



Shinnston Community Band members celebrate the season with a Christmas concert at the Robinson Grand, held on Saturday. While it's based in Shinnston, the band draws members and fans from throughout North Central West Virginia.

Community band revives Christmas tradition

By Erin Beck

Hundreds of revelers from the region turned out to support the Shinnston Community Band's return to its tradition of Christmas concerts.

Russ McIntyre, acting president of the volunteer-driven, nonprofit organization, said members were extremely excited to be able to both perform Christmas tunes together once again and to be back at the Robinson Grand in

Clarksburg on Saturday.

Although they had played outdoors, the band had not played Christmas concerts since 2019 due to COVID-19. Members' first Christmas concert since 2019 was Dec. 3 at the First Baptist Church of Shinnston's Lighthouse.

Saturday at 7 p.m., the band, along with the Brass Rhythm and Sax Orchestra, played at the Clarksburg venue.

McIntyre said people in the region are ardent
See "Band" on Pg 3

Cold weather brings creative minds together



Kids try out the paint splatter room at Imagination Station during a parents' night out event Friday.

By Erin Beck

As the weather gets colder and people look for more chances to converse and create indoors, many have recently discovered Shinnston's Imagination Station

An arts and crafts store that aims to inspire creativity among its customers, the Pike Street shop has held a number of recent holiday-themed classes.

It recently started painting class, which it intends to hold two to three times a month, said owner Tara Leverton. Participants have painted Santas, moonlit scenery and the Grinch, among other seasonal art pieces.

Among other events, it held a wine-tasting Tuesday, a parents' night out event Friday, and a painting class led by Leverton's granddaughter, Piper, who is 6, on Saturday.

On Friday, parents paid \$35 and had about two hours to themselves while Imagination Station kept their kids busy decorating cookies, making gifts for their parents, trying out the paint splatter room and painting ceramics.

For the adults, on Feb. 4, the store is planning a candle-pouring and wine-tasting. Leverton said that event should appeal to couples; heart-shaped molds will be available.

See "Creative" on Pg 3



Piper, 6, hosts a painting class at Imagination Station at 415 Pike St. on Saturday. Piper, 6, is the granddaughter of Tara Leverton, who owns the shop.



Emma Johnson leads a class in painting a scenic view last week.

Lincoln cheerleaders take championship



From left to right, Katie Swiger, Keri Yanero (above), Isaiah Hollaway and Emalee Brown, Lincoln High School departing seniors, cheer at the state competition in Huntington Saturday, when they took the championship title.



Lincoln High School cheerleaders perform at the state championship Saturday at Marshall University.

By Erin Beck

Lincoln High School's cheerleading team members are the 2022 Class AA champions.

They took the title on Saturday at Marshall University. Winfield High School cheerleaders were runners-up in the category.

The team hadn't won a state championship since 2007 but were regional champions last year, according to Coach Mandi Brown.

She compared team members to family members
See "Cheerleaders" on Pg 3.



BUILDING AMAZING CITIES

By JIM HUNT
author, speaker, consultant

The unsung heroes

After my favorite breakfast eatery, Eat'n Park, closed a couple years ago, I started going to the drive-thru at the McDonald's in Nutter Fort. My order was a simple one, a large coffee with two creams and a butter biscuit with grape jelly. The bill was just over \$2 after they applied the senior citizen discount. As most of us know, the drive-thru experience can be challenging, with scratchy speakers and clerks that seem to be in another universe, as they repeat our orders and get impatient with the customers. And who hasn't driven off from the drive-thru, only to get home and realize that there were no utensils or condiments in the bag?

Imagine my surprise when a young lady would take my order and her voice was clear and professional. She would say, "Pull around to the window, honey" and it always started my day off

See "Hunt" on Pg 3.



Guest Column

True holiday spirit is giving

By Bryan Golden

Among other things, the holidays are a time of giving and receiving gifts. The question most often asked of people is, "what did you get?" Much less frequently asked is, "what did you give?" Invariably, the inquiries concern material gifts. Purchasing a gift can certainly be thoughtful and a wonderful gesture, especially when it's backed up by your actions.

However, the most valuable presents are those that aren't sold in stores. When you give your love, your time, help someone in need, aid another in solving a problem or overcoming an obstacle, you give something priceless.

The true spirit of the holidays is giving. When you give, you receive. You can get anything in life you want by helping enough others get what they want. But only if you give without expecting anything in return. The impact of giving isn't limited to just the holiday season, it's something that has value all year.

The power of giving is often underestimated. When you give unconditionally, you don't just impact the recipient; you start a chain reaction. By brightening the life of one person you also affect all those who they then touch.

No gesture of giving or kindness is too small. Holding the door open at a store, helping someone carry groceries to their car, letting another car in front of you, saying please and thank you, and saying hello to a stranger you pass on the sidewalk, are some of the many things you can do daily.

For family and friends, your time is one of the most precious gifts you can offer. Are you there for others when they need you? Do you offer a hand without being asked? Do you help out when asked?

Too often, people get caught up in their own desires, thus losing sight of the needs of others. A person who tries to get through life by looking out for himself or herself first is invariably frustrated. Often this person views life as a competition to determine who can accumulate more.

On the other hand, those who are concerned for the wellbeing of others are happier, more content, and more satisfied. By giving without expecting, they in turn receive the things they need.

Giving is a simple concept that works every time it is applied. There will be people who don't appreciate what you do, but it doesn't matter. You are giving without anticipating anything in return. Besides, there will be many more who are thankful for your efforts.

If you don't treat others well, buying a gift won't compensate for your behavior. The recipient might like what you give them but it won't make up for your actions. You can't bribe someone to forgive the way you treat them with a present.

The best gift you can receive is the joy of making someone else happy. Being unselfish is a wonderful way to live. When you give with no ulterior motives, your actions are seen as genuine. Should you expect something in return, your behavior is always suspect. We all know people who do nice things only when they want something in return.

Make giving a daily routine. Don't start and end with the holiday season. Every day is a good day to do something nice. When people feel good due to your actions, you can't help but feel happy yourself. And that is priceless. The most significant action you can take is having a positive impact on the lives of others.

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, 1928: The 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

Super Crossword puzzle grid with clues for Across and Down. Clues include: 1 James of "Alien Nation", 5 Lead-in to hazard, 8 "My opinion is ...", 13 Tried very hard, 19 Tumblers, e.g., 21 Actress Hunt, 22 Fatal, 23 Start of a riddle, 26 Strong metal, 27 Vertical line on a graph, 28 Attack like an alligator, 29 Land north of Mex., 30 -country (music genre), 32 Peruvian of yore, 34 Toronto Maple, 37 Riddle, part 2, 44 Wild party, 47 Battle (for), 48 See 60-Down, 49 Triumphed, 50 "Right now!", 51 First class for painters, 53 City law: Abbr., 54 Sea predator, 56 Actor Mickey, 57 Paint crudely, 58 Riddle, part 3, 61 Borgnine of Hollywood, 63 Gulf country, 64 Sandler of "Spanglish", 65 Refine, as metal, 66 What a hot rod may race on, 70 Words on an apartment rental sign, 74 Strong metal, 76 City near Provo, 77 Purple Hearts, e.g., 78 Riddle, part 4, 85 Composer Satie, 86 Apple app for importing video, 87 "I suffer so!", 88 Pan coverer, 89 Gave for a while, 90 Sole servings, 91 Buddhism branch, 92 Just kills time, 94 Two, in Spain, 95 Occupied, 96 End of the riddle, 100 For the - (temporarily), 102 Blow a horn, 103 Stephen of "Blackthorn", 104 Flower holder, 106 Kailua Bay locale, 109 Creator of Tom Sawyer, 112 Gave a monetary penalty, 116 Riddle's answer, 121 Nogales nap, 122 How figure skaters skate, 123 Of financial matters, 124 Rich, eggy cakes, 125 Entertained lavishly, 126 Boxing ref's ruling, 127 Court dividers, 9 Utter failure, 10 Sever, 11 Competitor of Ben & Jerry's, 12 Yard feature, 13 Place to ski, 14 Vietnamese holiday, 15 Road sign no., 16 "Banjo on my knee" song, 17 Winery tubs, 18 "Frozen" snow queen, 20 "Hollywood Screen Kiss" (1998 film), 24 Be alive, 25 Fifty percent, 31 Talk show emcee, e.g., 33 Egypt's Sadat, 35 Formally abolish, 36 Displayed example of a product, 37 Gives the slip to, 38 Aviation military branch, 39 Fix the pitch of again, 40 Architect Saarinen, 41 Sierra Nevada evergreen, 42 Blister, e.g., 43 Like GIs peeling potatoes, 45 Flower holder, 46 Santa's bagful, 50 Egg on, 52 "Yes, if memory serves", 54 Benefit bagful, 55 Chewbacca's companion, 59 -la-la, 60 With 48-Across, record of arrests, slangily, 62 Put in financial distress, 66 Gene-splicing stuff, 67 Verifiable, 68 No longer practicing: Abbr., 69 Marcos of the Philippines, 71 Texas city or novelist Glyn, 72 Poet Wylie, 73 Double cluck of reproach, 75 Some till bills, 77 Sweetie, 78 LP player of old, 79 Uganda's Idi, 80 Donator of services, 81 Old TV clown, 82 "Fer -!" ("Like, totally!"), 83 Take responsibility for something, 84 Easter flower, 92 Spot's jingler, 93 Tennis player Edberg, 96 Fava - , 97 Catch sight of a ball, 98 Dressed for a ball, 99 Serve, as at a restaurant, 101 Concluding musical parts, 104 "You, over there ...", 105 Dayton locale, 107 Horse foot, 108 - Reader (eclectic quarterly), 110 "Oh, sure!", 111 Part of a vase, 113 Alaska city, 114 Revise text, 115 "ER" folks, 117 Marshall Plan prez, 118 Swallowed, 119 Big success, 120 Overly

19 20 21 24 25 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127

FIND THE SUPER CROSSWORD ANSWERS ON PAGE 7!

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.

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.

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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 Unit 31 monthly meeting

Thursday, Dec. 15, 6 p.m.
Covered dish dinner/Yankee gift exchange followed by meeting at 7 p.m.
Post 31, Shinnston
Bring covered dish/gift for exchange.

Gift of Love Blood Drive

Tuesday, Dec. 20
11 a.m. – 6 p.m.
Robinson Grand, 444 Pike St., Clarksburg
Visit RedCrossBlood.org or call 1-800-RED-CROSS (1-800-733-2767) to make an appointment.
Use the sponsor code GIFTOLIFE

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.



“Creative” From Pg 1.

More information about their events is available under the events tab on their Facebook page or by calling her daughter, Emma Johnson, who runs the store much of the time, at 304-203-3455.

Johnson’s daughter Piper, led her own turkey-painting class in November, then decided she wanted to host another, Levertson said.

“And it was a full house on that one,” she said. “I think it made her a little bit nervous this last time, but she still did very well on her class, and everybody had a really good time.”

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“Hunt” From Pg 1.

with a smile. When I pulled up to the window, she greeted me with a smile and cheerfully took my money, all the while listening on her headset to the next car in line. She never got rattled and I thought that she could easily be an air traffic controller, with the calm way she handled her job. I learned that her name was Crystal and I always enjoyed it when I recognized her voice on the speaker.

On other days, Amy, one of the store managers, would be working the drive-thru or Faye, a young girl, who would always surprise me with her variety of interesting earrings, often matching the various seasons or holidays. Each of them had a different style but all were friendly and professional. There are many others who comprise the morning shift and each of them greet the customers with a smile and a kind word. Throughout the pandemic, I would often think of these young people and how they continued to work and provide a valuable service to the many people struggling with the mental strain of the pandemic. They could have stayed home and collected the COVID benefits and probably made more money, but they got up each day and served the public with a smile.

“Cheerleaders” From Pg 1.

who want to support each other but also help each other improve.

“And I think that’s the foundation of a team is to be that family unit,” she said.

They knew their teammates had their best interest at heart, she said.

Halfway through the season, she noticed team members making comments like “I feel like we’re a family,” and then you start to think about it. It kind of does feel like that. I’ve known most of them a really long time.”

Candis Toothman, her sister, is the assistant coach, and a departing senior, Emalee Brown, is her daughter.

“It really is a family thing,” she said with a laugh. She’s known most of the team since middle

As I get older, it is easy to look back on the “good old days” and reminisce about how hard it was when we were young and how these “young’uns” don’t have a clue what hard work is. I, for one, am proud of the young people I encounter. They are growing up in an uncertain world without many of the safety nets that were available when I was their age. They also must survive in a society that is ravaged by toxic drugs and low wage jobs, where a sudden illness can plunge them into debt or bankruptcy. In addition, I know of few of my peers, including myself, that could master the complex systems in a modern restaurant that these kids handle with ease.

During this holiday season, let’s acknowledge these unsung heroes who are probably going to be manning the drive-thru or bussing tables while we are at home enjoying time with our families. To Crystal, Amy, Faye and thousands of other hard-working folks, thank you and please know that many of your fellow citizens appreciate your hard work and sacrifices. Here’s hoping for a blessed and prosperous New Year!

school.

Four are graduating seniors, including Katie Swiger, Keri Yanero, Isaiah Hollaway and Brown.

“We don’t have a whole lot of seniors but the four we’re losing will definitely be missed,” she said.

She also said she’s also expecting a big group of talented eighth graders next year.

Brown started with Pop Warner and always wanted to coach high school cheerleading, “just because I have a love for the sport,” she said.

Her daughter Emalee, one of the departing seniors, started at a very young age as well.

“I think she has 16 years in,” she said. “This is it, this is the last year and she accomplished her goal of getting a state title.”

“Band” From Pg 1.

supporters of the arts.

“We’re just happy to be one of those that garners a lot of support,” he said.

Almost 400 people attended.

“The Robinson Grand did a tremendous job of promotion,” he said.

The 67-member band includes new and long-term members, as well as people who live inside and outside Harrison County. Michael Cale, the band director at Mountaineer Middle School, is the musical director.

“We have college students, we have high school students, middle school students. We have older adults, we have some retired folks, people from all different walks of life, in all different professions... We all come together just for the love of music,” McIntyre said.

The band practices at Lincoln High School and is always accepting new members.

“We had a lot of new members this time around,” McIntyre said. “They come from all over.... As far away as Tucker County, people come to play with the band.”

Rehearsals for the annual July concert will start in the spring.

“The band is in its 26th year and I am one of the founding members but there were many folks that came before us,” he said. “Randall Hall. Louis Oliverio. Jim Currey from Shinnston. That’s Leigh Merrifield’s dad. He was one of the founding members of the band. There’s been a long tradition of this... Lee Martin was instrumental in the first organization of the band, and I just hope to carry on from them.”

Merrifield is the previous longtime editor of the Shinnston News.

McIntyre, who plays trombone, started out as a music major and ended up as an accountant.

“It’s kind of formed around adults who used to play in high school and had that musical skill,” he said. “After they graduated, they put their horns away and now it’s 20 years later and they think, ‘oh I’ll never be able to drag that thing out from under the bed and play.’ But you’d be surprised how quick it comes back. If you feel like you’d like to do this again, the community band is the perfect opportunity to do it.”

Marla Ferree, of the Harrison County Chamber of Commerce, was one of the attendees.

“They did a great performance and Shinnston should be so proud,” she said. “I can’t wait until July to hear them again.”

The group has a Facebook, a Twitter, and a website, shinnstonband.com.

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Senior center sets closures
Harrison County Senior Center will be closed for a holiday break from Dec. 26-30 and on Jan. 2.
The center will reopen on Jan. 3.

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GRAPEVINE

By Rosalyn Queen



During this holiday season, most of us think about sharing with those who might be a little less fortunate than we are. Generally, we think that this means those individuals who receive government assistance. But if we give this some thought there are those who work every day, both mother and father, and live pay day to pay day. These are the individuals that the Progressive Women's Association looks for to assist, so that their holiday will be complete. The PWA maintains a food pantry year-round and at Christmas we like to think that we will be able to help families create memories with a nice Christmas meal.

Expressions of Love is a relatively new organization that helps individuals in the community. On Saturday morning if you travel through downtown Bridgeport, you might see them set up in front of

Expressions Beauty Salon selling fresh hot frittis. This event was started by Judy Bonamico, owner of the salon, and her beauty staff. Along the way they picked up many volunteers and generally they fry till they sell out. The proceeds from this sale are invested in Expressions of Love and used to help those in need. This is a year-round project.

I approached Judy and Mark Bonamico to see if they would be interested in partnering with the PWA in preparing Christmas Baskets of Love. They agreed to furnish the turkeys for the baskets and delivered them to the center this week. A list of senior families has been compiled and the baskets will be delivered to the families next week. The PWA will complement the turkeys with stuffing, green beans, corn, mashed potatoes and cranberry sauce. These items will be taken from the food pantry. The food pantry operates all year and accepts donations from businesses

and individuals. By the way, a gift of food for the animals might be included in the baskets, which will come from Peppy's Pet Pantry.

A big thank you to Expressions of Love and Judy Bonamico for partnering with the PWA. Please support this organization.

The YMA and the YWPA will be manning the food booth located outside the center. They will be accepting donations for this pantry that is open 24 hours a day. These groups are the youth section of then PWA. Anyone wishing to support this venture can get info by calling 304-624-6881.

As we are getting right into the Holiday Season, get a light heart and share joy with your friends and family. Do not forget those who live alone and be sure to enjoy those special church services being planned.

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



Judy Bonamico, of Expressions of Love, presents turkeys to Elinda Carson, Progressive Women's Association executive director, for their Christmas Baskets of Love.

• Skiers hit Snowshoe •

Snowshoe Mountain Resort in Pocahontas County opened Nov. 23 with 16 trails. According to the resort blog, the resort purchased additional snowmaking equipment this year. Resort officials posted photos from opening day on Facebook. For more information about the resort, call 877-441-4386 or visit snowshoemtn.com.



VA to host health care town hall

On Thursday, Dec. 15, the Louis A. Johnson VA Medical Center will host a PACT Act Informational Town Hall to inform North Central West Virginia veterans, their families, caregivers, and survivors about the PACT Act and encourage them to apply for the toxic exposure-related health

care and benefits they have earned.

This two-hour event will take place from 5 p.m. to 7 p.m. at VFW Post 573 in Clarksburg, according to a news release. The event will include an overview of the PACT Act and an open forum for the public to ask questions to the Clarksburg VA Leadership team. VA

staff will be present to help veterans enroll in VA health care.

The PACT Act is the largest expansion of veteran health care and benefits in decades. This PACT Act Informational Town Hall event is part of VA's broader efforts to ensure that every eligible veteran and survivor gets their PACT Act-related

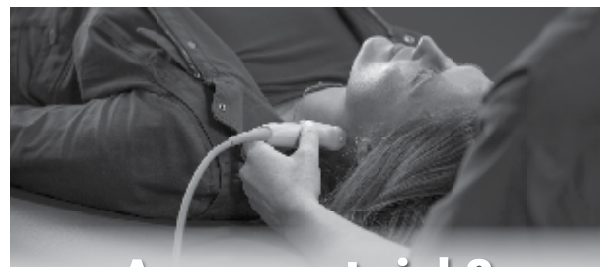
health care and benefits.

The event is open to the public and will be held at VFW Post 573, 430 W Pike St., Clarksburg.

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.



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The Importance of Physical Activity to Help Prevent Hospital Admission and Readmission



Top 10 diagnoses requiring hospital admissions

Septicemia, HF, OA, Pneumonia, DM, acute MI, cardiac dysrhythmias, COPD and bronchiectasis, acute and unspecified renal failure, CI ¹



Research shows regular Physical activity can decrease overall rate of hospital admissions by decreasing the chances of or complications of these diseases. ²



32%

of WV is physically inactive ⁵



Dangers of being immobile ⁶



Heart disease



Metabolic diseases such as T2DM, HTN, dyslipidemia



Cancer



Musculoskeletal diseases such as knee pain and osteoporosis

Why is mobility important ?

- * Reduces rate of disease such as heart disease, COPD, T2DM²
- * Reduces number and severity of falls²
- * Improves balance³
- * Lowers blood pressure³
- * Lower risk of stroke³
- * Reduces cognitive decline³



Ways you can be mobile ⁴

150 minutes of moderate intensity aerobic activity each week
Ex: 30 minutes/day for 5 days a week



Walking



Climbing stairs



Improve balance by safely walking backward, sideways walking, heel walking, toe walking, heel to toe walking

Sit to stands (sitting and rising from a chair)



Holding onto counter or chair and standing on one leg

LINKS

1. <https://www.hcup-us.ahrq.gov/reports/statbriefs/sb277-Top-Reasons-Hospital-Stays-2018.jsp>
2. <https://www.nia.nih.gov/news/maintaining-mobility-and-preventing-disability-are-key-living-independently-we-age>
3. <https://www.cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html>
4. <https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-olderadults.htm>
5. <https://www.arc.gov/wp-content/uploads/2020/07/WVHealthDisparitiesKeyFindings8-17.pdf>
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7700832/>

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The Bottom Line

By Bill Nestor
Sports Editor

West Virginia University and its fans, especially the superstitious ones, hope that 13 is the lucky number. WVU President E. Gordon Gee named Wren Baker the 13th athletic director in school history.

In today's faced-paced sports landscape, the entire process from fire to hire lasted a little over two weeks. President Gee did not go about this process on his own. He relied on a little help from his friends (former WVU athletic director Oliver Luck in particular) and a private company to help expedite the process.

This combination served Gee well because the goal was to put a person in place as quickly as possible, and that mission was accomplished. Luck knows a little bit about changes during his tenure. He brought former football coach, Dana Holgerson, and current baseball coach, Randy Mazey, to Morgantown. Holgerson took his talents to Houston while Mazey continues to grow the baseball program. Luck eventually moved to the NCAA and spent four years there making a major impact on collegiate sports throughout the country.

Baker comes from North Texas where he spent the last seven years. During his time with the Mean Green, Baker made a huge impact because athletes managed to grow on and off of the field. Teams won championships and players grew academically. Under his watch, North Texas teams claimed

seven conference and division titles. The numbers speak for themselves, and the newest number of interest is 1.1 million. That is the annual salary that Baker will make on his six-year contract that runs through 2028. The vice president and director of intercollegiate athletics also has incentives added into his contract that could elevate his pay if things go the Mountaineers' way under his watch.

Not only did Baker help produce winning teams, he helped put fans in the seats. Attendance improved dramatically during his time at North Texas. The major sports saw a significant jump which is more than can be said in Touchdown City.

In 2021, the last three home games brought a total of 144,477 fans to Milan Puskar Stadium. This past season, 137,762 took in the last three matchups. The most relevant games are the ones at the end of the season. Traditionally, they dictate what bowl game a team will be attending, and unfortunately, this year the only bowling that will come will be at the Mountainlair or at Suburban Lanes.

Baker becomes the first athletic director to not have ties to the Mountain State since the late 1970s. Is that a positive or a negative for Mountaineer Nation? He should not have any problem lowering the axe on any current coach since he did not play a part in their hiring. A farmer never gives an animal a name because once it has a name a relationship is made. Baker will come in knowing no names or faces and can evaluate solely on performance.

The worry is that Baker will flourish in his new position which could lead to an even newer position at a larger school. Even if Baker rolls a strike, he might split and feelings in Morgantown would not be spared. First thing is first and Baker needs to get things rolling at WVU.

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

Harrison County EMS

HARRISON COUNTY

EMERGENCY SQUAD

Athletes of the Week

It's that time once again to acknowledge the efforts of Harrison County's student-athletes. Each week we review the performances of the athletes from the six schools (Bridgeport, Liberty, Lincoln, Notre Dame, Robert C. Byrd, and South Harrison) in our county.

The Shinnston News & Harrison County Journal's Athlete of the Week award is an avenue to promote the youth of our county while bringing attention to their athletic accomplishments.

This week's winners of the Shinnston News and Harrison County Journal Athletes of the Week award are South Harrison's Hope Woods and Corey Boulden.

Hawk basketball player, Hope Woods, had a pair of impressive outings this past week. Woods scored 17 points, hauled down seven rebounds, and recorded a pair of steals in Wednesday's loss to Gilmer County. On Friday, Woods helped her squad to a win over Calhoun County. She netted 17 points and had three steals in the affair.

Hawk hoopster, Corey Boulden, started the season with a bang. Boulden turned in the area's first 30 plus game of the campaign with a 31-point effort in a win over Calhoun County. Boulden doubled down with a double-double in Lost Creek and added 10 rebounds to his stat line.

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

Appalachian Beekeeping Collective voted Best Honey in West Virginia

West Virginia Living Magazine 'Best of West Virginia' winners revealed

The Appalachian Beekeeping Collective (ABC), a project of the non-profit Appalachian Headwaters, was recently voted as the "Best Honey in West Virginia" in West Virginia Living magazine's 2022 "Best of West Virginia" contest, according to a West Virginia Press Association news release.

Since its creation in 2017, Appalachian Beekeeping Collective has helped hundreds of people in distressed Appalachian counties learn how to raise bees, harvest honey, and sell their products in an environmentally responsible way. Terri J. Giles, a Hinton native who returned home for this venture, has been involved from the beginning and sees the multiple benefits of this social enterprise.

Two years ago, ABC launched its sales website - ABCHoney.org - to sell the natural honey its beekeepers have harvested from their 850 hives. The ABCHoney.org website features a selection of ABC honey in addition to products from partners Benko Glass, J.D. Dickinson Salt, Walter Hyleck pottery, and Rishi teas.

"When you shop with us, you support beekeepers, bees, and

environmental programs that help restore ecosystems in Central Appalachia," Giles said. "All proceeds are invested back into the Appalachian Beekeeping Collective to expand our geographic reach, assisting more people, communities, and the environment."

Giles indicated that Central Appalachia is an ideal location for natural beekeeping, and honey produced from this region is distinct from other brands. "The abundance of diverse forest and undeveloped land in our region helps keep our bees healthy," she said. "Our native Appalachian forests host an abundance of nectar-rich species such as tulip poplar, black locust, sourwood, and wildflowers. Most agricultural land with our hives are devoted to livestock, meaning that much of the area is covered in excellent bee forage, like clover."

"Appalachian Beekeeping Collective has also grown into a thriving jobs program in West Virginia and Southwest Virginia that is producing natural honey that is free from pesticides and pollution," said Giles.

Parks Commission to hold December meeting this week



From The World of Parks & Recreation

By Doug Comer

The Harrison County Parks Commission will hold its monthly meeting Friday with anticipation of the steps ahead for the parks department after the results of a memo of understanding agreement between the count commission and the parks. If passed, this will be the final steps to bring the department into an autonomous department much like the City of Clarksburg and Marion County Parks Systems.

If accepted, the board of 11 members will be responsible for guiding the parks department in programming, developing, and growth. Many have offered viable suggestions and are very positive in taking the reins of the M.O.U. if agreed upon by both parties.

In early 2022, the county commission recognized that at one time the parks department fell under a separate department while working along with the county commission. For director Mike Book, he mentioned that as time passed along, things shifted to the parks board being more of an advisory stand, and the final say goes to the county.

"At one time, the parks commission was more involved in the decision process of how things would go on here at the department. During the monthly meetings, I would suggest ideas, as well as discuss our current agendas, and if someone on the board had an idea, it was motioned to the table and voted upon for approval. And through the time from inception to today, things got away," Book says.

In the 2021-22 fiscal calendar, the county commission has recognized some of the conditions of the owned properties. To no fault of their own, some of the properties were donated to the county like Summit Park, and that park, in particular, has seen better days. The commission pledged to improve an area that was once filled with t-ball, little league, and softball teams all summer long. The last

improvement was a basketball court on the upper location of the property, and that was well over a decade ago.

When all is said and done, the county will dip close to \$180,000 for all properties and the capital improvements can only help the neighborhoods where the parks lie. In fact, being in communication with locals in the Goodhope area, it has been said that the playground has seen more activity this summer than it has over the years combined. Parks are good for the areas and this is the commission's purpose for improving those areas.

Once the baton has been passed on to parks commission, they will continue to guide the department with the ongoing enrichment and recreation programs. To note, all ownership of the grounds will still be under the county commission as lease agreements for each property is in the works. This includes all the surrounding parks, as well as the recreation complex located on Route 19. However, all revenue collected for rentals or activities at the properties will go toward the park department account.

The budget for the parks department is money funded by the vital service levy which covers not only the department but many others in the county including emergency services and the senior center. For this year, the parks department has an annual budget of \$900,000 which is an \$180,000 drop from its previous fiscal year.

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OBITUARIES



Richard Allen Cumberledge

Richard Allen Cumberledge, 47, of Clarksburg, passed away on Thursday, Dec. 1, 2022, at Ruby Memorial Hospital. He was born in Clarksburg on Jan. 14, 1975 to Dewayne Cumberledge of Wallace and Patty (Yeager) Cumberledge of Crestline, OH.

Richard was a forklift operator for KChem Ryan in Chardon, OH and worked for Sandys Hardware in Nutter Fort.

He is preceded in death by his brother, Randy Lee Cumberledge and stepmother, Linda Cumberledge.

In addition to his parents, Richard is survived by his stepmother, Iva Cumberledge; two nephews: Isiah and Ethan Cumberledge; as well as several aunts, uncles, and cousins.

Richard loved playing the guitar and watching football and basketball.

Friends and family were received at Dorsey Funeral Home on Wednesday, Dec. 7, 2022, from noon until time of service at 2 p.m. Reverend Dewayne Cumberledge, Reverend Jeff Stire, and Reverend Kenny Lloyd officiated. Interment followed at Wallace Lion's Cemetery.

Donations to assist Richard's family with funeral expenses can be made on Dorsey Funeral Home website.

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



Norma Lee (Fortney) Drain

Norma Lee Drain, 79, of Gypsy, passed away at United Hospital Center on Thursday, Dec. 8, 2022. She was born in Gypsy on July 12, 1943, to the late Oscar Carl Fortney and Mary Frances (Tasker) Fortney.

Norma was a loving mother and grandmother. She enjoyed flowers and animals.

In addition to her parents, she is preceded in death by her husband, Kenneth Marion Drain.

Norma is survived by one son, Randall Lee Drain and wife Yolonda of Philippi; one daughter, Darlene Rhodes and husband Duane of Flemington; one grandson, Joshua Kenneth Drain; one step grandson, Jarod Rhodes; two sisters: Mary Montgomery of Gypsy and Karen Sue Poling of Nutter Fort; her companion of 35 years, Charles Trent of Gypsy; and several nieces and nephews.

Super Crossword

Answers

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

Inurnment will be at Shinnston Memorial Cemetery at a later date.

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



Betty Jane (Haught) Cayton

Mrs. Betty Jane (Haught) Cayton, 84, of Shinnston, passed away on Monday, Dec. 5, 2022, at the Tygart Center in Fairmont. She was born Sept. 17, 1938, a daughter of the late Lawrence Otes and Amy Rebecca Fisher Haught.

Mrs. Cayton was a graduate of Farmington High School and was employed by Sears as a salesclerk. She was a member of the West Farmington United Methodist Church where she enjoyed taking part in the church activities. She loved the Lord, going to church, and loved to spend time with her family.

Survivors include a son: John Shannon Cayton of Clarksburg; sisters: Judy (Richard) Singleton of Shinnston, Nettie Merrill of Farmington, and Terry (Arthur) Freeland of Idamay; and several nieces and nephews that she loved very much.

In addition to her parents, she was preceded in death by her husband Roy Shannon Cayton whom she married on June 1, 1963, and 3 sisters: Dorothy Haught, Patty (Richard) Higginbotham, and Shirley (James) Spencer; one brother, William Haught; a brother-in-law, Ronald Merrill; and a brother who died in childhood Max Lawrence Haught.

Friends called at the Hutson Funeral Home, 3171 Husky Highway, Farmington on Saturday, Dec. 10, 2022, from noon to 2 p.m. where funeral services were held at 2 p.m. with Pastor David Jones officiating. Burial followed at the IOOF Cemetery in Farmington.



Mary Frances Barnes Olivito

Mary Frances Barnes Olivito, 89, of Clarksburg, passed away on Dec. 5, 2022, at Fairmont Medical Center. She was born March 11, 1933, in Parkersburg, WV, daughter of the late Edward and Grace Cline Barnes.

Along with her parents, she was preceded in death by her husband, Joseph James Olivito; eldest son, Joseph Francis Olivito; and one brother, Herbert Barnes.

Mary and Joe were married on Jan. 19, 1950 and were together 51 years until he passed on Nov. 15, 2001. From this marriage they had 10 children, 5 boys and 5 girls. Mary was also preceded in death by her brothers Louis, William, Junior and Donald Barnes, whom she dearly loved. The brothers helped care for Mary after the death of her father when she was 15.

Mary was very proud of her family, including sons-in-law and daughters-in-law. She was a devoted mother and felt very blessed to have her family around her. Her family has felt very fortunate to have her for so many years. She will be remembered for her wit, honesty, sometimes too honest, and her generous spirit. She was also known for her delicious cooking, which she partially acquired through her husband's family, who graciously accepted her into their lives.

Mary is survived by nine children: Rosalind M. Runner (Bobby) of Avon Park, Florida; William R. (Kay) of Salem, WV; Mary M. Frazier (Kenny) of Mount Clare, WV; Catherine A. Sandy (Philip) of Raleigh, NC; James A. (Connie) of Clarksburg, WV; Anthony E. (Kim) of Clarksburg, WV; John R. of Clarksburg, WV; Angela R. Locke (Tom) of Virginia Beach, VA; Josephine A. Crabtree of Fuquay Varina, NC. Mary is also survived by several nieces and nephews.

Mary had 22 grandchildren: Jenna Olivito Williams, Josh, and Matt Olivito; Joseph Adam Olivito; Ross and Jamie Cottrill; Alex Frazier; Amanda Sandy LaBarbera, Ryan, and Erika Sandy; Sha-Lisa, Olivia, and Jessica Olivito;

Talia and Joey Olivito; Lindsay, Ethan, Michael, and Thomas Locke; Carleigh Jo and John Robert Crabtree.

She also had 16 great grandchildren: Aubrey Gavin, Aidan Cottrill, Jenna Stamper and Peyton Cottrill, Reagan and Aiden Williams, Elijah, Liam, Bella, Julianna and Sophia Olivito, Zion and Lazaro Olivito, Elizabeth (Ellie) LaBarbera, Paisley and Aria Olivito.

The family would like to extend thanks to the staff at Tygart Center at Fairmont Campus who have provided her care over the last several months.

Family and friends called at the Amos Carvelli Funeral Home, 201 Edison Street, Nutter Fort, WV on Saturday, Dec. 10, 2022, from 10:30 a.m. to 12:30 p.m., where Catholic Funeral Rites were held at 12:30 p.m. with Father Casey Mahone presiding. Interment was in the Holy Cross Cemetery.

In lieu of flowers, donations can be made to St. Jude Children's Hospital online at stjude.org/ donate today or by mailing to St. Jude Children's Research Hospital, P.O. Box 50, Memphis, TN 38101-9929.

A service of Amos Carvelli Funeral Home.

James Marshall Asher (Sonny)

James Marshall Asher (Sonny), 79, of 1703 Polaris Circle, Livingston, Montana, entered eternal life Dec. 4, 2022, with his beloved family at his bedside.

James was born in Boothsville, West Virginia on Dec. 31, 1942, to Earl Hugh Asher and Texie Thelma Nixon Asher.

He attended school in Shinnston, West Virginia. He worked in the coal mines of West Virginia and Alabama 30 years before his retirement. He enjoyed time with his family and many friends. He loved to hunt and work with tools and tractors.

James also lived in Jasper, Alabama; Leesburg, Florida; Willcox, Arizona; and Naples, Florida before moving to Livingston in 2019. He attended Mountain Bible Church in Livingston.

James is survived by his daughters: Bronya Tucker (Mark) and Dana Mc Glone both of Bushnell, Florida; two grandchildren and six great-grandchildren; three siblings: Nick Asher (Betty), Sandra Vincent, and Kay Simmons (Ray) of West Virginia; and numerous nieces and nephews. He is also survived by his wife Judy and her children: Thomas (Diane), Linda, Dan (Michelle), Rick (Filsane), Scott (Vicki) Denniston, and Michelle DuBois (Michael); fourteen more grandchildren; and five more great-grandchildren.

He was preceded in death by his parents and infant sister Mary Ann Asher.

A memorial will be scheduled in the spring of 2023.

The family would like to thank Encompass Health Hospice of Bozeman for their support and care, as well as Franzen-Davis Funeral for their help in carrying out the arrangements.

Out Of The Past

Memorable Photographs from around Harrison County.



“He knows when you are sleeping; he knows when you’re awake!” Photo of postcard courtesy of Bobby Bice.

“Colonel Bradley” visits the Woman’s Club

Submitted by Kathleen Panek

The Shinnston Woman’s Club took a trip back in time with a special guest during its November meeting.

The meeting was held at the clubhouse on Nov. 21 at 1 p.m. Co-President Mary Ann Ferris led the Pledge of Allegiance and gave the devotion.

Lunch was served, provided by Ferris. The business meeting was dispensed with due to a visit in honor of Veterans Day by distinguished guest speaker, Colonel Ruby Bradley.

We have now gone back in time; it is 1958. Colonel Bradley told the group of how she had been taken to see the television program “This is Your Life.” As she was sitting in an aisle seat, Ralph Edwards, who hosted the series, stopped at her seat and gave her a huge book as he said, “This is your life, Ruby Bradley.” She said the experience was overwhelming.

She then told of growing up on a small farm near Spencer as the next youngest child. She had gone to college and became a teacher but her youngest sister, Sally, had become an Army nurse working at Walter Reed Hospital. She decided to also become a nurse and join the Army. She

was given options of duty stations and the Philippines sounded like an adventure. She was at an outpost hospital in the hills above Manilla when on Dec. 7, 1941, the Japanese attacked Pearl Harbor and they were captured by the Japanese.

In January 1943, they were taken to the campus of the University of Santo Tomas in Manila which was now used as a prison camp. It housed more than 3,000 internees from January 1942 until February 1945. The nurses did what they could for the health and medical needs of the prisoners. They weighed less than 100 pounds at Liberation.

She remained in the Army and was promoted to 1st Lieutenant upon Liberation. She was welcomed home in Spencer with a parade led by the high school band. She was then assigned to war bond tours.

She served in the Korean War as chief nurse for the 171st Evacuation Hospital. In November 1950, during the Chinese counter-offensive, she refused to leave until she had loaded the sick and wounded onto a plane. She was able to jump aboard the plane just as her ambulance exploded from an enemy shell. She said it was quite



“Colonel Ruby Bradley,” portrayed by Rebecca Parks of the West Virginia Humanities Council, left, greets Shinnston Woman’s Club Co-President Mary Ann Ferris at the Nov. 21 meeting.

an experience to have the ambulance you had just left, explode behind you. She was sent to Japan where in 1951, she was named chief nurse for the Eighth Army.

After answering questions about Ruby Bradley who became the most decorated nurse in the military, Rebecca Parks, of Charleston, told how she became the portrayer of Col. Bradley for the West Virginia Humanities Council. It was a most riveting program.

Attending were Ferris, Helen Deleruyelle of Rivesville, Sharon Twixtier and Shane McIntyre of the Clarksburg Woman’s

Club, Connie Leuliette, Willa Jean Green, Viviane Spagnuolo, Chad Edwards, Tori Drainer, Debby Starkey, Bobby Bice, and Kathleen Panek.



During November’s meeting of the Ten House Shinnston Volunteer Fire Department, Dylan Mano was promoted to the position of lieutenant. He has been a member since 2017, currently serves on the board of directors and is part of the training department.

Lincoln High School announces October Students of the Month



McKinnley Riley



Gabby Parrish

Lincoln High School has announced October Students of the Month, said Assistant Principal Holly Hawkins.

McKinnley Ellen Riley

McKinnley Ellen Riley is the daughter of Clay and Whitney Riley of Shinnston, and the granddaughter of Bob and Ann Riley of Shinnston, Phyllis Ryan of Shinnston, and Lynton Ryan of Lumberport.

Throughout her four years at Lincoln, McKinnley has earned a spot on the honor roll due to her exceptional grades. She is in the top 25 of her class and has been the recipient of several Top Scholar awards. McKinnley was inducted into the National Honor Society her junior year, where she now serves as historian, and is also very active in Student Council. Also noteworthy is the fact that McKinnley serves as the vice president of the entire student body.

McKinnley also excels athletically and has been quite an asset for multiple teams at Lincoln. She was a member of the cheer team for two years, where she helped pave the way to a chance at states and was selected as a Big 10 cheerleader her sophomore year. She has been a member of the danceline for three years, where she now serves as captain. Lastly, she participated on the track team where she earned a spot at states.

McKinnley has been a member of the Student Council, Key Club, and Drug Free Club and is part of the yearbook staff. She has spent countless hours volunteering in her

community with local businesses and programs. Some of these include Angel Luv, Feed-a-Family, Sleep in Heavenly Peace, and the Key Club Reading Program.

McKinnley has plans to attend college to pursue a degree in nursing to eventually become a neonatal nurse practitioner.

Gabrielle (Gabbie) Riley Parrish

Gabrielle (Gabbie) Riley Parrish is the daughter of Kristy Parrish and Brian Parrish of Shinnston, and the granddaughter of Marilyn Riley and the late David Riley of Shinnston, Patty Byrd and Ron Byrd of Shinnston, and Melissa Parrish and the late Charles Parrish of Gypsy.

Throughout her four years at Lincoln, Gabbie has earned a spot on the perfect honor roll due to her exceptional grades. She is in the top 25 of her senior class and has been the recipient of several Top Scholar awards. Gabbie was, impressively, inducted into the National Honor Society her junior year, where she now serves as a secretary. Additionally, she serves as president of her entire senior class.

Gabbie was a cheerleader for two years and has been on the danceline for two years. She is a member of the yearbook staff, worked as backstage crew in last year’s production of “The Wizard of Oz,” and holds membership in the Key Club.

Gabbie has plans to attend Pierpont to complete the radiology program.

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