check to make sure of no cancellations
724-966-7428

Spaghetti dinner

A spaghetti dinner to benefit Cub Scout Pack 59 will be held from 11 a.m. to 2 p.m. on April 3 at the Shinnston Women's Club. \$8 kids, \$10 adults. Includes spaghetti, salad, dessert, bread and butter. Get ticket from any member or call 304-838-2865.

Shinnston Senior Citizens

Shinnston Senior Citizens meets every Friday, weather permitting, from 10 a.m.-12 p.m. at the American Legion. There is no meeting when schools are closed.

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.

"Scholarship honors VA worker" cont. from page 1

Ferrise began the work that would bring joy to her life until she retired in 1991. She became a nurse's assistant at the Veterans Administration hospital in Clarksburg.

This position called on many of what her niece touted as Ferrise's greatest strengths. It required that she love people, that she enjoy learning, that she be willing to re-invent herself, and that she be patriotic. According to Bush, this position was tailor-made for her aunt.

The Thelma Marion Ferrise Nursing Scholarship will be awarded beginning in fall 2023 to a student seeking either a bachelor's or master's degree in nursing. Priority for this award will be given to students who are from Harrison County first and then to those from West



Natalie Ferrise Bush, who graduated from WVU's School of Nursing, established a scholarship for her aunt Thelma Marion Ferrise on WVU's Day of Giving March 9. Courtesy photo.

Virginia. Bush said a love of education will also be a necessity in order to give honor to the beloved aunt willing to start all over when most are preparing to retire. WVU's Day of

Giving broke several records. This year's event brought in \$15,546,192 through 5,600 gifts donated by students, alumni, friends, and family of WVU, according to a news release.

After a disappointing 2021, the theme for 2022 was a hopeful, "Go above, Go beyond". The supporters of WVU did exactly that, far exceeding 2021's \$11.9 million, which was minimalized by the

"What's in a gas bill?" cont. from page 2

proceedings are filed in late summer and adjust rates based on a projection of costs utilities expect to pay for gas from their suppliers for November 1 through October 30 of the following year and a true-up of actual costs for the previous year. The Commission does not regulate the price of natural gas, which is determined by competitive markets; however, we do carefully examine the utilities'

purchasing practices to ensure that they do everything possible to obtain a reliable gas supply at the lowest possible market price.

The other half of a residential gas bill is made up of the 390P surcharge and the base rate. The 390P rates cover the approved projects to improve and expand the utility's infrastructure. The base rate includes all the other costs borne by the utility to install,

operate and maintain the utility's system in order to provide natural gas service to the customer. It includes the initial investment in facilities, equipment, structures and property; all operation and maintenance costs; working capital to provide utility service; and improvements and repairs on lines, plants, vehicles and other facilities. It also includes all federal, state and local taxes; depreciation expenses;

return on investment for the company; staff salaries, benefits and pensions; rents; fees and interest payments on debt. Through these cases, the PSC strives to establish fair and reasonable rates for natural gas service and to appraise and balance the interests of current and future utility service customers with the general interest of the state's economy and the interests of the utilities.

"DC trip an honor" cont. from page 1

this year. It was in 2020 while attending the conference that I first heard about COVID-19, and the long nightmare began.

This year's conference was held in a new hotel, and it was interesting to explore a different part of D.C. and discover new restaurants and sights. The Wardman Park Marriott had hosted the conference for over 20 years but did not survive the loss of business during the pandemic and closed permanently. The new hotel is the Marriott Marquis and is located near Chinatown, next to the Walter E. Washington Convention Center. The conference attracts city officials each year and this year's conference was well attended, with

over 2000 people in attendance.

The highlight of the conference was a speech by President Joe Biden, who spoke to a standing-room-only crowd. Over the years, I have seen several presidents speak at the conference, including George W. Bush, Bill Clinton and Barack Obama. A presidential visit is a high-security event with the Secret Service screening everyone as they enter the ballroom.

First Lady Laura Bush spoke to the conference in 2006 when I was president of the National League of Cities. Kate Turner of Liberty High School got to introduce her, and Bush said that Kate's introduction was one of the best she had as the

first lady. Several other administration officials spoke at this year's conference, including Susan Rice, who served President Obama as national security advisor and U.S. permanent representative to the United Nations, as well as Transportation Secretary Pete Buttigieg.

At the National League of Cities board of directors' meeting, the Mayor of Kyiv Andriy Sadovyi spoke by video and asked for the support of cities in the United States as Ukraine is under constant shelling by Russia. It was a heart-wrenching address and many in the audience were moved to tears by the passionate plea from the mayor. West Virginia is well

represented on the NLC Board of Directors, with Huntington Mayor Steve Williams and WV Municipal League Executive Director Travis Blosser serving on the board.

The weather in D.C. was a little cool, but it had missed the snowstorm that hit the East Coast just a day before the conference. Fortunately, I was tied up with meetings and did not have time to venture outdoors, other than going out to eat one evening. Washington has hundreds of quality restaurants, and we picked a restaurant named RPM Italian, which proved to be a good choice. We ordered several appetizers, and I had the salmon with Brussels sprouts, which was delicious.

The conference wrapped up after four days of speakers, training sessions, meetings, and receptions. The National League of Cities has been a big part of my life and I was so happy that we were able to meet in person once again. Meeting in Washington, D.C. is a reminder of our democracy, and hearing from the president of the United States is an honor that transcends political parties.

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Tips for the start of spring



GRAPEVINE

By Rosalyn Queen

I truly think that the spring has sprung. Well, I hope so anyway. Spring is usually very unpredictable. There can be days with 75-degree weather, and there can always be that Easter snow. But spring is that season that helps to fulfill us. It is the season that gives us hope.

Among other things spring reminds me that it is the time to do a little spring cleaning. Oh, I remember the old days well, when the curtains came down, the rugs were rolled up and taken outdoors

for a beating, the mattresses and springs were taken outdoors for a good cleaning and there might be a little painting and wallpapering. But, as with all things, times have changed and there are not those drastic cleaning tasks anymore. Most of us take care of these tasks throughout the year.

Yet, there is one thing that remains the same during spring. We get the soil ready for our gardening tasks. We have to be conscientious about the weather because among the 101 listed. National Board Certification is the gold-standard credential for educators in the United States, according to the news release. The rigorous process – which can take three years to complete – includes four components: content knowledge; differentiation in instruction; teaching practice and learning environment; and effective/reflective practice.

“Completing my renewal of my National Teaching Boards has reminded me how important reflections of practice and self-inspection

one good frost will kill every plant. That is why it is best to start our plants indoors until we are sure we can move them outside.

I recently saw an idea for a decoration and for having fresh herbs for our own use. Get a Lazy Susan for the center of your table. Collect several different sizes of ceramic pots. Paint the outside to match your kitchen decor. Fill the pots with soil, then select the seeds that you want to plant. First, I suggest basil. Then you might plant oregano, thyme, and turmeric, and you might include a few onion sets to use in those first salads. Arrange the pots around the Lazy Susan, matching colors. If you have enough room, you might want to add a few pots with flowers. I suggest

pansies. They are very hardy and colorful and will add to your centerpiece.

Clean up your patio and arrange your seating area as you will soon be enjoying the longer evenings. If you do not have a wind chime, try one. They enhance the atmosphere in your outdoor areas.

Happy spring! I offer my sincere condolences to my sister, Cathy, on the loss of her husband, Danny. Our entire family is suffering because Dan was a one-in-a-million guy. He had a direct effect on every member of our family, especially the young people. Dan, you will surely be missed.

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

Norwood Elementary School teacher recognized

CHARLESTON – A Norwood Elementary School teacher was among 101 West Virginia educators recently honored for renewing National Board Certification.

The West Virginia Department of Education honored the educators on March 15 at the annual National Board Certification Recognition Celebration in Charleston, according to a news release. This year, 35 educators were newly certified and 66 renewed their certification.

Christina Rollins was the only Harrison County teacher

drive my teaching to a higher level,” Rollins said. “Students benefit, as well as teachers I mentor and guide as an Academic Support Teacher in Harrison County. I would encourage others to engage in this process.”

National Board Certification is “a voluntary assessment program designed to develop, retain and recognize accomplished teachers, and to embed ongoing improvement in schools nationwide,” according to the West Virginia Education Association.

West Virginia’s support of the

program, including compensation for all associated fees, has led to the state ranking 13th in the nation for the percentage of NBCTs, according to a news release. Currently, there are 1,144 NBCTs in the Mountain State.



Christina Rollins. Courtesy photo.

WV Dance Company to take the stage at Robinson Grand



The WV Dance Company, which will perform at the Robinson Grand on April 9, has been recognized for both artistic achievement and excellence in arts education, according to a news release. Courtesy photo.

CLARKSBURG – The Robinson Grand Performing Arts Center will welcome the WV Dance Company on Saturday, April 9, at 7:30 p.m. for an interactive event that explores the rich culture and history of the world’s seven continents, according to a news release.

Entitled

“Exploration Earth: Your World Through STEAM”, the performance “brings the world to life through the art of movement, music, magical props, and costumes,” promoters say.

Founded in 1977, WV Dance Company has been serving public

schools, colleges, and universities with entertaining and thought-provoking performances and workshops through the language of dance. The WV Dance Company has toured throughout West Virginia as well as 14 other states, reaching tens of thousands of people each year.

All tickets are \$15 and can be purchased online at <https://www.therobinsongrand.com/> or by calling the Robinson Grand ticketing center at 855-773-6283. The venue is located at 444 W. Pike St. in Clarksburg.

Valley Falls State Park

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12 days. 50,000 golden rainbow trout. 62 lakes and streams. This spring cast a line in Almost Heaven and you just might strike gold. The West Virginia Gold Rush is back this year, March 29 – April 9, to give anglers the chance to reel in a prized golden rainbow trout.

WVtourism.com/GoldRush

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The West Virginia Press Association Foundation is accepting student applications for 2022 Summer Internships and 2022 Scholarships

If awarded, the WVPF provides paid and unpaid internships at West Virginia newspapers and college scholarships up to \$4,000. Programs are open to journalism majors and students in related fields such as business management, human resources, advertising, social media and marketing, with preference given to students in at least their sophomore year of college.

Application deadline is March 31, 2022.
Applications may be downloaded from wvpress.org

For information or to have the applications mailed, contact Executive Director **Don Smith** at donsmith@wvpress.org, at 304-342-1011 or write to: WV Press Association Foundation, 3422 Pennsylvania Ave., Charleston, WV, 25302.
Newspapers with a candidate for an internship or interested in having an intern should contact Don Smith.

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Remember to listen to yourself and your body



One of the mantras I grew up on was “If you don’t take care of your body, where are you going to live?” Thanks, Dad! As I see more and more people suffering both mentally and physically, it occurs to me that many people are living in survival mode — fighting fatigue and pain to get

through the day and do only the things that must be done. When something does come up with our body, it’s easy to talk ourselves out of getting it checked out by a doctor or other health professional. Oftentimes, we take that too far and wait until the problem scares us enough to get it

checked. So how do you remedy this and focus on your body, so that you have a place to live a long, quality life? These are my thoughts:

Pay attention to your body. The body reflects your mental, spiritual, and physical wellbeing. It provides signals and clues to your overall health if you listen. Don’t ignore those little aches and pains. Slow down and respect the signs your body is giving you.

Always follow your intuition. In two recent situations with people

I know, had they not pushed for more tests because they knew something wasn’t right, the outcome would have been very different. We know our bodies. Doctors and healthcare professionals are there to guide and provide expertise, but only we can give them the information they need to look in the right places. Don’t wait for someone else to tell you what is going on with your body.

Slow down. When we are fighting to survive and packing too much

into our day, it is easy to blame ailments on not enough sleep or too much stress. Take the time you need to listen to your body, mind, and soul. What do you need to refill your cup?

Do something for yourself every day. Take a five to 10-minute walk or meditation, listen to music that lifts you, go to bed 10 minutes earlier, and reflect on the day. Once you start taking five to 10 minutes, you will see the benefits of it and make time for more. Love yourself. If you are struggling

with anything at all, find the help that you need. Everyone has something that they are dealing with. It’s OK to reach out for help.

Life can change at any moment for any of us. Making every minute count is more important than just pursuing the absence of death. Our quality of life depends on how we live each day. Those small moments are what our loved ones remember about us and carry on in the end. Relax, breathe deeply, love. You deserve it.

Fairmont State receives nursing funding

Fairmont State University plans to enroll 20 new nursing students thanks to state funding, according to a news release.

The university has been awarded \$1 million through Governor Jim Justice’s Nursing Workforce Expansion Program,

which is designed to address the state’s nursing shortage through a multifaceted approach to attract, train, and retain nurses.

Part of the program includes funding for nursing program expansion projects at colleges, universities, schools of nursing,

and career technical education centers across West Virginia.

Through Fairmont State University’s award, the College of Nursing plans to expand its nursing simulation lab and design new nursing courses.

The nursing program

expansion awards are administered by the West Virginia Higher Education Policy Commission and Community and Technical College System. Twenty-six funded projects across the state were announced by Gov. Justice on March 17.

Mood disorder group seeks volunteers

West Virginia’s chapter of the Depression and Bipolar Support Alliance is seeking volunteers, according to a news release.

The statewide organization, which aims to provide help,

hope, support, and education to people with mood disorders and the people who love them, offers peer support groups throughout the state (some in-person, some via Zoom), daily check-ins in calls, a Discord chat

room, newsletters, a yearly conference and more.

The group is looking for volunteers to get the word out about the organization and to start peer-facilitated support groups. Volunteers may make phone calls, refer

those interested to the website, email flyers and fill out paperwork.

More information is available at www.dbsawv.org. Those interested can also call Diane Kissinger at 304-376-7438.



Michael C. Tillman, CEO, United Hospital Center

UHC CEO plans to retire

BRIDGEPORT — Jeff Barger, UHC board chairman, said Michael C. Tillman, that UHC achieved remarkable financial and quality results of United Hospital Center, plans to retire, during Tillman’s tenure.

The UHC board has worked at UHC of directors, under since 1993 and has the direction of served as the chief Chairman Barger; executive officer since UHC medical staff 2014. under the direction of

In a memo to its President Joseph employees, Tillman Fazalare, M.D.; said, “UHC’s proudest and Albert Wright, moment has been president and CEO of West Virginia University Health System, will work to how our employees handled the pandemic. Our staff’s care and their compassion for patients is nothing select the next CEO. short of extraordinary.”

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South Harrison loses heartbreaker in Charleston



The Bottom Line

By Bill Nestor
Sports Editor



The South Harrison boys' basketball team competed against Ravenswood in Charleston on March 15. Photo provided by West Virginia Press Association.

The South Harrison boys' basketball team had a season to remember. The Hawks stormed out to a 20-0 record to start the campaign. The quick start reminded me of the 1986 South Harrison squad which was the top team of AA behind the play of Brett Vincent. That team was undefeated in the regular season but lost to Doug Hogue's Roosevelt-Wilson team in the opening round of sectionals. Vincent went on to have an impressive college career and currently is the women's head coach at West Virginia Wesleyan.

After I graduated from college, I spent four years coaching at South Harrison. There were some very talented players there like Joe Fenstermacher. He went on to play at Salem after starting for four years at the Lost Creek-based school. There were several quality teams at that time that made impressive postseason runs but did not make it to the state tournament. Finally, in 1999, South Harrison broke through and earned the school's first ever state tournament opportunity. It has taken over two

decades for the Hawks to find their way back to Charleston. This season, the program earned its second appearance led by head coach Tom Sears.

During my four years in "Hawk territory", I was fortunate enough to coach several exceptional young men. One of them was Coach Sears. He was a hard-working player that had a special love for the game. His passion grew and, through a great deal of hard work, Sears became the head of his alma mater's basketball program. He has had some impressive seasons during his tenure. The blueprint for success has always been consistent with the key components which have been hard work and dedication.

This year's team lost just one game before slicing through sectional and regional play to garner the school's second trip to the state capitol. This team is stocked full of key players. Corey Boulden, Noah Burnside, and Austin Peck were key contributors this year. Ironically, Austin Peck's father, Brandon, was another of those standout athletes at the school at the time I was coaching. Needless to say, he was another reason for me to follow this season's edition.

South Harrison drew a talented Ravenswood squad in the opening round of the tourney this past Tuesday. The Hawks jumped out to a 10-4 lead after the first period. South Harrison continued their strong play in the second frame to hold a three-point halftime lead.

The third quarter turned out to be the difference as Ravenswood played well and would eventually claim the win. Boulden led all scorers with 24 points. Burnside chipped in with nine points, a game-high 13 rebounds, and four steals. Peck dished out a game-high seven assists.

Even in the loss, I could not have been prouder of the Hawks' veteran mentor. Sears is a devout Christian and a great role model. He is a leader of a church and a leader of young men. He stands for all that is right and for that reason, I am a big fan! Sure, the outcome in Charleston was not what was desired, but we are all playing the game of life, and that is where the score really counts! Congratulations to this South Harrison team on a season to remember!

That will do 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 we 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 & 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.

Winners of the Shinnston News and Harrison County Journal's Athletes of the Week Award are South Harrison's Corey Boulden and Noah Burnside.

The Hawks made the boys' state tournament for just the second time in school history. Unfortunately for the Lost Creek-based school, the result was a 46-49 setback to Ravenswood.

There were several players who made contributions in Charleston, but Corey Boulden and Noah Burnside stood out. Boulden pumped in a game-high 24 points including three three-pointers. Burnside chipped in nine points, hauled down a game-high 13 rebounds, and had four steals.

Congratulations to South Harrison's Corey Boulden and Noah Burnside for being named Shinnston News and Harrison County Journal's Athletes of the Week!

Dinosaur exhibit opens to Harrison County public Saturday



From The World Of Parks & Recreation

By Doug Comer

The Walking with Dinosaurs "Moments in Time - the Age of the Dinosaurs" Exhibit hits the Harrison County Recreation Complex this weekend. The free event will welcome patrons from the North Central West Virginia area. In the past, tens of thousands of people visited the facility in hopes of getting a close-up view of their favorite creature.

"We are going to demolish last year's numbers," Parks and Recreation Director Mike Book said jokingly as COVID-19 prevented the exhibit from opening in 2021. In fact, when the initial wave came about in 2020, we already had the exhibit up and ready to go. "We put in a ton of work in 2020 only to have it canceled and the exhibit taken down per the request of the County Commission as the building could be used as a shelter. What a shame that the pandemic caused that to happen. We were only open for

less than two weeks." Now, Book is flying high knowing that the museum-quality items are coming back in full bloom and will be shown off this weekend through early May. While the public weekends are important, the real reason for hosting this is for the kids who attend during the school year. Enrichments have been a staple for the parks department for over a decade and the dinosaurs are one of the biggest draws. With a six-week program, almost every day is booked during the week with schools from the area. The dates filled up in less than a week as registration began on March 9 and there are just a couple days left. He said the enrichment is a "total team effort." "We put a lot of our time into this program

simply because it is our way of showing the area what Harrison County has to offer," he said. "The parks board and the county commission have been instrumental in the success of the program and, of course, the vital service levy helps fund this exhibit."

As mentioned, the event is free, and those who attend can expect to see the same museum-quality found in the Smithsonian and the American Museum of Natural History. In fact, many of our full-sized skeletons most likely come from the same molds created for those named establishments.

The term replicas is hard to understand for kids as they observe them as being fake. However, that is not the case. Replicas for fossils are molds of the originals. Every detail is calculated including the cracks, breaks and crevices of the originals. Most know that fossils are formed when the bones adhere to the elements in the ground and later turn to stone. They are extremely heavy, so molds are made of those bones with a lighter material. That is what you see

when you visit places like ours.

"We have a ton of replicas, but we have a lot of actual fossils as well," said Book. "Staff has been applying Icy Hot to their backs after lifting some of these items as they can weigh a lot. As you know the fossils are generally rocks and when the casts are made with a fossil in it, it can weigh a good bit. When you see the place with the finishing touches, you will have no problem in recognizing the authentic from the replicas."

Donna Stuart, curator, has devoted all her focus on the layout of the facility and has hit a home run with the appearance. While some pieces are returning simply for popularity, it is the new pieces that can cause a shakeup in the routine of the museum. But things have come up



People who want to get an up-close view of the T-rex and other dinosaur fossils and replicas will get a chance beginning this weekend at the Harrison County Recreation Complex. Courtesy photo.

roses as there is a great flow to the place and the timelines do not overrun one another. If you like the Jurassic Period, then you will find the T-rex and many others from that era. Or if you want to learn about the Ice Age, then yes, you are

going to find the Saber-toothed Cat (Smilidon) and the Stegodon.

Hours of operation will be from noon to 6 p.m. Believe me, the two-year absence is going to be well worth the wait!

"Arts events"

by calling 1-855-773-6283, or at the box office before the screening.

For an extra helping of culture, eventgoers can top off their evening downtown with The Rustic Mechanicals preview performance of Shakespeare's comedy "Much Ado About Nothing"

beginning at 8:00 p.m. The show will take place at The Vintage Theatre Co. in the Uptown Event Center located behind the county courthouse at 305 Washington Ave.

For more information, including a growing list of participating downtown businesses

cont. from page 1

and special offers, follow the City of Clarksburg's Facebook event page at: facebook.com/events/370812747994050 or call the Clarksburg Visitors Bureau at 304-622-2157.

Answers																						
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Bernard "Bernie" Jones



Bernard "Bernie" Jones, 76, of Shinnston, went home to the Lord on Monday, March 7, 2022 at United Hospital Center after fighting an extended illness. He was born on October 25, 1945 in Sistersville, WV to the late Clyde and Virginia Jones. He was a graduate of Shinnston High School in 1963, and also attended Fairmont State College.

Bernie is survived by his wife of 56 years, Carolyn Jones; one son David (Tammy) Jones of Scott Depot; one daughter Tina (Doug) Smith of Worthington; two grandsons Dustin Smith and companion Bethann White, and Scotty Smith; one brother Wayne (Marcia) Jones of Shinnston; and one sister Martha (Buzzy) Holbert of Enterprise.

He served in the U.S. Navy and worked at WT Grants, IngerSoll Rand, Rish, RUDD, the FBI, and Harry Green. Bernie was an avid outdoorsman who enjoyed traveling, camping, talking around the campfire, and telling stories along with cracking jokes.

The family wants to give thanks to Fresenius (Anmoore) and UHC doctors and nurses.

Friends were received at Harmer Funeral Home Monday, March 14, 2022 from 4:00-8:00pm. Per his wishes, Bernie will be cremated.

Online condolences may be sent to harmerfuneralhome.com.

Ernest Lewis Price III



On Monday, March 7, 2022, Ernest Lewis "Bub" Price, III, of Gypsy, passed away in his home surrounded by friends and family following a courageous battle with cancer. He was born in Beaver Falls, PA, July 23, 1969, a son of Roselle Stuck

and the late Earnest Lewis Price, Jr.

Bub was a loving husband, father, and grandfather. He was married to the love of his life, Tereasa Price, on October 11, 2003, and they spent 26 blessed years together in matrimony. Bub was an avid fisherman and hunter. He enjoyed foraging for mushrooms with his wife in the early spring, trout fishing amongst many other types of fishing, and creating lasting memories with his wife, children, and friends.

Bub was preceded in death by his father, Ernest Lewis Price, Jr. He is survived by his loving wife, Tereasa Binegar Price, Gypsy, his mother, Roselle Stuck, Spelter, his step father, John Bowen, Sr., four brothers, Ronnie Price, Lumberport, Chris Price, Hepzibah, John Bowen, Jr. and is wife Tailor, Kansas, Rick Sigley and his wife Kim, Lumberport.

Also surviving are his children; Ernie Price and his spouse Amanda Hribar and their children, Seth and Sidney Price, Rochester, PA; Zack Price and his spouse Margaret Figley and their children Eleanor and Zoey Price, New Brighton, PA; Steven Don Barker and his spouse Felicia and their children, Kiley and Gage Barker, Gypsy; Gabrielle Barker and her fiancé Freddie Fazalare and children, Arianna Cooley, Wyatt Bonnell, Addalyn Bonnell, and Tiana Fazalare, Gypsy; and several nieces and nephews.

The family received friends at the Perine Funeral Home, 1348 S. Pike St., Shinnston, from 6-8pm, Wednesday where funeral services were held at 12pm, Thursday, March 10 with Pastor Bobby Nuzum officiating. Interment followed in the Lion's Club Cemetery in Lumberport. A funeral dinner was held at the Spelter Volunteer Fire Department following the service.

In lieu of flowers, donations can be made to the family at the funeral home. Condolences may be extended to the family at www.perinefunerals.com.

Alan Bruce Eastep



Alan Bruce Eastep, 75, of Bridgeport, WV, passed away at home on March 8, 2022 due to complications from Parkinson's disease.

He was born in Harrisburg, PA on February 6, 1947, the eldest son of Clair and Esther Eastep, originally of Blair County, PA. Alan is survived by his wife of 38 years, Debra Kay White Eastep of Bridgeport, as well as sister Sandra of FL, children Bryan and Christina, and husband Dominic; brother Robert of VA, wife Teresa and children Ashley and Andrew; and sister Debbie of Bridgeport.

Alan was preceded in death by his parents, who relocated to Bridgeport where they lived for many years, paternal grandparents Walter and Ida Eastep of Blair County, PA and maternal grandparents George and Theodosia Baker of Clearfield County, PA, in addition to several aunts and uncles.

Inspired by childhood family automobile travel visiting relatives in Central PA and upstate NY, crossing America via Route 66 soon after the Disneyland, CA theme park open, Sunday driving to nearby historic landmarks in Philadelphia, DC and VA as well as WV state park camping and boating, Alan refined an enduring love of tourist exploration, oil painting and photography while residing many years in the Phoenix, AZ area. In addition to extensive backroad Arizona and New Mexico travel accompanied by his wife and beloved beagle-basset rescue Abigail Van Buren, Alan broadened his scenic horizons through trips to Hawaii including Pearl Harbor and Alaska. Alan co-authored "Bradshaw Mountains Back Roads" a popular tour guide of central Arizona's historic gold mining region.

Employment was a natural extension of Alan's interests, small business hands-on customer approach and dedication to computer technology skill development and expansive reading of Civil War and Western US history. Early employment locally included Radio Shack, RG Motors and independent book selling while Phoenix area management positions allowed him to continue selling and servicing

Out Of The Past
Memorable Photographs from around Harrison County.



In Shinnston in 1914, local churches joined together for a revival. Reverend Henry Walter Bromley was asked to come in and hold a meeting. The Bromley Tabernacle in Shinnston, a temporary tabernacle, was constructed on the property that holds St. Ann's Church now. It had a seating capacity of 1500 and cost \$1,400 to erect. Photo courtesy of Bobby Bice.

automobiles while he established database administration expertise at the Wide World of Maps and other retail establishments. Baskin-Robbins employment sparked an interest in gourmet dessert food services that he developed into a high engagement online food product store and recipe library. He graduated from Upper Moreland Senior High School in Willow Grove, PA and attended Salem University in Salem, WV.

Alan's wife and family would like to express their gratitude to the caring nurses, aides, doctors and staff at Amedisys Hospice, particularly Angie, Allyssa, Jacqueline and Tonya for their skilled care, kindness and compassion.

In accordance with Alan's final directive, Perine Funeral Home was entrusted with cremation arrangements. A private Celebration of Life will be held at a later date. Condolences may be extended to the family at www.perinefunerals.com.

Leslie Dale Woods II



Leslie Dale Woods II, 37, of Fairmont WV, went to be with our Lord on March 10th, 2022.

He was born September 25, 1984 in Clarksburg WV, the son of Deborah Thompson and husband Kim, and Ronald Woods and

wife Tracey. He is survived by the love of his life, his Fiancé Ryan Reynolds and his beloved dog Lexie. He attended Robert C Byrd High School and Musicians institute of California. In addition to his parents, he is survived by his brother Ben Woods and wife Jacy, and his sister Cheyenne McHenry and husband Landon; his maternal grandmother Mary Ann Cowger, and his paternal grandmother Mildred (Millie) Woods; stepbrother Jacob Thompson and wife Chris; several very special aunts, uncles and cousins and niece Mille and nephew Derek Woods who will all miss him very much.

He was preceded in death by his maternal grandfather Jesse Cowger and his paternal grandfather Leslie Dale Woods.

Les loved playing his guitar and video games, and was a huge M.A.S.H. fan! He was employed by Teletech

of Morgantown. Les was always clowning around to make people laugh; he had a huge heart and loved his family and friends deeply.

In lieu of flowers, donations can be made to River City Bully Buddies in Huntington WV (rcbbrescue@gmail.com)

Friends and family were received at Harmer Funeral Home, Shinnston, Friday March 18, 2022 from 5:00pm to 7:00 pm, with a memorial service following at 7:00pm with Pastor Robert Shingleton officiating.

Per his wishes, Les was cremated.

Online memories and condolences may be shared at Harmerfuneralhome.com

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almost heaven



A Developing Community

Preserving our proud history,
enjoying a solid present,
& building an exciting future.

“911 outage” cont. from page 1

wanted to.”
Frontier made a temporary fix the first time, then a more complete fix later on, he said.

“Anytime you’ve got technology involved, there’s always failures,” he said. “This was the worst I’ve seen in a long time. We’ll have other couple minute outages or something like that. They’re quick to identify a problem and get it routed around it. Other areas have tremendous problems.”

He hadn’t heard of any people who went without help.

“Nobody called and said, ‘my house burned down because I couldn’t call 911,’” he said. “We haven’t heard anything adverse, although the fact that it happened is adverse enough for us.”

The outage occurred in Ohio County from 2:52 a.m. to 4:49 a.m. on March 4 and again on March 5 from 4:05 p.m. to March 6 at 4:49 a.m., according to a complaint.

Theresa Russell, Ohio County 911 director, said Frontier would typically have rerouted to Marshall or Brooke counties, but those counties had also lost service.

She said even though Frontier was about to reroute 911 calls to a ten-digit Comcast line in about two and a half hours, dispatchers who answered didn’t have access to immediate location information like they would have for normal 911 calls.

“It takes a lot longer to gather certain information that you need to get somebody to respond,” she said.

She said, “nothing drastic came out of it,” to her knowledge, possibly because the initial outage occurred overnight.

“But these are things that shouldn’t happen

in the first place,” she said. “The public needs to rely on that service.”

911 outages have happened multiple times in Ohio County, according to Russell. Last month, WTRF reported that Ohio County experienced a “planned” 911 outage during an ice storm and in July of 2019, MetroNews reported that 911 outages were also common in Lincoln and Marshall Counties. The PSC was also investigating those outages at the time.

In Marshall County, the outage lasted from 2:52 a.m. to 4:49 a.m. on March 4 and again from 4 p.m. on March 5 to 9:30 p.m. on March 6, according to a complaint.

Carol Robinson, 911 director for Marshall County, said that not only was the county unable to reroute to Ohio County, but it was also unable to reroute calls to a ten-digit line.

“Everything that could go wrong did go wrong,” she said. “And it took out almost this whole panhandle.”
No one from the public complained, she said, and people could still call the sheriff’s office, she said.

“But you would have to look those up,” she said. “That’s probably not a number that everybody just knows. That’s why 911 is there because you don’t have to think about that in an emergency,” she said.

They’ve also experienced problems with Frontier before, she said.

“These aren’t just your typical lines so you can call and talk to grandma,” she said. “These are emergency phone lines, and they need to work.”

Joseph Starsick, a lawyer for the company, wrote in the company’s March

18 response to the complaints that the company does have alternate ways to route calls in the event of outages, that its network is “resilient,” and that the outage occurred when “unrelated events caused unusual outages.”

“On one side of the fiber ring, a tow truck with its boom fully extended hit Frontier aerial cable in Tunnelton, West Virginia, causing significant damage to Frontier’s network which included damaging multiple poles and ripping fiber and copper lines down,” he wrote. “Frontier dispatched construction, splicer and line crews to assess and complete damage repairs, including placing new poles, repairing facilities, and other work to reestablish network connectivity. The necessary work was completed at 10:46 AM on March 6, 2022. Unrelated to the tow truck damage, a separate and unrelated SONET outage in Frontier’s network was detected between Sistersville and Moundsville at 7:54 PM on March 5, 2022. Extensive diagnostic and repair work commenced. Service was restored at 10:59 PM on March 6, 2022.”

In an email, Brigid Smith, spokeswoman for Frontier, did not respond to questions about the number of customers affected and any plans to prevent similar outages from reoccurring, saying only, “We are pleased the outage was restored and continue to strengthen the network.”

According to the PSC’s summary of the Brooke County complaint, at about 4:51 p.m. March 5, “Brooke County

received a text message from the Ohio County 9-1-1 Director suggesting that Brooke County check its wireless lines. Upon checking, Brooke County discovered that the lines were down and not functioning. Brooke County asserted that it was not contacted by Frontier via email or telephone call to alert it of the service interruption. Brooke County further asserted that the lines were down for approximately twenty hours and communications were restored on March 6.”

Jimmy Glasscock, Folsom fire chief in Wetzel County, said a non-emergency line was also out in Wetzel County, so people had to show up at fire stations or call fire stations directly to ask for help.

“I never heard of anyone later on saying they weren’t able to get help because they weren’t able to call or get ahold of anybody – thankfully not that I’m aware of,” he said.

The PSC will investigate and deliberate the case, said Susan Small, spokeswoman for the PSC. She said forms of restitution for the counties will be “up to the commission.”

The PSC fined Suddenlink more than \$2.2 million last month for failing to provide “safe, adequate and reliable” cable television service.

Michael Tatum, assistant director of the 9-1-1 Council, wrote in the complaint that the council wanted the PSC to require Frontier Communications to correct the issues and provide the council with a plan of action. Tatum did not return a phone call.

In a March 16 filing, Tatum agreed to mediation in the PSC proceeding. Angela McCall, of Frontier, agreed to mediation the following day.

Also, on March 16, the Public Service Commission consolidated the four cases and set a hearing for April 8 at 9:30 a.m. at the Public Service Commission building in Charleston.



American Lamb Chops with Rosemary and Pan-Roasted Lemony Asparagus

Submitted By Debra Smith

Lamb is traditionally on the menu on Easter. Even though lamb roasts typically can be found on Easter tables, this year’s hosts and hostesses may want to offer something slightly different. “American Lamb Chops with Rosemary and Pan-Roasted Lemony Asparagus”, puts spring flavors on display for this special gathering. Enjoy this recipe, with your family this Easter.

American Lamb Chops with Rosemary and Pan-Roasted Lemony Asparagus

For the Lemon Roasted Asparagus

- 2 pounds fresh asparagus
- 4 large cloves garlic
- 1/2 teaspoon salt
- generous sprinkle black pepper
- 4 tablespoons olive oil
- 2 large lemons

For the Lamb Chops

- 8 medium American lamb loin chops
- 6 large cloves garlic
- 6 tablespoons olive oil
- 1 large lemon, juiced and zested
- 1/2 teaspoon salt
- generous pinch black pepper
- 1 1/2 tablespoons fresh rosemary, finely minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 2 tablespoons salted butter

Preparation: Mix together all the lamb ingredients in a large container. Add the lamb chops and rub with the marinade mixture. Secure the lid and marinate in the fridge for at least 1 hour or up to overnight before cooking. Let the lamb sit at room temperature for 5 minutes before cooking.

Roast the asparagus: Preheat oven to 400 degrees F. Rinse, dry and trim the ends of your asparagus. Slice one of the lemons into thin slices. Toss the asparagus, all the asparagus ingredients and a squeeze of lemon juice from the second lemon. Divide between two parchment-paper lined baking sheets. Roast for 8 to 13 minutes, depending on how tender you want the asparagus to be.

Cook the lamb chops: While the asparagus roasts, cook your lamb. Melt the butter in a large skillet over medium heat. Add four of the lamb chops at a time, and cook 4 to 6 minutes, until there is a nice dark crust on the bottom. Flip, and repeat, using a meat thermometer to check for doneness. We are looking for 145 degrees F for medium rare chops, 160 for medium and 170 for well done. Make sure to stick the meat thermometer into the thickest part of the meat, and stick it halfway through the meat, don’t let it touch any bones or the pan, for an accurate reading.

Once they are done, set aside on a clean plate and cover with foil for 3 minutes to keep warm. Serve the lemony asparagus and lamb together over rice or couscous, if desired.

Remember, readers, if you have a favorite recipe that you would like to share, we welcome your submissions. E-mail your recipe to us at debra@mountainmedianews.com. And don’t forget to stop by your local Price Cutter to purchase all of your cooking and baking needs.

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