

The SHINNSTON News & Journal HARRISON COUNTY

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Focusing on local news throughout Harrison County.

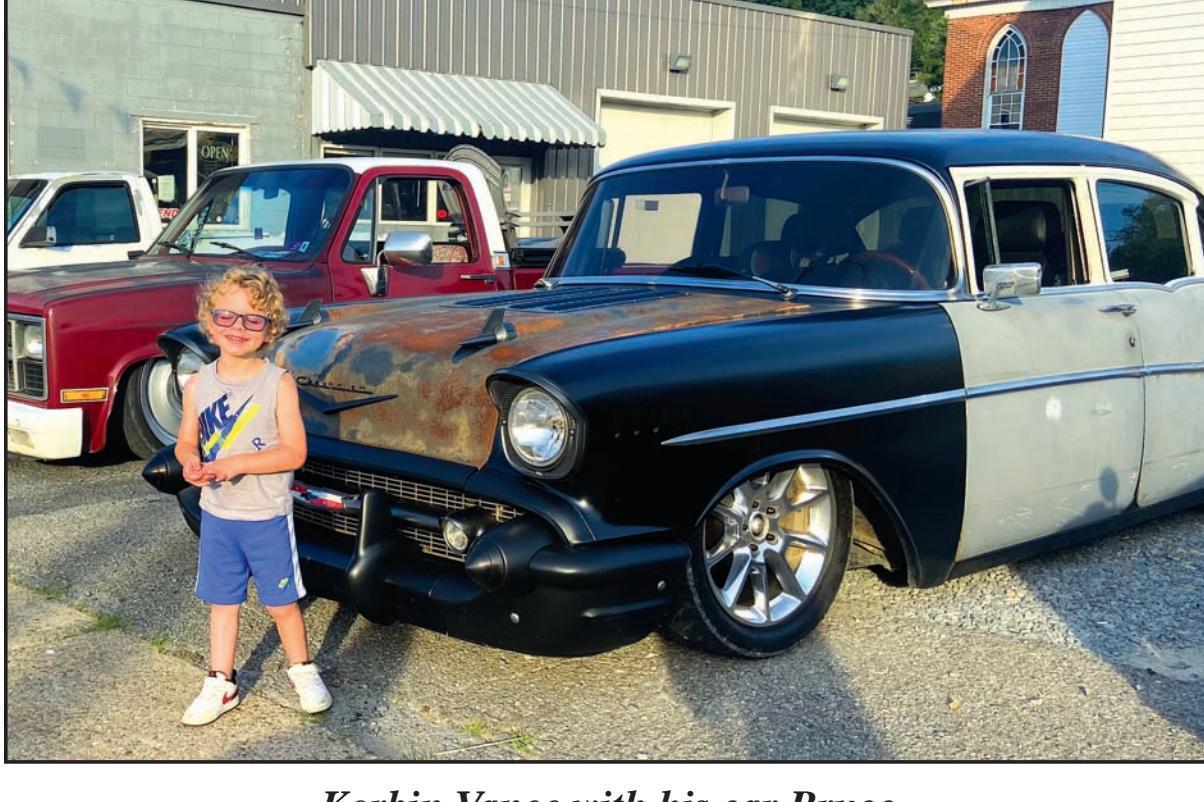


July 21, 2022 - July 27, 2022

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Shinnston winds down with cold brew and warm weather



Korbin Vance with his car Bruce

Korbin Vance stands beside his car named Bruce at Wind Down Wednesday July 13. Travis Vance, his father; Robbie Vance; and Brian Kasey Raines showed rebuilt cars at the event. Photo by Maralisa Marra.

By Maralisa Marra

This month's Wind Down Wednesday, held on July 13, was a warm, sunny evening filled with laughter, delicious food, ice-cold drinks, and great tunes.

The energy was contagious as conversations with friends filled the air and children eagerly jumped in the new bouncy house provided by Casey's Restaurant. Exciting discussions about up-and-coming ideas for Shinnston like new

businesses, mural paintings, and car shows were only a few of the conversations shared amongst friends and families.

Shinnston-based Dead Canary Coffee also made their debut that evening serving their signature cold brew. Attendees said it was the perfect thirst-quenching pick-me-up to combat the toasty sun, and it was delicious black or with cream and sugar.

Coffee was not the only ice-cold drink available; Casey's was also selling their craft beer.

See "Wind Down" on Pg 8.

Former museum director removed from board

By Maralisa Marra

A former director of the Bice-Ferguson Memorial Museum who served on the board for 18 years was removed from her position during last week's City Council meeting July 11.

"I was blindsided," said Maxine Weser, who was a member of the museum board from 2004-2022.

She also served as director of the museum for eight years.

"I worked hard at it," she said. "I enjoyed it."

Council voted on board appointments for the new fiscal year. All board members up for reappointment and new appointees were approved, except for one position on the Bice-Ferguson Memorial Museum Board.

The museum board recommended the reappointment of Woody Maley and Maxine Weser. Councilmember Maryann Ferris made a motion to reappoint Maley and Weser; however, Councilmember Patrick Kovalck made a motion to appoint James Coulter instead because of his interest in the position.

Council discussed the idea of appointing three members to the museum board, but Ferris noted that there is an ordinance that says the board is limited to two members.

Ferris' motion died due to a lack of a second. Kovalck made a motion to reappoint Maley and appoint Coulter, and the motion was passed. Ferris noted that she opposed and said, "You have just voted to eliminate the museum board's treasurer and secretary."

Ferris said to Council that they did a disservice to the museum board by not reappointing Weser.

Weser said she doesn't plan to let the loss of the position affect her engagement with the museum.

"I loved the museum, and I still do, and I'll still attend programs," she said.

Serving on the museum board in 2004, she said there were two rooms downstairs that had just drywall ceilings and HVAC systems. She transformed the rooms.

"Every case, every wall, every picture in the frame, everything," Weser said, "Everything that you see basically is something that I have done."

She also said that everything upstairs for the alumni displays, she did by herself.

"Anything that needed done, I've scrubbed it, I've waxed it, I've stripped it," Weser said, "I just always did everything that needed to be done, and I loved it."

"I'm very happy with what I accomplished," she said.

City Council hears arts and culture goals

Members discuss meter readers, water sampling

By Maralisa Marra

Trent Spellman, board of directors member and head of the planning committee for The Cultural Foundation of Harrison County, attended last week's City Council meeting on July 11. He said the cultural foundation wants to make the county "a hub for the arts and culture."

"We realize that if we want to be a representative of the entire county, we have to listen to what the entire county has to say," Spellman said. "We're going through a series of what we're calling 'community conversations.'" He said that the foundation is having community conversations with Shinnston, Salem, Lost Creek, Bridgeport, and Clarksburg.

Spellman said that the cultural foundation "is working towards becoming a thought leader and action leader in terms of bringing the arts and culture to Harrison County and making [the county] a hub for the arts and culture."

Spellman, alongside Black & Teal Concepts and City Manager Chad Edwards, have tentatively scheduled Shinnston's community conversation for July 26 at 7 p.m. at The Soapbox at 413 Pike Street.

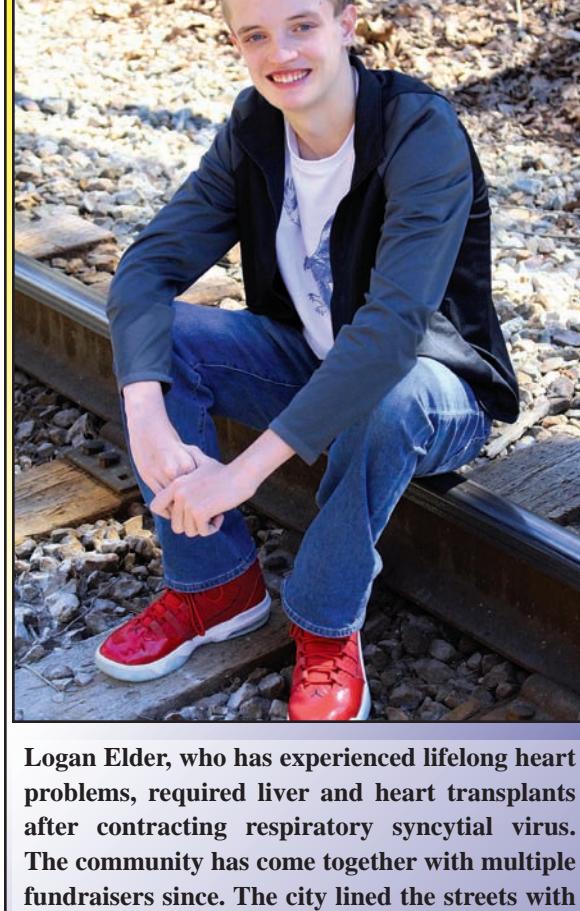
Spellman said he will be the facilitator of the conversation, and that he is eager to get as much input as possible from the Shinnston residents because "we want to know how we can help you here in Shinnston leverage the arts and culture in your community."

"One of the reasons I'm here is to try to encourage you as a council and as community members to let people know about this meeting," Spellman said. "And to get people to turn out because we can't hear what you're saying unless you show up."

Edwards also updated Council on the meeting on June 30 with Ferguson Waterworks out of

See "Goals" on Pg 3.

"Our hero"



Logan Elder, who has experienced lifelong heart problems, required liver and heart transplants after contracting respiratory syncytial virus. The community has come together with multiple fundraisers since. The city lined the streets with their red shirts on to welcome him back home from rehab. They also lined the streets with red heart balloons and welcome home signs. The town calls him "Our Hero."



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OPINION

GUEST COLUMN

Supporters of West Virginians with disabilities should act now

Submitted by the West Virginia Press Association, on behalf of the West Virginia Behavioral Healthcare Providers Association

With many observers expecting the federal budget reconciliation bill to be finalized in early August, advocates for issues still under consideration are seeking the support of key U.S. Senate leaders — U.S. Sen. Joe Manchin, D-WV, in particular.

Getting the most attention are the talks on Medicare's ability to negotiate prescription drug prices — with AARP and other advocates pushing for change and Sen. Manchin directing the discussion — but the West Virginia Behavioral Healthcare Providers Association is working to gain support for a \$150 billion investment in the Medicaid Home and Community Based Services program.

WVBHPA says the Medicaid HCBS program is critical to ensuring that West Virginians with intellectual and developmental disabilities can receive the services they need to support their health, well-being, and inclusion in the community. The federal funding is urgently needed to retain and attract caregivers for the I/DD population, according to the WVBHPA.

Mark Drennan, CEO of the West Virginia Behavioral Healthcare Providers Association (WVBHPA), and other advocates are requesting support from Sen. Manchin and urging West Virginians supporting the request to immediately contact the senator's office and write letters to the editor calling for support of the Medicaid HCBS program.

The Centers for Disease Control defines I/DDs as "a group of conditions due to an impairment in physical, learning, language, or behavior areas. A further clarification lists "autism, behavioral disorders, brain injury, cerebral palsy, Down syndrome, fetal alcohol syndrome, learning disabilities, and spina bifida" as being conditions which fall under the I/DD umbrella.

The WVBHPA provided the following information:

- In West Virginia, nearly 5,000 individuals with I/DD receive services through the HCBS program for support with activities of daily living.
- Members of the WVBHPA, which represents more than 25 providers of home and community-based services across the state, have seen a 50% workforce reduction — from more than 14,000 to less than 7,800 employees.
- Without a sufficient workforce, providers are forced to close programs, placing people with I/DD at higher risk of hospitalization and institutionalization. Nationally, 77% of providers are turning away new referrals and 58% of providers are discontinuing programs and services.

THIS WEEK IN West Virginia History



July 21, 1924: Don Knotts was born in Morgantown. Knotts will be remembered as Barney Fife on the "Andy Griffith Show."

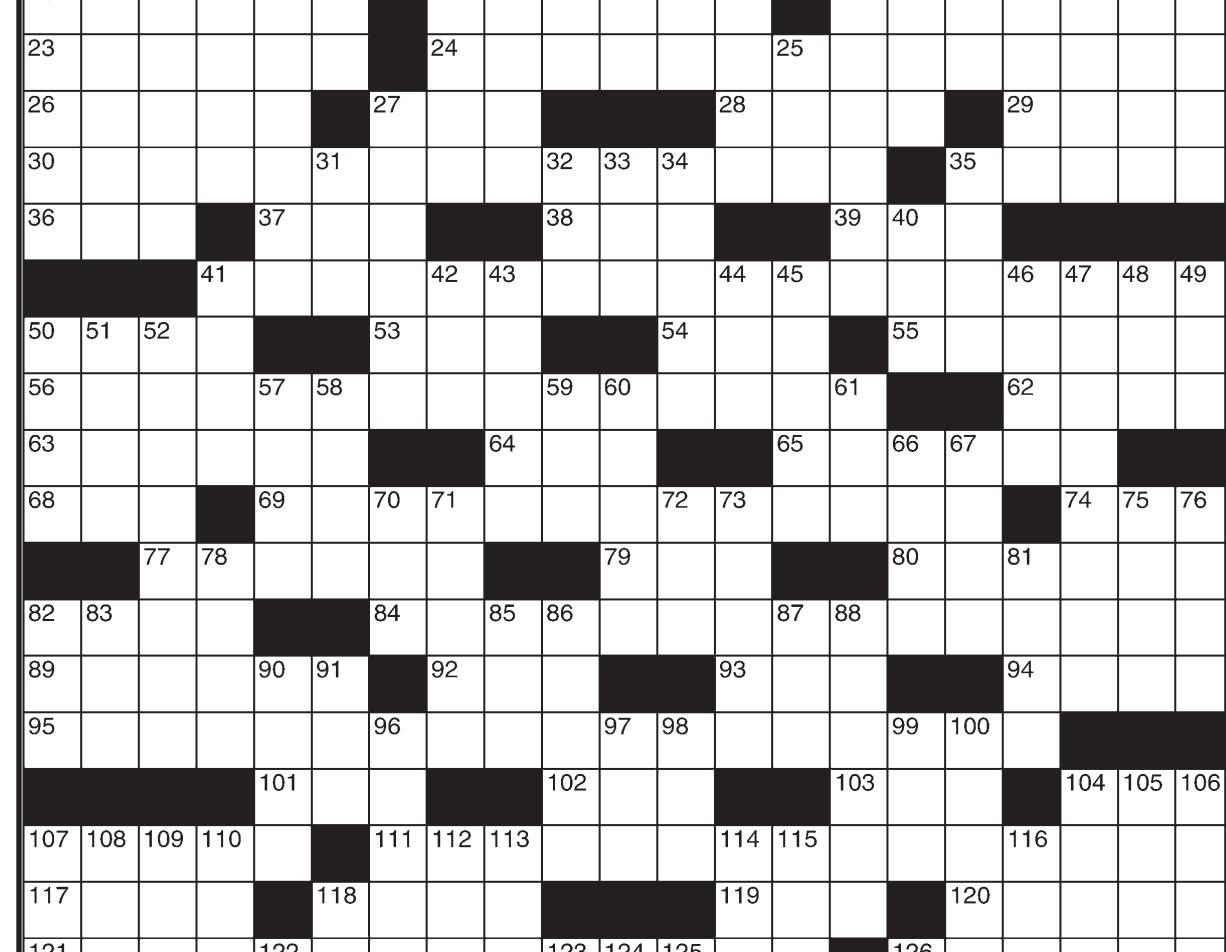
July 22, 1859: Athlete John Wesley "Jack" Glasscock was born in Wheeling. Glasscock, who played bare-handed, became one of baseball's premier shortstops in the 19th century.

July 22, 1937: Musician Tommy Thompson was born in St. Albans, Kanawha County. Through his group the Red Clay Ramblers and a career that spanned four decades, Thompson played a major role in keeping old-time music alive.

Super Crossword

TB LISTINGS

45 President after Harrison	88 Coveted annual prizes
1 Peak near Tokyo: Abbr.	90 Part of DNA
2 Concert sites	91 Irate
3 Purple flowers	96 Illegal punch
4 "Put — in it!"	97 One of 18 on a course
5 Dandie — (dog breed)	98 "So icky!"
6 "Hurrah!"	99 Gambling site, for short
7 Tape holder	100 Optometrist, old-style
8 Filmdom's — B. DeMille	104 Action hero Steven
9 "Hurrah!"	105 Like grizzlies and kodiaks
10 Be off-base	106 Hoffman/Beatty film
11 Boxer Laila	107 Three more than quadrilaterals
12 Soccer star Lionel	108 Fake name
13 Shows up for 38-Across	109 Hanukkah potato treat
14 Actor Sandler	110 Pulitzer winner Edward
15 Aves.	112 Central point
16 Main monk	113 Milan's land
17 Denmark's — Islands	114 Had a meal at home
18 Fictional Doolittle	115 One-named singer of "Royals"
19 Streamlined	116 Gossipy type
25 Poet Hughes	118 Choir female
27 South Carolina river	122 Adm.'s milieu
31 Hi- — (stereos)	123 Charge (up)
32 Tote or duffel	124 Aussie leapee
33 "— Bravo"	125 Resting place
34 Nice scent	126 Had life
35 Hard fat	
40 Atty.'s org.	
41 Has no life	
42 Eye, to poets	
43 An hour past midnight	
44 Pat lightly	
132 Less fresh	
87 Acutely cold	



Find the Super Crossword Answers on Page 7!

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

July 23, 1919: Novelist Davis Grubb was born in Moundsville. His renown came in 1953 with his first novel, "Night of the Hunter," a gripping suspense story adapted to film in 1955 and for television in 1991.

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

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

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

July 25, 1864: A colony of eight Catholic nuns set out from Washington, D.C., and Frederick, Maryland, for Parkersburg. The sisters, who created a monastery there and named it DeSales Heights, ran a boarding school for young women for 75 years.

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

July 27, 1909: Coach "Dyke" Raese was born in Davis. He directed West Virginia University to its first major sports national championship, winning the 1942 National Invitation Tournament in basketball.

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

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N&J Briefs**FROM AROUND HARRISON COUNTY**

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.

American Legion Auxiliary

Thursday, July 21
American Legion Auxiliary Unit 31 monthly meeting
Covered dish dinner 6 p.m.; bring one of your favorites.
Meeting 7 p.m. Post 31, Shinnston

Hot Dog Sale

Sunday, July 24
Parish Nurse Ministry
Immaculate Conception Catholic Church
11 a.m. - 1:30 p.m.
150 South Maple Ave
Clarksburg, WV 26301
Eat in or take out available
Proceeds to benefit ministry programs.
Panelists to speak about human trafficking at 2 p.m.
304-622-8243

Designer Purse and 31 Bingo

Sunday, July 24- 1:30 p.m.
Door open at noon, early birds 1 p.m.
20 games \$20, 21st game \$1
Harrison County Senior Center
500 W Main St, Clarksburg, WV 26301
Sponsored by the GFWC Woman's Club of Bridgeport
Proceeds go to little red wagon (transportation for kids at St. Jude's Children's Hospital)

Used Book Sale

July 7-July 29
Bridgeport Public Library
1200 Johnson Ave. Bridgeport
Monday-Friday 11 a.m.- 7 p.m.
Saturday 11 a.m.- 2 p.m.
304-842-8248 for more information

Lunch at the Library

Weekdays, July - August 12
Free lunch, 12 p.m. - 12:30 p.m.
Kids 18 years & under
Clarksburg-Harrison Public Library
404 W. Pike St., Clarksburg, WV, 26301
Registration is not required.
Please do not leave your children unattended.

"Goals" From Pg 1.

Columbus, Ohio. That company has been installing automatic water meter readers at residences. City officials previously said they were concerned about yards left in disrepair after installation, and about city workers' time spent assisting with the process.

According to meeting notes Edwards provided, city workers have made some repairs to meters, but "the number of meters our employees have installed... is minimal."

"They have helped out when the meters were difficult, too heavy for one person to install," the notes state. "A lot of what has been reported as our employees installing meters has actually been our guys fixing a broken line."

"All of the issues have been related to supply, labor, and lack of communication between all of the parties involved," the provided notes state. "Everything should be up and running by the end of this month."

"It was a very productive meeting," Edwards said.

"Hunt" From Pg 1.

My wife decided to change Rose's name to "Zoe Rose", and I think it fits her personality. The first evening away from her siblings caused Zoe to spend half the night whimpering and crying and my wife ended up sleeping on the couch with Zoe nestled against her chest. Jack the Wonder Dog couldn't figure out who this new little furball was and why she was running through the house like someone set her tail on fire!

After a few weeks at her new home, Zoe Rose is part of our household and sleeping through the

Councilmember Max Palmer was also in attendance at the meeting with Ferguson, and he agreed with Edwards that it was productive. "Yes, very much so," he said.

Council also discussed street repairs on Simon Drive. Edwards presented them with an estimate of \$11,435, and Council accepted the bid for the repairs.

Also at the meeting, Edwards addressed letters related to water sampling recently received by residents.

Edwards said the city has received no citations or violations on the quality of Shinnston's water.

However, city officials sent the letter to residents because water samples weren't tested on time because the water testing company that the city used closed abruptly. Water samples were tested at Reliance in Bridgeport, which closed without notice, according to meeting notes Edwards provided prior to the meeting.

night. She occasionally chews on the rug under her crate which frustrates my wife to no end. We've gone back to the Humane Society a couple of times for Zoe's booster shots and each time, the staff is excited to see her.

We are so happy with our new puppy but beyond that, we are so happy that the Humane Society exists and provides our community with compassionate care for animals that are rescued from deplorable conditions. Please support the Humane Society, they do Amazing work and do it with a smile.

'Born & Bred' celebrates state's talent**Concert series created by
Shinnston musician**

Submitted by The Robinson Grand

The Robinson Grand Performing Arts Center is excited to announce that the West Virginia-centric Born & Bred Concert Series is moving to downtown Clarksburg beginning on Saturday, Oct. 8 at the historic Robinson Grand Performing Arts Center, located at 444 W. Pike St. in Clarksburg.

Born & Bred was created by Brendan Gallagher, of Shinnston, and debuted as a music festival in Grafton. In its new concert series form, The Robinson Grand will be hosting multiple shows a year featuring talented musicians and performing artists that have been shaped by the Mountain State.

"I remember the first Born & Bred music festival in Grafton," said Jason A Young, the Robinson Grand's Program Manager. "Brendan did an incredible job putting it together. The event was a huge success, and now that the Robinson Grand is the new home of the series, I imagine it's only going to get bigger and better."

Nick Davisson will headline this fall's series debut. Growing up in a family of musicians, The Davisson Brothers, it may seem as if Nick Davisson didn't have a choice other than to be one himself. But if you ask him, he wouldn't have it any other way. As he takes on his career as a solo artist, Nick draws on influences from blues, rock, and pop to sounds of tasteful organic country/folk, thus forming a style that is listenable and fresh, and one that he describes as "new old-school."

"The Davisson Brothers band are as West Virginia born and bred as it gets in the local music scene," said Young. "However, having Nick ... will give this series the new, fresh, energetic debut it deserves."

Joining Nick Davisson on the Robinson Grand stage on Oct. 8 are Last Year's Model and The New Relics.

Gallagher's band, Last Year's Model, is a rock and roll band that has mastered the art of heartland rock and storytelling as a craft, with a hint of Pearl Jam, reminding you that the 80s eventually led to the 90s. Gallagher is an old-fashioned rock and roll musician, mysteriously displaced from the 1980s and left in the 21st century as an honest, quality storyteller. He can simultaneously acknowledge pain and celebrate beauty through music. Gallagher and Last Year's Model have a gift for this art of deep, raw, and

hopeful storytelling that is featured prominently on their debut album "Neon Lights."

The New Relics have been a staple of the East Coast roots-rock and Americana music scene since forming in 2001. Their two-decade-long catalog crosses genres from jam band to singer-songwriter, rock, country and Americana, pushing the boundaries of genre while fueling their passion of creating emotionally resonant stories and weaving them into well-constructed musical arrangements. Recently, the band traveled to Nashville, Tennessee, to record their fifth studio album "Blackbird Sessions" at the famous Blackbird Studios.

"This inaugural show has a very North Central West Virginia feel," said Young. "It's going to be a truly great night that will propel us into several future shows that will feature performers from all over West Virginia and also those Mountaineers who are currently living and working outside the state."

The Robinson Grand Performing Arts Center is one of West Virginia's premier performance venues. A recent \$15 million renovation has transformed our beautiful historic local theater into one of the state's most spectacular small theater destinations in which to experience an event. Preserving the distinct historical charm of the 1913 theater, the Robinson Grand boasts the most modern updates and conveniences of any local performance venue. The comfortable 1,000-seat size of the theater makes every seat feel intimately connected with the onstage performance.

Tickets for The Born & Bred Concert Series start at \$13. Tickets went on sale July 15 at 10 a.m. and can be purchased online at tickets.therobinsongrand.com or by calling the Robinson Grand ticketing center at 304-773-6283.

North View bridge closed

The West Virginia Department of Transportation announced, in a news release, a bridge closure at North View Overpass Bridge, from 7 a.m. to 7 a.m., July 14 through Aug. 13 for construction of the new North View Overpass Bridge.

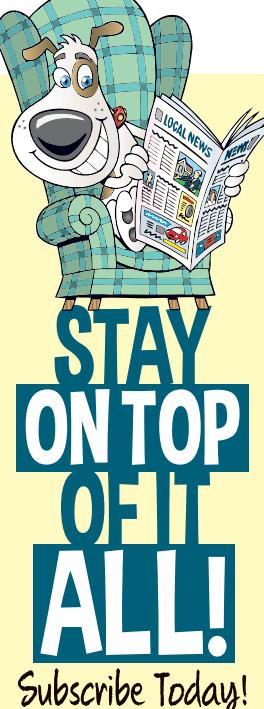
Construction will be ongoing 24 hours a day, seven days a week, officials said.

North View residents will need to use the established detour and at this time residents can only access U.S. 50 westbound.

The eastbound off-ramp for Sycamore Street will be re-opened.

Alternate routes are as follows: West Pike Street exit, West Virginia Route 20, Joyce Street exit.

Expect delays. Please note that inclement weather or unforeseen circumstances could change the project schedule.

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**GRAPEVINE**

By Rosalyn Queen

I ran across an article about Ben Portaro, and it made me think about his East View connection. He has been honored in many ways for his service to our country. Portaro was born in Italy and moved to Anmoore as a toddler, and he fought for the United States in the Battle of the Bulge, according to WV News.

Most recently the French Ambassador honored him and three other veterans with the French Legion of Honor award at a ceremony at the French Ambassadors home in Washington D.C. This is France's highest military honor. Three other veterans were also recipients, one being David Bailey from Bluefield, WV.

Portaro came ashore in France and served under General George Patton. He was held prisoner in 1945 and escaped with another soldier. They were hiding out until they were rescued.

Portaro's parents settled in the Anmoore area. They built a home in my beloved East View. This beautiful stone home, which still stands, is located on old Philippi Pike.

Ben had two sisters, Sylvia Basile and Helen Sears, and at least one brother. Ben married and then moved to North View. As fate would have it,

he moved next door to my grandmother and the friendship continued.

As famous as he was for his military career, he was also well known for his garden. My sister, Cathy, and her husband frequented Ben's home and enjoyed conversations and gardening tips with him.

Congratulations to Ben on this honor and may he continue a healthy and happy life surrounded by his children.

When reading the Sons of Italy magazine, I noticed a letter to the editor, and it was signed by Josephine Vespoint. Congrats, Josephine! It is great to let publishers know what you think about their publications.

Just like an expectant mother, I was filled with joy as I saw the first blooms on my tomato plant. As I have said before, it does not take much to make an 82-year-old happy.

Last week started out with breakfast with my friend, Mary Barnett; dinner with my neighbor, Rosemary Mascio; dinner with Randal Lynch and Betty Waddy; and lunch with my 1957 RW classmates. It was all very enjoyable, but I ended the week with a fall, so I have confined myself to my chair with ice packs. I am worried about aggravating my neuropathy, but I feel it is getting better.

Last, my condolences to Dr. Mark Manchin on the passing of Virginia and to Anthony Lehosit on the passing of Rhonda. These two wonderful ladies left their mark on our state.

Take care. Enjoy the beautiful days of summer. Spend as much time as you can outside, but do not overdo it with the heat. Stay healthy and safe, and until next week, "Now You Have Heard It Through The Grapevine."

Seven graduate UHC residency program

On Friday, June 24, seven residents from the United Hospital Center Family Medicine Residency program graduated with a ceremony held at the Bridgeport Conference Center, according to a news release.

"As these new physicians go on to change the future of health care in West Virginia and beyond, we wish this class well, as I am extremely proud of their many achievements," said Eric Radcliffe, M.D., program director. "I am pleased that UHC helped in preparing

these physicians for a career in medicine."

During their three years of training, the residents rotated with many of the UHC specialists, as well as maintained patients in the family medicine clinic. After successful completion of residency requirements, all seven graduates passed the American Board of Family Medicine Certification Exam. UHC Family Medicine Residency Program has had a 100 percent pass rate for more than 10 years.



Recent graduates of the United Hospital Center Family Medicine Residency program include, in the front row from left to right, Crystal De Wit, D.O.; Jenna Forzano, M.D.; Agnes Asmar, M.D. In the back row, recent graduates are Sheldon Harris, M.D.; Bishop Carmichael, D.O.; Justin Gabor, M.D.; David De Wit, D.O.

Master quilter at Adaland Mansion for quilt show and bed turning

Fran Kordok, nationally known quilter and quilt designer, will join Adaland Mansion for its July 30-31 Quilt Show and Bed Turning. Kordok will be sharing stories of her quilts from her first creations to her more recent items at the Saturday, July 30 Bed Turning from 11:00 am to 4:00 pm.

Kordok of Morgantown, formerly of Elkins, has been making and designing quilts since 1974. She is both a National Quilting Association (NQA) Certified Teacher (2003 Teacher of the Year) and Certified Judge. Her work has been exhibited and has won awards on the regional and national levels and has been published in several magazines. "Many local quilters were introduced to quilting by Kordok and they all sing her praises!" says Adaland Executive Director JoLynn Powers.

Kordok's judging has taken her to shows in nine states as well as to three NQA shows. She marketed her own original designs under the name of Subtle Endeavors and has been active in local and state quilt guilds and WV's previous and current Quilt Documentation Projects.

Kordok will conduct the Bed Turning on Saturday, July 30. During the traditional quilt sharing event, quilts are stacked on a bed and turned back one at a time with information about each quilt shared

with guests to the day's event. Kordok will share information about her quilts including some very special wall hangings.

Tickets for the Quilt Show and Bed Turning may be secured by calling 304-457-1587 or 304-516-1124. The \$30 ticket for Saturday, July 30 includes the bed turning by Kordok, a boxed lunch, and a quilt show throughout the mansion. Tickets for Sunday, July 31 are \$15 and include the quilt show; demonstrations of knitting, quilting, and embroidery on the Pavilion; food trucks, and vendors including Mountain State Quilting and the Yarn Basket both of Philippi.

Adaland asks owners of quilts who would like to display them the weekend of the Quilt Show to drop off up to three quilts per person between Saturday, July 16 and Monday, July 25 from 10:00 am to noon at the mansion. All quilts will have identification attached and will be under house staff supervision while at Adaland. Quilts may then be picked up from August 1-6 at the mansion.

As July ends and August begins, Adaland wants the public to know its annual tag sale is August 12-13. This annual major fundraiser will be from 10:00 am to 4:00 pm on the side yard Pavilion. Adaland is currently accepting antiques, collectibles, art work, furniture, and other items of interest to sell at this two-day event. Call one of the aforementioned numbers for further information about the tag sale.

For more information about Adaland Mansion at Philippi and about the events scheduled for the 2022 season, visit www.adaland.org and Adaland Mansion at Philippi on Facebook and Instagram.



One of Kordok's designs

SHINNSTON
MCDONALD'S

BOGO*
Order of
Hot Cakes

(Not to be used with a combo meal purchase)
Expires July 29, 2022

*BOGO - Buy One Get One Free
One per customer per visit, not to be used with any other offer, discount or within an EVM purchase. Valid at the Shinnston McDonald's only. Cash value 1/20 of 1 cent LwC. Must present this coupon prior to ordering.



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from UHC Sleep Center

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Here are ten things you should know about getting better sleep; each of these points are based on scientific research and could help you get the most of your sleep. Remember, this advice only applies if you have a sleep problem.

- 1** Products containing caffeine (tea, coffee, sodas, chocolate, soft drinks, etc.) should be discontinued at least four hours before bedtime. Caffeine is a stimulant and can keep you awake.
- 2** Avoid nicotine (including nicotine patches or chewing gum, etc.) an hour before bedtime and when waking at night. Nicotine is also a stimulant.
- 3** Avoid alcohol around bedtime because although it can promote sleep at first, it can disrupt sleep later in the night.
- 4** Avoid eating a large meal immediately before bedtime, although a light snack may be beneficial.
- 5** Try to do regular, even mild, physical exercises if you are able. Avoid exercising two hours before bedtime.
- 6** Keep the bedroom calm and tidy. Select a mattress, sheets, and pillows that are comfortable.
- 7** Avoid making your bedroom too hot or too cold.
- 8** Keep the bedroom mainly for sleeping; try to avoid watching television, listening to the radio, or eating in your bedroom.
- 9** Keep the bedroom quiet and darkened during the night, but try to spend some time in the daylight, or bright artificial light, during the day.
- 10** Try to keep regular times for going to bed and getting up.

Visit  uhcsleepcenter.com for more information and to download a daily sleep diary.



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**The Bottom Line**By Bill Nestor
Sports Editor**Martin moves to South Carolina State**

Erik Martin started his collegiate career at TCU in the late 1980s. Things did not go as planned for Martin in the Lone Star State, and after leaving the Horned Frog program, and a brief stop at Santa Ana College, he landed in Cincinnati in 1991. Playing for Bob Huggins, he would help lead the Bearcats to the Final Four. Martin moved on from Cincinnati to a professional playing career.

Martin spent several seasons in the CBA before heading overseas. Taiwan, Japan and South Korea were stops for Martin along the way. He was able to make a living while learning life lessons which helped prepare him for his coaching career.

Martin made his return to Cincinnati making his coaching debut on the high school level in 2003. After one season, Martin jumped up to the collegiate level as an assistant at Cincinnati State Technical Community College. In 2006, he reunited with Huggins as an assistant at Kansas State.

The next season, Huggins was able to corral his dream job when he returned to his alma mater to coach West Virginia University. Martin followed Huggins to Morgantown where he was an assistant for a decade and a half.

Martin paid his dues during that time and has been adopted by the Mountain State as one of its own. Huggins has coached teams to a pair of Final Four appearances, and Martin was an integral part of both. The first as a player and the second as an assistant at WVU when the Mountaineers went in 2010. It was only the second time in program history, and the first

since 1959, which made players and coaches from 2010 rock stars in the eyes of Mountaineer Nation.

Prior to now, the only head coaching experience Martin has had was his first year of high school at the junior varsity level. However, all of his hard work has paid off because earlier this month Martin was named the South Carolina State Head Coach.

The Bulldogs are members of the Mid-Eastern Athletic Conference. Martin will take over for Murray Garvin who led South Carolina State to a 15-16-mark last year. They closed out on a four-game losing streak that appeared to be the final straw prompting the coaching move.

It is not just the West Virginia basketball program and Huggins that will miss Martin, but it is the entire community that will suffer from his departure.

There have been many West Virginians that have been touched by Martin's generosity and love for those in need. His most notable endeavor was the creation of Helping Hand Charities in WV. It was Martin's vision, and it was brought to fruition in 2021 when the nonprofit foundation was created. Its goal is to aid children from single-parent homes and underprivileged youth.

Martin puts his heart and soul into every venture and his impact is profound. Pulling double duty in regard to coaching and community work shows what kind of energy level Martin possesses and that is what is required from a head coach on the Division 1 level.

His drive and passion separate him from other up-and-coming coaches. He is a diamond in the rough, and I have a feeling that his stay in Orangeburg will not last long. Martin will climb the coaching ladder, and sooner than later, he might find himself involved in another Final Four. The third time might be a charm for Martin.

He could be an NCAA champion as a head coach someday. If that happens, we would be able to say that it could not have happened to a better person.

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

parks program was all about for me as a kid.

Plain and simple, we just went out and had fun. Sometimes we would argue over things, but that was just the competitiveness.

Some of my fondest days were playing cards on the concrete picnic tables. We played an Italian card game called Briscola, and it was one of our favorites. It was played in pairs with a smaller deck because 12 cards were pulled from the deck. It was taught to us by a local from our neighborhood who was taught by one of his ancestors from the old country.

I also remember the old glass factory at the end of Williams Avenue in North View where we would go explore and see what the abandoned buildings had to offer. As expected, we would get ran off by somebody who knew we should not be there. On the way home, our parents already knew what was going on as the neighborhood watch, which consisted of grandmas with cordless phones, contacted our parents well before we made it to the doorstep. As you can see, being in the parks program was a way of keeping out of trouble for me as a child.

When I talked to Book about some of his memories from those days, he mentioned the hula hoop championships. One county winner is a business owner in Clarksburg, and as Book claims, no one was better at it.

To me, parks is a way of life for a lot of kids. It made us the people we are today, and we are better people because of the neighborhood parks program. Growing up as a parks kid made realize the importance of having it today in this society.

Kids need a safe place where they can hang around with their friends playing four square, Uno, or just shooting some hoops. The parks program is a home away from home and a place where life lessons can be taught.

From The World of Parks & Recreation

By Doug Comer

Growing up as a "parks kid" and what it means today

For decades, Director Mike Book has taken great pride in the summer programs offered through parks and recreation. Recreation during the summer months is essential in keeping school friendships alive, encouraging kids to do things outdoors, and more importantly, having fun. Growing up in a program like this allowed me to have some of the best summers because I was able to hang out with my buddies and do what kids love to do.

At North View Park, there were multiple activities to partake in. If you wanted to play basketball, it was there. There have been some amazing athletes to play on that court, and all of us tried to leave our own legacy on the concrete. We played whiffle ball using Jim and Marsha Molina's fence as a backstop, and the window to the storage building on the other side was the strike zone.

Back in our days (I feel like an old man saying that), parks would have teams from different areas of town come and play each other in basketball and other games such as touch football. It was great to see the kids from Stealey come to the "View" for a game of hoops. We all knew and liked each other, but no one wanted to lose on their own turf. No matter the outcome, it was always a great time.

We always played on the old playground equipment that would not meet today's safety standards. Time spent with friends is what the

vessel was designed to keep our eyes on the sunny days ahead.

This year's birthday piece is a special edition alpine bowl, also in cobalt with citrine watercolor wrap, and will sell for \$89. Designed to be wild and wonderful, this special edition bowl uses a technique known to Blenko as Watercolor, where the vessel is wrapped in glass from Blenko's citrine furnace before being blown out to stretch and shape the piece. No two pieces are exactly alike as each bright citrine band is delicately wrapped around the body of the bowl, brilliantly showcasing the craftsmanship of Blenko's artisans.

A limited number of each piece (45 anniversary pieces and 35 birthday pieces) will be available on a first-come, first-serve basis.

For more information about the Blenko pieces or the event, contact Charles Morris, museum director, at (304) 558-0220 or Charles.W.Morris@wv.gov.



Brett Morris shoots and Chris Morris defends during the June 28 basketball game, part of the Shinnston Summer Basketball League. They play two games a week from the beginning of June into late July, one on every Tuesday and the second one occurring anywhere between Thursday and Sunday. They play between 7:30-8 p.m. at the new courts by the Little League field.

Tee It Up!

By Bill Nestor

Sports Editor

This week's edition of "Tee It Up" took us to Barbour County Country Club just outside of Philippi.

There was a time not long ago when this nine-hole course was not in good shape. However, a proud group of people in the community rallied behind the golf tract to resuscitate the lone course in the county.

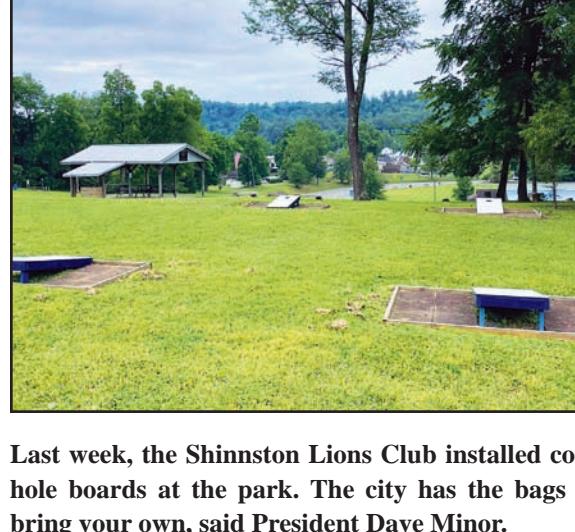
The membership rallied and joined forces with community members that rolled up their sleeves and went to work. In a relatively short period of time, they managed to make the Barbour County Club respectable.

Their collaborative efforts did not stop there. They continued to pour a great deal of effort into this country club. Currently, it is in the best shape that I have ever seen it.

From tee to green, the improvements are evident and there are plans for new tee boxes that will provide more challenges and different views of the picturesque piece of land.

Multiple tee boxes offer a significant amount of variety which is an upgrade from what is traditionally found at a nine-hole course. The staff is very friendly, and they aid in putting on some impressive events. The cost is reasonable, and the pace of play is perfect.

Take time to make a trip to Philippi. The Barbour County Country Club is a stop that you should make. It is definitely worth the short drive.

Corn hole boards ready for contenders

Last week, the Shinnston Lions Club installed corn hole boards at the park. The city has the bags or bring your own, said President Dave Minor.





On Thursday, July 14, the following officials gathered around Medal of Honor recipient Woody Williams' coffin, draped in the American flag. Pictured, from second from left are Senator Shelley Moore Capito, R-WV; Gayle Manchin, the Appalachian Regional Commission's federal co-chair; Sen. Joe Manchin, D-WV; Congresswoman Carol Miller, R-WV; Congressman Alex Mooney, R-WV; and Congressman David McKinley, R-WV. Photo provided by Miller's office.

Williams lies in state at U.S. Capitol

Congressmembers representing West Virginia paid tribute to Medal of Honor recipient Hershel "Woody" Williams, who was the last living Marine from World War II to wear the Medal of Honor, on Thursday, July 14. The tribute preceded Williams' lying in honor in the Rotunda of the U.S. Capitol. Williams died June 28 at the age of 98.

Williams, who was born in Quiet Dell, was the seventh American and first West Virginian to lie in honor in the U.S. Capitol Rotunda.

In May of 1943 during World War II, he enlisted in the United States Marine Corps and served in the Battle of Iwo Jima. Williams' "actions, commitment to his fellow service members, and heroism were recognized on Oct. 5, 1945, when he received the Congressional Medal of Honor from President Truman at the White House," according to the Woody Williams Foundation. The foundation is responsible for establishing 104 Gold Star Families Memorial Monuments across the United States with more than 70 additional monuments underway in 50 states and one U.S. Territory.

Williams was quick "to volunteer his services when our tanks were maneuvering vainly to open a lane for the infantry through the network of reinforced concrete pillboxes, buried mines, and black volcanic sands," reads his Medal of Honor citation. "Corporal Williams daringly went forward alone to attempt the reduction

of devastating machine-gun fire from the unyielding positions. Covered only by four riflemen, he fought desperately for four hours under terrific enemy small-arms fire and repeatedly returned to his own lines to prepare demolition charges and obtain serviced flamethrowers, struggling back, frequently to the rear of hostile emplacements, to wipe out one position after another."

"Everybody has some instinct of bravery," Williams once said, according to the U.S. Department of Defense. "And, as long as they can control the fear, you can be brave. But if fear overtakes you and becomes the dominant instinct, you cannot operate. You cannot operate under fear. Your brain won't let you."

"I feel that our upbringing had some influence on our bravery because we were taught in the depression years, if you didn't have it, you had to make it," Williams said. "And the only way you could make it was to work at it. Our upbringing gave us the confidence that developed into bravery."

Following the war, Woody worked for the Department of Veterans Affairs (VA) for 33 years as a Veterans Service Representative, allowing him to continue serving veterans and their families. He served as the commandant of the Veterans Nursing Home in Barboursville for nearly 10 years and on the Governor's Military Advisory Board in the State of West Virginia.

"Wind Down" From Pg 1.

Heavenly Hoagies was on hand, as well. Kiddos slurped down Zul's frozen lemonade from Heavenly Hoagies after they worked up a sweat from bouncing all evening long.

As musician John Bonnett's rendition of "Brown Eyed Girl" set the mood for the laidback evening, more and more citizens piled into the Green Space. Some

brought their chairs to sit back and enjoy the music while others checked out the collection of pristine old vehicles rebuilt and displayed by Robbie Vance, Travis Vance, and Brian Kasey Raines. Some residents rode their bikes down to the Green Space, and a couple people drifted in on their golf carts.

Owner and creator of Soul Miner's Daughter Sarah Benson and her family

Bridgeport performance to benefit Doctors without Borders

A band of veteran musicians from central West Virginia will reunite on Friday in Bridgeport with a dinner and performance in support of an international medical charity currently active in Ukraine, according to a news release.

Decon Blues, featuring saxophonist and West Virginia native daughter, Karen Greene, will appear at the Benedum Civic Center, performing music by Steely Dan, David Sanborn and the Yellowjackets.

Proceeds from the event are going to Doctors Without Borders, the humanitarian medical service that treats injured civilians in war zones around the world. This will be the second in a series of Ukrainian war relief benefit events scheduled by the West Virginia Jazz Society (WVJS).

Doors open at 6 p.m. with dining and music beginning at 6:30 p.m. Donors Gold Circle seating is \$65 per person, with additional reserved seating priced at \$35. Tickets may be purchased by calling or texting 304-517-9813 or email to WVJazzSocietyNOW@gmail.com.

A "Tour The Southland" buffet designed Chef Richard Carbone of Seattle, Washington, is included in the ticket price. Carbone has recently moved back to his family's hometown of Fairmont and hopes to develop a catering service and food truck business in central West Virginia.



Karen Greene

came out to enjoy the relaxing evening, and she expressed her excitement for bringing her business downtown. She will be making and selling her natural beauty products across the street from Casey's between the barber shop and the old Shinnston News building.

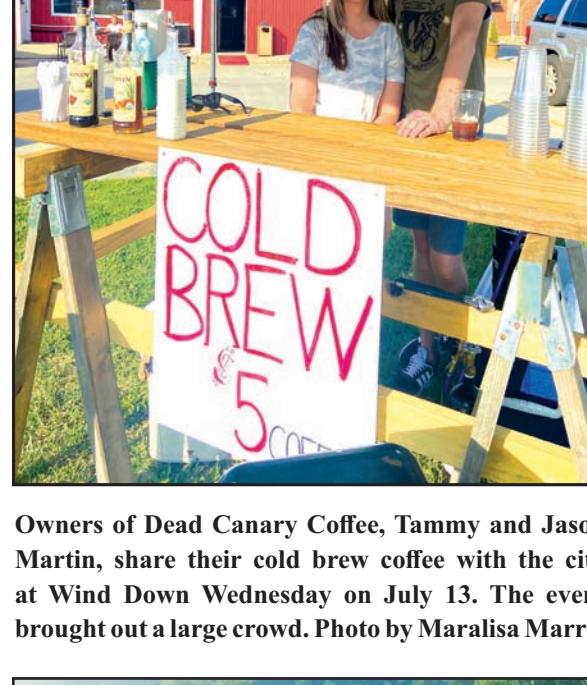
New Mayor Rodney Strait struck up a few conversations about the progress Shinnston is making, "We need to have people with new ideas," and he said

that he is eager to work with the new volunteers of the Shinnston Volunteers group. According to the group's Facebook, it is "specifically for anyone interested in volunteering in Shinnston." They post volunteer opportunities.

Excitement about this year's upcoming Frontier Days whirled about the Green Space, as well.

"I want to see the town boom," Robbie Vance said in regard to the city's new grip on arts, culture, and community involvement.

For August's Wind Down Wednesday, Andy Benson will be taking the Green Space stage at 6 p.m.



Owners of Dead Canary Coffee, Tammy and Jason Martin, share their cold brew coffee with the city at Wind Down Wednesday on July 13. The event brought out a large crowd. Photo by Maralisa Marra.



Good friends gathered outside of Casey's to enjoy the music and chat on July 13. Pictured from left are Joey Allen, in red; Lacey Allen; Jimmy Scudere; Rodney Strait; Chad Edwards; Joe Joyce; Patty Boggess; and Dude Boggess. Photo by Maralisa Marra.

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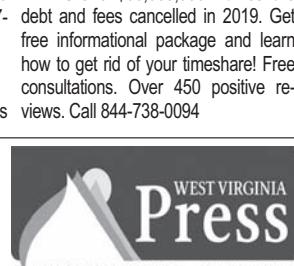
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