



Lincoln Middle School has a new wrestling team. Starting at the back row, from left to right are Ethan Raines, Harley Yeager, Kristian Radabaugh, Mallory Skinner, Brayden McIntyre, Joseph Moore, and William Leeson. In the second row are Assistant Coach Clifford White, Hannah Westfall, Cade Mooney, Ryan Skinner, Devlin Poster, and Head Coach Cody Glaspell. In the front row are Nick Glaspell, Silas Raines, Jackson Riley and Collin Shriver. Photo by Nickitta Glaspell.

Wrestling team revived

Submitted by Nickitta Glaspell

Following a year with no wrestling coach at Lincoln Middle School, middle school wrestlers have returned to the mat.

On Dec. 7, Lincoln Middle had their first Quad Meet, meaning four teams competed, at Washington Irving Middle School in Clarksburg. The team placed first, followed by Mountaineer Middle School.

On Dec. 9, they traveled to Elkins for a Tri-Meet. The team placed second. Elkins Middle School placed first, and Lewis County Middle School placed third.

That gave them a 4-1 record so far, having defeated three teams at the first meet and defeating one of three

teams at the second.

The team is coached by Head Coach Cody Glaspell and Assistant Coach Clifford White.

Below are the following weight classes, wrestlers and their current record:

- 86 lb-Ryan Skinner, 5-0 with 2 pins
- 94 lb-Silas Raines, 3-2
- 102 lb-Jackson Riley, 2-1 with 2 pins
- 102 lb-Devlin Poster, 2-1
- 110 lb-Nick Glaspell, 5-0 with 2 pins
- 123 lb-Brayden McIntyre, 4-1 with 1 pin
- 128 lb-Cade Mooney, 5-0 with 2 pins
- 135 lb-Ethan Raines, 4-1 with 1 pin

See "Wrestling" on Pg 3

Church welcomes new pastor

Christmas Eve celebration returns

Submitted by Debra Toth



Pastor Tom Lasure is the new pastor at Charles St. Christian Church

The Charles St. Christian Church would like to introduce its new minister, Pastor Tom Lasure, to the Shinnston area. Pastor Tom started his ministry with a series of sermons on gratitude. He is devoting Advent to the message of hope.

In addition, the church is renewing its custom of having a candlelight Christmas Eve celebration.

Pastor Tom is eager to harmoniously work with other Shinnston area churches so that people can see the love of Christ in all area Christians. He has served in many ministries with youth as well as adults. His passion is evangelism. He serves the Lord with love for all ages. He has many ties to the Shinnston/Lumberport area and is eager to meet and work with other Shinnston pastors and their members.

The church, located on the corner of

Monroe and Charles streets, is renewing its custom of having a candlelight Christmas Eve Celebration Dec. 24 at 6 p.m. Members would like to extend an invitation to all who would like to celebrate Christ's birth and also help to welcome the new pastor to the community.

The Charles St. Christian Church holds its Sunday morning services at 10 a.m. The church serves communion every Sunday, open to all worshippers of Christ.

Garden Club celebrates season



Submitted by Debra Herndon

The Shinnston Garden Club met for its annual Christmas Luncheon at the Bice-Ferguson Memorial Museum on Dec. 15. The members and guests enjoyed a repast of home-baked cookies and cupcakes, fried chicken, potatoes, corn

casserole, slaw and potato salad.

Laura Templeton from All Seasons Florist spoke on the care of seasonal plants and demonstrated how to make bows. City Manager Chad Edwards reported on a gift the city would be receiving earmarked for beautification and got input from the group.

Those present were Edwards, Shirley Bowen, Letha Stutler, Dorothy Rota, Wanda Ashcraft, Debra Herndon, Kathleen Panek, Tori Drainer, Donna Post, Joyce Miker, Debby Starkey, Debbie Harbert, David Harbert, Beth Linn, Paula Harrison, Susan Thomas, Margie Jackson and guest, Bobby Bice, III.



BUILDING AMAZING CITIES

By JIM HUNT
author, speaker, consultant

Uncluttering

As 2022 comes to an end, I have taken the month of December to try to unclutter my life. Like many people, I cannot stand it when things are out of order or too many things are stacked on my desk or in my office. As I began to sort through things, I realize that I have seen many of the items for years and restacked them or sorted them into plastic boxes. This year, I made a point of making the tough decision to part company with some old newspaper clippings from years ago and threw out several boxes of programs from the numerous conferences that I had the opportunity to speak at. It was not easy, and I debated with myself on several items that I had accumulated over my life.

I guess everyone's fear is having your family or friends corner you and announce that you are going to be on an episode of the television show "Hoarders." I have watched that show over the years and it seems to either inspire me or scare me into never letting things get too far out of hand. One of my challenges is that, as someone who attends lots of conferences, I receive a lot of items that are too valuable to just throw away or discard in the hotel room as I depart for home. Often, conferences that I have attended over the years give away a nice canvas briefcase or a grab bag filled with pens, water bottles, sanitizers, etc. and they inevitably get placed on a shelf in my office. Coffee mugs are another popular giveaway and I have a rack in my office where I have about 25 mugs, all arranged in order with the handles all pointing the same way. I decided several years ago to gift a lot of

See "Hunt" on Pg 3.

SEASON'S Greetings

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Guest Column

New Year's resolutions: super success strategies

By Bryan Golden

Almost 90% of Americans will make at least one New Year's resolution.

Less than 20% will succeed in accomplishing even one.

The beginning of the year is a great time for life-improving resolutions. Common resolutions include losing weight, giving up smoking, maintaining a budget, saving money, finding a better job, getting healthier, becoming more organized, and spending more time with family.

Whatever your resolutions, here are some specific strategies to help you succeed. First and foremost is to take the first step, which is to start. Without action, there will be no success. Action creates results. Intention alone will not work.

Have written goals stating what you want to accomplish. If you want to lose weight, how much and by when? If you want to live within a budget, what is the amount? If you want to continue your education, what school will you go to and which classes will you take?

Take small but consistent steps. Habits are formed by frequent repetition over time. Change occurs by the same process. A resolution is not all or nothing. Partial change is okay. Any progress in the desired direction, regardless of how small, is a success. Accomplishing a resolution is a process, not a one-time effort.

Positive goals are more effective than negative ones. Rather than saying you will eat less, resolve to have a healthier diet. Instead of spending less time at work you can endeavor to spend more time at home. Bad habits can't just be eliminated; they have to be replaced by good ones.

Identify potential obstacles so they don't surprise you. If you experience a setback, don't give up. Don't blame yourself if you stumble. Failure only occurs when you stop trying. Difficulties are an opportunity to learn. If you slide backwards, get back on track, get back in gear, and resume your progress.

Don't keep your plans a secret. Develop a support system utilizing friends and family. Visualize how great you will feel as you succeed. Take credit for all accomplishments. It doesn't matter if your progress is slower than you would like.

Don't try to change too many things at once or you risk becoming overwhelmed and discouraged. You can have a long list of resolutions so long as you realize all of the items don't have to be addressed simultaneously. Each accomplishment can be followed by another. Change can begin at any time, not just on Jan. 1.

Believe in yourself and your ability to change. Change can feel difficult, uncomfortable, or painful, but you can do it. Become determined to succeed. Don't procrastinate. Although doing nothing is often an appealing alternative, it leads to frustration.

Each day is a new opportunity to work on your resolutions. If you were successful yesterday, fantastic, keep going. If yesterday was a disappointment, today is a new chance to make progress. Replace the word "try" with "will." Do whatever it takes to get the results you want.

Bryan is the author of "Dare to Live Without Limits." Contact Bryan at Bryan@columnist.com or visit www.DareToLiveWithoutLimits.com Copyright 2022 Bryan Golden

THIS WEEK IN West Virginia History

The following events happened on these dates in West Virginia history. To read more, go to e-WV: The West Virginia Encyclopedia at www.wvencyclopedia.org.

Dec. 15, 1967: The Silver Bridge at Point Pleasant collapsed, killing 46 people. The Silver Bridge was built by the American Bridge Company of Pittsburgh and opened to traffic on May 19, 1928. The accident led to the passage of legislation for a national bridge inspection and safety program.

Dec. 15, 1972: An explosion at a Weirton Steel coke plant on Browns Island killed 19 men and injured 10 others. It was the worst industrial accident in Weirton's history.

Dec. 16, 1893: Alexander Martin died at the age of 71 in Greencastle, Indiana. Martin was the first president of the Agricultural College of West Virginia, which was renamed West Virginia University at his recommendation in 1868.

- ACROSS 1 Many musical mélanges 8 Modular homes 15 Two-time Washington senator Gorton 20 Airplane flier 21 Cannes area 22 Relaxes 23 Wife of Henry VIII who was always mimicking people? 25 One of five womb-mates 26 Cookout pest 27 Photo — (PR events) 28 Ripen 30 Suffix with govern 33 Computer game family 35 Guy who directs films in a very mechanical manner? 38 Bashful 39 Intensely cold 40 "Falstaff" and "Fidelio" 42 Madrid cheer 43 King Arthur's chauffeur? 46 Pro song selectors 47 Giant bird of lore 50 Rock concert gear 51 Dog command 52 Python's kin 53 Je ne sais — 54 War general George 57 Apportion something erroneously? 62 Glam rocker Brian 63 XI less IV 65 Actress Esther 66 Young girl 67 What Archie Bunker said when a discriminatory comment got him in trouble? 73 Up until now 75 Stood up 76 Auditing gp. 77 Year, in Rio de Janeiro 80 Walk around with a voting slip? 85 Einstein's language 87 War deity 88 Reel go-with 89 Singer India.— 91 Omar of "Juice" 92 Mao — -tung 93 Coll. dorm monitors 94 High rubber footwear item worn while catching crustaceans? 99 Jan. preceder 100 Food scarcity 101 High no. for a valedictorian 102 Suffix with pay 103 Wine with a childproof lock on its bottle? 107 Get really wet 108 Knight's title 109 Primitive calculators 110 Valuable strike 112 Parlay, say 114 One staring 115 Actress Brigitte who lives in Stratford? 123 Didn't dine out 124 Subscription extension 125 High-fat fruit 126 Hatchlings' hangouts 127 In the optimal case 128 Made a duplicate of, in a way DOWN 1 Buddy 2 Gardner or DuVernay of the screen 3 Dog command 4 "Funny!" 5 Ladle, for one 6 Colonnaded entrance 7 — Lanka 8 Get set, for short 9 Splits 10 Actress Mendes 11 Pine relative 12 — Lingus 13 Fizzy stomach settlers 14 Occupied, as a booth 15 Films with a "II" appended 16 "House" actor Hugh 17 Chinese, e.g. (pasta order) 19 Aromatic compound 24 Rejections 29 "Iliad" figure 30 Bust out of 31 Tribal healer 32 Enjoying the benefits of an effective medication 34 Folklore tale 35 Give gas to 36 Valuable strike 37 Gin mill 40 Hershiser of the diamond 41 Tylenol unit 44 Part of i.e. 45 Drug bust gp. 46 Scale starter 47 Liquid carpet cleaners 48 — and aahs 49 Dot on a map 52 Nut go-with 53 Conk out 55 Female organ 56 Diarist Anaïs 58 Balcony window 59 Dress smartly, with "out" 60 "Alice" spinoff 61 Tickle 64 Popular potatoes 68 Acoustic pair 69 TV horse of the '60s 70 Age-revealing stat 71 Troop gp. 72 Pt. of NOW 73 Sing jazzily 74 Boat movers 78 Port of Italia 79 GM assistance system 81 Actor Morgan and singer Chapman 82 Been abed 83 "It's either you —" 84 Bit of advice 86 Yank's foe 90 Name in frozen waffles 93 See 119-Down 94 — Remo 95 Med. plan 96 Household dye brand 97 In heaven, say 98 Go toward 99 Subterfuge 100 Did some angling 103 "Cosmos" author Carl 104 Drop off 105 Unsettles 106 — dish 107 — -pitch 110 Using speech 111 In a lazy way 113 Tortilla snack 116 Ethyl ending 117 TV's Arthur 118 Piercing tool 119 With 93-Down, many mid-April mailings 120 Preventive shot, for short 121 Lofty verse 122 Drop off

19x19 crossword grid with numbered starting points for words.

FIND THE SUPER CROSSWORD ANSWERS ON PAGE 7!

Dec. 17, 1957: The J. L. Stifel & Sons calico plant at Wheeling closed. For most of its history, Stifel & Sons produced indigo-dyed prints and drills for clothing manufacturers. At its peak, the plant produced 3.5 million yards of cloth per month.

Dec. 18, 1842: U. S. Senator Nathan B. Scott was born. Scott rose to become one of West Virginia's four richest and most powerful men by 1900.

Dec. 18, 1864: General Harry Hill Bandholtz was born in Michigan. Bandholtz was commander of the federal troops that intervened to end the West Virginia Mine Wars in 1921.

Dec. 19, 1794: A 40-acre tract of George Clendenin's land was selected as the site of Charlestown, later renamed Charleston. Clendenin, born in Augusta County, Virginia, in 1746, was one of the first settlers in the Kanawha Valley. Through Clendenin's influence the Virginia Assembly authorized the formation of Kanawha County from parts of Greenbrier and Montgomery counties in 1789.

Dec. 20, 1943: German fighter pilot Franz Stigler protected the heavily damaged B-17 bomber flown by Charlie Brown as it made its way from enemy territory back to England. The two war veterans met in 1990 and remained friends until their deaths.

Dec. 20, 2002: Grote Reber died. In 1937, Reber built the world's first parabolic radio telescope in his backyard. The Reber Telescope was moved to the National Radio Observatory at Green Bank in the 1960s and was designated a National Historic Landmark in 1989.

Dec. 21, 1798: Wood County was established by the Virginia General Assembly. It was named for James Wood, governor of Virginia from 1796 to 1800.

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.

Correction: The photo accompanying a story on the Shinnston Community Band in the Dec. 15 edition was of the Brass Rhythm and Sax Orchestra, which performed at the same event. The newspaper regrets the error.

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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.

Book sale

Bridgeport Public Library
1200 Johnson Ave., Bridgeport
304-842-8248

All books and music CDs on book sale tables will be \$1 per bag, no limit
Monday-Friday 11 a.m.-5 p.m. Saturday 11 a.m.-2 p.m.

Monday, Dec. 12- Friday, Dec. 30.

Christmas Eve celebration

Charles Street Christian Church
Corner of Monroe and Charles streets
Candlelight Christmas Eve Celebration
Saturday, Dec. 24 at 6 p.m.
All welcome



"Hunt" From Pg 1.

these items to my grandkids and other young people that I encounter. They seem appreciative, and I am sure that they put them to better use than sitting on a shelf in my office.

I have also accumulated a lot of electronic gear, complete with over a hundred cables that I have no idea what item they plug into. I have four beautiful speakers that I have had since college and an assortment of VCRs, cassette players, CD players and black and white TVs. Most of the items still work but I haven't used them in years. My iPhone now does what all of these electronics do, and I can still use it to make telephone calls. And speaking of telephones, I have an assortment of old cell phones and the colorful boxes that they came in. For some reason, I think that my grandkids will someday use them, but they already have a better phone than me, so I think they should be headed to the recycle bin.

Several years ago, I was at the garbage dump throwing out some construction debris and I noticed something shiny, deep in the dumpster. Thinking it

might have some value, I soon realized that it was dozens of old trophies. I picked one up and it had been owned by a former drag racer. I made the deduction that he may have passed away and when his children were cleaning up the house, they packed up the trophies and decided to pitch them. I'm sure it was a difficult decision for them, but I suspect that many things we keep are only valuable to us and when we are gone, their value drops to zero or below.

As 2022 come to an end, I am nearly done with my decluttering. While I got rid of a lot, there are still a few things that I just couldn't bring myself to part with. I'm guessing that next December, I will be doing the same exercise and come closer to my goal of a clutter-free life. And if you ever need a coffee mug, please let me know and I will make you the proud owner of one of mine! Have a clutter-free week!

"Wrestling" From Pg 1.

- 145 lb-Kristian Radabaugh, 2-1
- 145 lb-Harley Yeager, 3-2 with 1 pin
- 155 lb-Talon Evans, 1-1 with 1 pin
- 190 lb-William Leeson, 4-1
- 123/128 lb-Zaden Hoinville, 1-0 with 1 pin
- 128 lb-Hannah Westfall, 2-0 with 2 pins
- 135 lb-Collin Shriver, 1-0

Also part of the team are:

- Braydon Booth
- Issac Elliott
- Joseph Moore
- Ranger Poe
- Mallory Skinner

Notice

There will be no edition of the Shinnston News and Harrison County Journal on Dec. 29, 2022. After a holiday break for staff members, the newspaper will resume distribution on Jan. 5, 2023. Happy holidays!

The Shinnston News & Harrison County Journal is seeking part-time reporters. Qualified candidates should have strong writing, fact-checking, and proofreading skills. They should also be well-organized, dependable, and interested in journalism, particularly Shinnston and Harrison County news and events. Successful applicants will have flexible schedules but must be able to meet deadlines. To apply, send a resume and cover letter, introducing yourself and describing your interest in the position, to newsandjournal@yahoo.com. Please include one to three writing samples.



GRAPEVINE

By Rosalyn Queen

Merry Christmas to all my family and friends. May you enjoy this season with all those you love.

Remember the birth of our Lord and the reason for this time of year. Renew your friendships and bury all those grudges. Fill your heart with love and reach out to those close to you. Don't be the reason that someone else is hurting.

And lastly, as I was once told "You are not in charge. There's someone bigger than us in charge, so turn it over to him."

Get ready for the big day and be sure that you do not end up saying "I wish I would have." You may never get another chance.

See you in the new year and until then "Now You Have Heard It Through The Grapevine."

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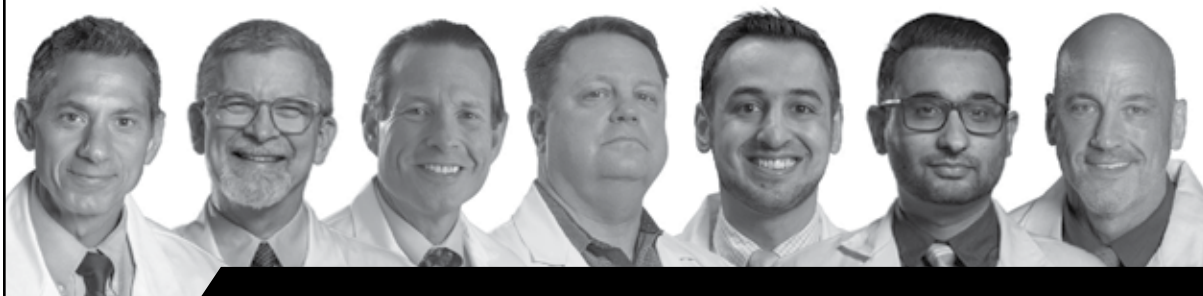
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Woman's Club, WVU student honored



Shinnston Woman's Club members are honored for the group's 100 years of service at the Dec. 12 City Council meeting. From left to right are City Manager Chad Edwards, Debra Herndon (co-president), Mayor Rodney Strait, Mary Ann Ferris (co-president), Viviane Spagnuolo, and Kathleen Panek.



Woman's Club Co-President Debra Herndon accepts a proclamation declaring December 2022 as Shinnston Woman's Club Month from Mayor Rodney Strait.

The Shinnston Woman's Club was honored for 100 years of service to the community at the Dec. 12 City Council meeting.

Council issued a proclamation declaring December 2022 as Shinnston

Woman's Club Month.

According to the proclamation, the group was organized and admitted to the State Federation in April of 2022 and has been in continual operation since then.

It also has empowered members through educational programs and encouraged youth through sponsorships, scholarships and contests.

"The Shinnston Woman's Club members have been shining exam-

ples of involved citizens," the proclamation states.

In addition, Giana Loretta, a Lincoln High School graduate who is from Shinnston, was honored for being a West Virginia University 2022 Mountaineer of Distinction.

She is a political science, philosophy and communication studies major who has maintained a 4.0 grade point average.

She serves as a Presidential Student Ambassador, an intern with the College of Law West Virginia Innocence Project and student ambassador for Admissions. Loretta is a 2022 Newman Civic Fellow, 2019 Neil S. Bucklew Scholar and two-year Eberly College Scholar.

She said she'll be spending her final semester studying abroad in France.



The Shinnston Community Band celebrates the season with a Christmas concert at the Robinson Grand, held on Dec. 10.

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With the upcoming winter months and approaching holidays, there is typically an increase in the number of people touched by depression. Additionally, up to 64% of those already struggling with a mood disorder report that this time of year can be especially difficult.

In a news release, the Depression and Bipolar

Support Alliance West Virginia (DBSA WV) says it offers hope, help, education, and support. All services are free and offered by peers who have been there and can help.

For more information, go to dbsawv.org or email Diane Kisinger at dlkiss02@yahoo.com.



Words of Wellness

By Jill Fratto
Life & Health Coach
jillfratto@gmail.com

Community connection helps during holidays

Recently, I have been thinking a lot about how COVID-19 has changed so many norms for the long term. Some activities that were suspended because of Covid never came back. Working at home has become more standard for many companies. Certain business practices, even simple ones like having fresh lemon available at Panera Bread for tea have gone away and are no longer viewed as healthy practices. Handshaking is another example of something that may never come back to its full pre-Covid glory. I could talk for a long time about the two sides of the Covid coin, but what I have noticed in December is that holiday traditions stand the test of time.

During the holidays, we put aside our differences and relish in tradition. We enjoy activities like parades, parties, and street festivals in the name of peace, good cheer, and holiday tidings. Being in a small state and community gives us even more opportunities than people in larger metropolitan areas to truly connect with one another and help those in need. If you have always lived in Harrison County or surrounding communities, you may notice how much giving really takes place here. No matter how tight things get, or how the economy can challenge us, we always find ways to give. I believe that is part of living in a small town, and it also contributes to a feeling of wellness and connectedness between neighbors.

As I look around our community, I am thankful for everyone's contributions for making this a wonderful place to live, work, and play. That includes everyone from school personnel who teach our kids, transport them, feed and keep them safe to small business owners making a living from their passions to medical professionals, engineers, and retirees. Living in a small town, we have the privilege of knowing each other, our children, our parents, and even those who came before us. It is easy at times to take this for granted, so I wanted to take this time to say thank you to each and every one of you. Together, we are building a community that is thriving. Together, we support each other and hold each other up in difficult times. Together, we are raising and educating our children.

I hope that the coming year brings even more connectedness, good health, and prosperity to our community. I am grateful to live in a small town, in a small state, where we are united in purpose and passion. Here's to a great 2022 and an even better 2023.

Justice proclaims Dec. 12 as WVSOM Founders Day

In its inaugural Founders Day celebration, the West Virginia School of Osteopathic Medicine (WVSOM) paid tribute to the individuals who, 50 years ago, decided to create an institution that would educate physicians to serve the medical needs of residents of West Virginia, Appalachia and beyond.

According to a news release, the Dec. 12 event took place on WVSOM's Lewisburg campus and honored the four osteopathic physicians who founded the school in 1972 — Carlton Apgar, D.O., O.J. Bailes, D.O., Donald Newell Sr., D.O., and Frank Wallington, D.O. — as well as the school's first president, Roland P. Sharp, D.O. It was the final event in a year filled with celebrations of the 50th anniversary of the institution's founding.

West Virginia Gov. Jim Justice (accompanied by his ever-present companion, Babydog) was among those who spoke to an audience that included family members of all the founders along with state and local legislators and WVSOM employees. Other government officials in attendance included Delegate Vernon Criss, finance chair of the West Virginia House of Representatives; State Sen. Vince Deeds, of West Virginia's 10th District; and Beverly White, mayor of Lewisburg.

In his remarks, Justice praised WVSOM for helping the state weather the COVID-19 pandemic and for its estimated \$1.5 billion annual economic impact on West Virginia including contributions made by WVSOM alumni delivering health care.

"You all do incredible work here," Justice said. "If you think of your accomplishments, it is unbelievable. It became this incredible osteopathic story. You have produced the best of the best. ... Now, go on and keep doing all the goodness that you've already done and I'll try in every way I possibly can to stand behind you, to support you and to be your No. 1 advocate."

Justice's office also issued a proclamation declaring Dec. 12 to be West Virginia School of Osteopathic Medicine Founders Day in the Mountain State.

In an introductory speech, WVSOM President James W. Nemitz, Ph.D., spoke of the school's beginning and its growth in the face of obstacles, and acknowledged some of the physicians and families who played roles in its success over the years.

"In the late '60s and early '70s there was a huge need for health care in rural areas," Nemitz said. "Now, there are almost 1,000 Doctors of Osteopathic Medicine in the state. It's a remarkable history. While we honor our founders and first president, I also want to recognize the many D.O.s from the West Virginia Osteopathic Medical Association who also contributed to helping WVSOM during the early days. There were a lot of people who made this work: the Muscari family, the Wood family and many, many others. We owe them a debt of gratitude as well."

Nemitz told the audience that while the institution — now the state's largest medical school — has accomplished a great deal, more remains to be done.

"The vision of these remarkable people has been fulfilled. We have populated small towns and rural areas with D.O.s, and we're not finished. We're going to continue to serve West Virginia first and foremost, providing physicians throughout our state and our country," Nemitz said.

Other speakers at the event included Robert Holstein, D.O., chair of WVSOM's Board of

Governors, and Cynthia Persily, Ph.D., the West Virginia Higher Education Policy Commission's vice chancellor for health sciences.

Persily thanked the school for its half-century of contributions to the medical education profession and to the communities in which its graduates serve.

"Fifty years is a long time, especially in these days in which we live for the next 'like,' the next 'click,' the next 'swipe.' I think that the founders, while aspirational, could not even imagine the growth in enrollment, in research, in scholarship, in creativity and creative achievement, and in the partnerships that you've realized today," she said. "You encourage young people to seek careers in medicine, and you provide care across the state and across the nation. You seek to create new models and new knowledge that will impact the health of a population, and for this, we are eternally thankful."

Families of WVSOM's founders were presented with commemorative vases following the event.

Also as part of Founders Day, items were displayed for inclusion in a time capsule that was planted outside the WVSOM Student Center, for opening in December 2047 during the school's 75th anniversary. Items included current WVSOM promotional merchandise such as shirts, badges and pennants; publications such as magazines, books and flyers; and products emblematic of life in the early 2020s such as a COVID-19 test. The capsule was placed into the ground Dec. 13.

Holly Ball to benefit United Hospital Center



The Morris in Clarksburg's historic Glen Elk District will be transformed into a Roaring 20s atmosphere for the Holly Ball dinner/dance, a fundraiser for the Auxiliary to United Hospital Center, on Feb. 4, according to a news release.

Tickets have been released for the 6 p.m. Feb. 4 black-tie event to feature dinner crafted by Fish Hawk Acres,

music by Crimson Reign, a live auction, blackjack table, prize wheel and much more. The Morris is a restored 1900 square feet of event space, ideal for this unique event. All proceeds from the Roaring 20s event will enable United Hospital Center to continue to provide outstanding patient care and respond to a variety

of healthcare facility, staff, and patient needs, according to the release.

Only 350 tickets will be sold. Reserve your spot at uhchollyball.com, where you can also learn about important sponsorship opportunities. The 63rd Holly Ball is chaired by Toma Courtney and Krysta Fazalare, who are working with a committee to ensure the event is a quality experience.

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Mountain East Conference Basketball



The Bottom Line

By Bill Nestor
Sports Editor

The Mountain East Conference has been the home for quality basketball for several years. Even though it is early in the campaign (most teams have played six games in conference play) there has been some impressive hoops action in the book.

Nationally ranked West Liberty is in a familiar spot at the top of the league standings. The Hilltoppers own a 9-1 record and are a perfect 6-0 in conference play. West Liberty plays a unique style of play that is not replicated by any other Mountain East member. Full court pressure that is fueled by a deep talented squad. The Toppers play 11 players that average eight minutes or more and are led by Bryce Butler. Butler is currently the fourth highest scorer (23.7 points per game) in the country.

West Virginia State has an identical overall record at 9-1 but is one game back in the conference standings at 6-1. The Yellowjackets lost by two points to West Liberty on the road.

Concord, Notre Dame, and Charleston are all tired for third place at 4-2. The Mountain Lions, Falcons, and the Golden Eagles are stacked with impressive players and are in positions to make a run at a title.

Area fans that are looking to catch some exceptional basketball are just a short drive away. Fairmont State and Alderson Broaddus have talented teams that have time (approximately 16 conference games remain) to make a run at a regular season title and to prep for the Mountain East Tournament. Ironically, these two teams will battle in Fairmont when conference play resumes Jan. 4. Non-conference tune-ups still remain before the New Year.

The Falcons are 3-3 and looking to get healthy during the break. Isaiah Sanders (19.1 points per game) leads a balanced group that owns six players that score in double digits: Fonz Hale (13.4), George Mangas (12.9), Tariq Woody (11.3), Zyon Dobbs (10.9), and David Jolinder (10.1). Dobbs is a local product from Fairmont Senior and is a complete player. He is third on the team in rebounding, second in minutes players, and second in assists.

Fairmont State has all of the tools needed to have a complete team. Excellent guard play (including shooters and penetrators) and power in the paint (scorers, rebounders, and rim protectors) make them one of the most complete rosters in the league.

The Battlers have battled through early season injury to land a 2-4 conference mark. It is always hard to win on the road in the MEC, and Alderson Broaddus has as many road wins (2) as any team in the conference. That is a result of focus and excellent coaching, and both can be found in Philippi.

Stephen Dye is in his fourth year at the helm of his alma mater, and he led the Battlers to a huge non-conference win over Salem last week. AB fans have been eagerly awaiting the appearance of Sirr Hughes. He is a highly regarded hoopster from Cleveland who has waited nearly a year and a half to make his debut. Hughes had a clutch three pointer and a rare four-point play to send the Salem tilt to overtime.

Winfield native, Zach Simpkins, leads the Battlers in scoring and is 19th in the MEC in scoring.

The level of play in the conference is impressive, and if you are a hoops fan, a trip to Philippi or Fairmont is worth your time. I promise you will not be disappointed.

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



It's that time once again to acknowledge the efforts of Harrison County's student-athletes. Each week 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 Athlete of the Week award is an avenue to promote the youth of our county while bringing attention to their athletic accomplishments.

This week's winners of the Shinnston News and Harrison County Journal Athletes of the Week award are Robert C. Byrd's Avery Childers and South Harrison's Noah Burnside.

Flying Eagle basketball standout, Avery Childers, led his team to a pair of wins this past week. Childers scored 13 points, grabbed 14 rebounds, blocked three shots, and dished out three assists in the victory over Philip Barbour. Childers hit for 20 points, pulled down nine rebounds, and handed out four assists in a triumph over cross-town rival, Bridgeport.

Hawk hoopster, Noah Burnside, helped his squad to a 3-0 week with a pair of double-doubles that sandwiched another solid effort. Burnside scored 25 points and pulled down 11 boards in Tuesday's win over Gilmer County.

Burnside also netted 16 points and brought in five rebounds in a victory over Petersburg last Friday. He finished the week with a 20-point effort in a triumph over Moorefield last Saturday. He also ripped down a game-high 10 caroms and recorded four steals to cap off an impressive week.

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

Sparkle, the Elf on the Shelf, will be working overtime this week



From The World of Parks & Recreation

By Doug Comer

Like many, the Elf on the Shelf normally pays a visit sometime after Thanksgiving and descends back to the North Pole on Christmas Eve along with friends like Buddy, Dobby, Kreachner, and even Bernard. Our Elf, Sparkle, has been on high alert here recently to make sure that his friend Costa stays the path to make sure that Saint Nick will not pass by his house this Christmas.

You see, our son has good days and not so good days. When he wants to be, he can be the sweetest kid in the world, and in an instant, he can be very stubborn. Before you answer, yes, he does get that from his mommy. I am sure that we are not the only family that runs along with situations like this with their kids. Children try so hard to be good this time of year, but sometimes they need that little angel to look over their shoulder.

I do not know how ornery your elves are, but Sparkle is pretty good at getting into mischief. We have found him hanging from the ceiling fans, wrapped up in toilet paper in the bathroom, and stuck in a jar after eating a whole can of beans. Needless to say, that was a stinky situation—P.U. (Pretty Unsavory)!

The imagination that elves possess goes along with their character. People post photographs of elves flirting with Barbie in a hot tub at the mansion. Personally, I have witnessed the dung of an elf as he was sitting on a tiny toilet in the bathroom. Believe it or not, they poop Hersey kisses. I didn't verify if it was actually a Hersey kiss, but my father-in-law did and validated that it was, in fact, the delicious treat. Talk about a 50-50 chance of eating something that is not milk chocolatey.

Our little visitor is not quite as mischievous as most because he keeps things G rated, but he does stretch the limits by putting himself at risk. So, maybe he tiptoes along the lines of being dangerous, like Pete Mitchell, call sign "Maverick." For those who do not get the movie reference—shame on you! I can vouch for Sparkle because he has no fear of heights.

I think the primary reason for his time hanging up high at the Comer house is for fear of our dog. Roxie, still in the pup stage, took a swipe at Sparkle, and Costa thought all was lost and the magic was gone. Who would have guessed that picking up a fallen Elf on the Shelf with cooking tongs would allow it to keep its magic? The power of Google search saves the day.

With just a few more days until Sparkle goes

back to the North Pole for his 11 months of quality time, the overall evaluation of our little friend is that he has been a good elf, just like our son. As parents, we are going to miss him simply because the behavior was overall good with our son. His job will be done soon, and yes, he will be missed. I hope the reports to Santa continue to be good to lock in a definite visit from the Big Guy. He might have to leave some Bonnie Belle's cookies by the fireplace just in case.

And to give Google some more props, Kreachner is one of the common names for an Elf on the Shelf—I guess as a nod to Harry Potter fans everywhere. Maybe Severus Snape the Elf will take Sparkle's place next year, or better yet, Hans Gruber!

Happy Holidays and safe travels during this season!

Christmas Candlelight Tour concludes Adaland's 2022 season



The gaily decorated tree in Adaland's main dining area will greet visitors to the Christmas Candlelight Tour on Dec. 28. The cheerful red and white decorations are but one theme followed throughout the house for this Christmas season. The Dec. 28 event is the last opportunity for guests to see Adaland's 2022 Christmas finery.

Adaland Mansion at Philippi will conclude its 2022 season with a magical Christmas Candlelight Tour on Wednesday, Dec. 28 from 6:30 to 8:30 pm, according to an Adaland Mansion Development, Inc. press release.

"Our Christmas Candlelight Tour will be the last opportunity for visitors to marvel at the beauty of Christmas at Adaland," says an Adaland spokesperson.

The charm of the 1870 restored home is on full display during the holiday season, and the decorations highlighted by a lighted Christmas tree in each room are sure to bring smiles to visitors' faces.

All guests will carry a family friendly candle as they stroll through the 12 decorated rooms aglow with playful shadows cast by the candlelight. Homemade refreshments will be available for guests along with items from Santa's Gift Shop.

Tours begin at 6:30 p.m. and run continuously until 8:30 pm. No reservations are necessary, but an admission of \$15 for adults and \$10 for children will be collected at the door upon arrival.

For more information about Philippi's historic gem located four miles north of downtown Philippi, visit www.adaland.org and Adaland Mansion at Philippi on Facebook.

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OBITUARIES

Musical coming to the Robinson Grand for Black History Month

The Robinson Grand Performing Arts Center is bringing a performance of the national tour of the new song-cycle musical "Cross That River" to downtown Clarksburg on Thursday, Feb. 16, 2023, at the historic Robinson Grand Performing Arts Center located at 444 W. Pike St. in Clarksburg.

Described by Backstage Magazine as "devastatingly moving," "Cross That River" represents a significant moment in American history where Black cowboys lived and helped settle the West, according to a news release.

It is a story that's never been told in this way.

"Personally, I am very excited to bring this avant-garde musical to the Robinson Grand in February," said Jason A. Young, the Robinson Grand's program manager. "Not only does it have a wonderful tie-in to Black History Month, but it will also be exposing our community to a brand new story told in a way with which many will not be familiar."

The unsettled West of the 1860s provides a new life and new dreams for Blue, a run-away slave who escapes to Texas to become one of America's first Black cowboys. This compelling tale of freedom integrates fiction with historical fact, and each song presents a different page in this complicated chapter of American history.

The story of Blue begins in Louisiana, and with every song of this highly infectious score, the audience is moved further along on Blue's harrowing journey across the Sabine River to freedom in the Wild West.

Each song tells a unique story, at times joyful, sometimes tragic, but mostly a poignant chronicle of enduring perseverance.

"There is a major educational component to this production," said Young. "We will be offering a daytime performance featuring the show's author on the same day as the public performance."

Award-winning musician Allan Harris wrote "Cross That River" to tell the untold story of the Black West and to empower Americans with an inspiring story of hope and freedom.

All tickets can be purchased online at tickets.therobinsongrand.com or by calling the Robinson Grand ticketing center at 855-773-6283.



Debra Lorraine (Moore) Dunn

Debra Lorraine Dunn, 66, of Clarksburg, passed away on Saturday, Dec. 10, 2022, at her residence. She was born in Clarksburg on April 6, 1956, to the late Junior Henry Moore and the late Nancy Ruth (Reed) Moore.

Debra is survived by one son, Amos Dunn and wife Lisa of Philippi; one brother, Roger Moore of Meadowbrook; her friend, Keith Taylor of Center Point, as well as nieces and nephews.

In addition to her parents, Debra is preceded in death by one brother, Junior "Pete" Moore and one sister, Oma J. Moore.

Debra enjoyed playing games on her computer, collected porcelain dolls, and loved her cat and dog.

In keeping with her wishes, Debra will be cremated with no viewing or services.

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



Forris Lee Howard Hudkins, II

Forris Lee Howard Hudkins, II, 84, of West Milford, WV, passed away on Saturday, Dec. 10, 2022, at United Hospital Center.

He was born in Buckhannon, WV, on Nov. 9, 1938, a son of the late Forris Hudkins Sr. and Mary Dale Heck Hudkins. He grew up in the Johnstown, WV community.

Mr. Hudkins is survived by his wife of 63 years, Agueda Caceres "Laura" Hudkins, who resides at their home in West Milford.

Also surviving are three sons: Forris L.H. Hudkins III and wife Arianne of Clarksburg, Wilson "Bob" Hudkins and wife Maria Jose Jouve Mesa of Madrid, Spain, and Julian H. Hudkins of the Republic of Panama; and one daughter, Agueda "Tonie" Teague of Clarksburg, WV. He was grandfather to 13 grandchildren: Cheyenne and Alfred, Michael, Robert, Brie, Kelly, Jason and wife Katie, Laura, Adriana, Noya, Kyle, Brittany, Corey and wife Amber, and Dallas and wife Christy; and 10 great grandchildren. Forris is also survived by his sister, Charlotte Poling of West Milford; as well as several nieces and nephews, including Janet Poling and Shanon Postlewait.

In addition to his parents, Mr. Hudkins was preceded in death by his son, Joseph Hudkins; brothers Donald Hudkins and Nevin Hudkins; and his sister, Ann Buckhannon.

Mr. Hudkins retired from the U.S. Navy where he served as Fleet Command Master Chief Petty Officer of the 6th Fleet after 34 years of service to our country and was a great

patriot. He lived and traveled to many parts of the world during his Naval career. Among those places was Algiers, France where he met the love of his life, Agueda Hudkins. He served in several Naval surface and special warfare Naval Fleets including those in the Atlantic and Mediterranean Fleets. Among the commands were: COMDESRON, COMCARGRU, COMCRUDESGRU, NAVCOMMSTA ROTA, and COMSIXTMFLT. In addition, Forris served as a Navy recruiter where he earned a gold star which is among the many high-level decorations bestowed upon him. He loved writing and he authored and published three books.

Family and friends called at Amos Carvelli Funeral Home, 201 Edison Street, Nutter Fort on Dec. 16, 2022 from 4 to 8 p.m. where the service was held at 11 a.m. on Saturday, Dec. 17, 2022, with Reverend Shari Stilenbauer presiding. Interment followed in the Johnstown Cemetery.

A service of Amos Carvelli Funeral Home.

Angeline E. Karakiozis Filippine

Angeline E. Karakiozis Filippine, 96, of Bridgeport passed away on Monday, Dec. 12, 2022.

She was born in Clarksburg on April 28, 1926, a daughter of the late George and Wilma Carpenter Karakiozis.

She was married to Salvatore "Sam" Chay Filippine, who preceded her in death on July 2, 2013.

Surviving are one son, Sammy Filippine of Pittsburgh; one daughter, Jayne Underwood and her husband Vernon of Bridgeport; two grandchildren: Jennifer Boni and her husband Mike and Jason Underwood and his wife Ricka; five great grandchildren: Emilia and Chaylee Underwood, Grace, Will, and Ary Boni; one brother, Tony Karakiozis and his wife Carmella of Bridgeport; one sister, Mary Rose Sipko of Clarksburg; several nieces and nephews; and one sister-in-law, Eva Karakiozis of Clarksburg.

She was also preceded in death by one brother, John Karakiozis, and one sister, Willa Jean Karakiozis.

Mrs. Filippine was a 1945 graduate of Victory High School and formerly worked as a Nurse's Aide. She enjoyed cooking and spending time with her family.

The family would like to thank WVU Hospice staff and the staff of Maplewood, Dr. Malone, and the friends and neighbors of Maplewood for all the caring and kindness they have shown.

In keeping with her wishes, Mrs. Filippine was cremated.

A private graveside service was held in the Bridgeport Cemetery with Pastor Jeffrey Vaughan presiding.

A service of Amos Carvelli Funeral Home.



Virginia "Nikki" (Panetta) Piegaro

Virginia "Nikki" Piegaro, 99, of Stonewood, passed away on Monday, Dec. 5, 2022, at Bridgeport Health Care Center. She was born June 28, 1923, in Clarksburg, WV, daughter of the late Larry and Elizabeth Collins Panetta.

In addition to her parents, Nikki was preceded in death by her husband, George Piegaro on Jan. 24, 2017; siblings, Mary Banish Gene Emmel, Teena Biafore, Teresa Whiteman, Jim Panetta, and Larry Panetta.

Nikki graduated from Roosevelt Wilson High School. She retired from Westinghouse in New Jersey in manufacturing. She was a member of Our Lady of Perpetual Help Catholic Church. She enjoyed happy hour and throwing a few dollars at the machines.

Nikki is survived by numerous nieces, nephews, and friends that she truly adored.

A Celebration of Nikki's Life will be held in the summer of 2023 honoring her 100th Birthday.

Davis Funeral Home and Onsite Crematory is honored to serve the Piegaro family.

Out Of The Past

Memorable Photographs from around Harrison County.



An old postcard ringing in the new year! Photo courtesy of Bobby Bice.

Super Crossword

Answers

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Holiday Prime Rib Roast

1 (6 pound) boneless Prime Rib Roast
 2 Tablespoons prepared Horseradish
 2 Tablespoons Dijon mustard
 2 teaspoons kosher salt
 2 teaspoons coarsely ground black pepper
 2 teaspoons dried thyme
 2 teaspoons garlic powder
 2 stalks celery, cut into 2-inch pieces
 1 small, unpeeled onion, quartered and separated
 2 teaspoons concentrated beef paste
 1 1/2 cups water
 1 teaspoon cornstarch
 1 teaspoon water

Directions:

The day before serving, remove the roast from the package, and dry thoroughly with paper towels.

Set the roast on a baking sheet, and place in refrigerator overnight. Remove from refrigerator 1 hour before cooking time to allow meat to reach room temperature. Rub the roast all over with horseradish and Dijon mustard. In a bowl, mix together the kosher salt, black pepper, thyme, and garlic powder; sprinkle the spice mix over the roast.

Preheat oven to 450 degrees. Place the celery, carrot, and onion pieces into the bottom of a roasting pan. Place the roast on top of the vegetables. Roast in the preheated oven for 30 minutes. Reduce oven temperature to

350 degrees, and roast until the meat is browned and an instant-read meat thermometer inserted into the thickest part of the roast reads 130-135 degrees for medium-rare. Remove from oven, transfer roast to a platter and cover with a tent of aluminum foil. Allow to rest for 30 minutes. Temperature of the meat will rise about 10 degrees during resting time.

To make au jus sauce, skim excess fat from the pan drippings in the roasting pan. Place the pan over a burner set to medium heat and stir in the beef paste and 1 1/2 cups of water. Bring to a boil, scraping and dissolving any brown flavor bits from the bottom of the pan. Strain out and discard the vegetables. Combine the cornstarch and 1 teaspoon of water in a small bowl, whisk the mixture into the sauce. Allow the sauce to thicken slightly, pour into a gravy boat and serve with the roast.

Serve with mashed potatoes and your favorite roasted vegetable and rolls.

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.

Cool Whip Candy

Submitted by Debby Starkey

Prep Time 20 minutes
 Cook Time 2 minutes

Ingredients
 2 packages (11 oz. each) milk chocolate morsels
 1 tub (8oz) Cool Whip

Instructions:

1. Melt chocolate chips for one minute in a microwave-safe bowl. Stir & microwave again for another 30 seconds. Stir until smooth. (If needed, heat another 15 seconds). Allow to sit and cool to room temperature, about 20 minutes.

2. Line an 8-inch square baking dish with parchment paper. Set aside.

3. In a large bowl, fold together

gently the cooled, melted chocolate with Cool Whip. As you combine them, the chocolate may harden into tiny bits. That's perfectly normal, keep gently folding until all the chocolate and Cool Whip has been combined. Pour into baking dish.

4. Freeze for 30 minutes. Remove from freezer and cut into 36 squares. Place candy on parchment paper lined baking sheet and return to freezer for at least 30 minutes.

5. Melt chocolate wafers according to package directions.

6. Remove candy from freezer and dip into melted chocolate. Place on parchment paper and allow to set.

7. Store candy in freezer until ready to serve. Best served cold. Can be stored up to 30 days.

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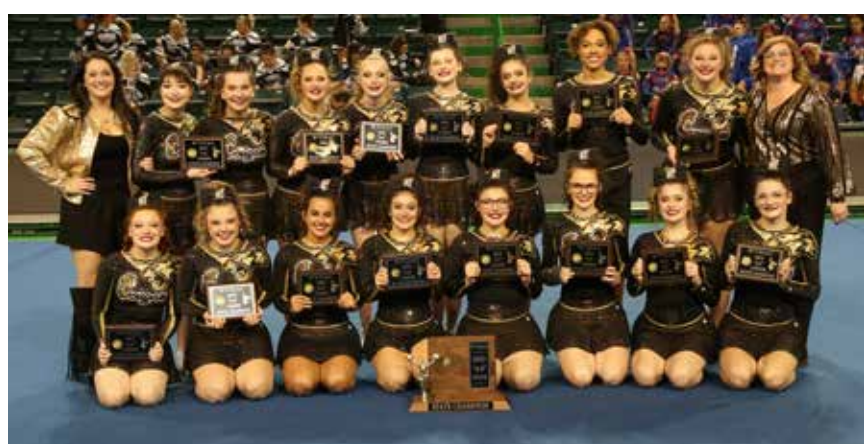
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Lincoln High School's cheerleading team members are the 2022 Class AA champions. They are pictured here at the Cam Henderson Center in Huntington, where they competed for the title on Dec. 10. In the back from left to right are Assistant Coach Candis Toothman, Olivia Hayes, Trinity Eldridge, Marissa Siders, Summer Moore, Brooklyn Dorsey, Rylee Leep, Isaiah Hollaway, Bailee Dragoo, and Brown. In front from left to right are Shyanne Thomas, Morgan Oldaker, Keri Yanero, Katie Swiger, Jaelin Sayers, Emalee Brown, Haley Pernel, Zarah Jenkins-Klimek.

Handcrafted quilts donated to hospice program



The Stonewood Community Educational Outreach Service club donated more than 30 lap quilts to Amedisys. Pictured, from left, are Deloris Wilson, Nicole Delaney of Amedisys, Ladonna Tucker, Eva Summers, and Lesita Snider.

The Stonewood Community Educational Outreach Service club donated more than 30 lap quilts to Amedisys, continuing a longstanding club tradition of helping bring comfort to those going through the hospice program. The Stonewood club has been handcrafting the lap quilts during weekly get-togethers for the past decade, according to a news release. Those quilts find their way to patients at Amedisys, the VA hospital and nursing home, and to breast cancer patients. The club members bring the lap quilts to those organizations two or three times annually. For more information on joining a CEOS club in Harrison County, please call the West Virginia University Extension Office at 304-624-8650.

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