

The Shinnston News & Harrison County Journal has named Kierston Posey as Citizen of the Month, a recognition sponsored by Dorsey Funeral Home in Shinnston – locally owned and operated.

Posey named Citizen of the Month

Graduating senior receives WVU honor



Posey attends the banquet dinner in honor of receiving the Bucklew Scholarship from WVU. Meighan Jones, a teacher, said that she feels this is Posey's time and that when Posey sets her mind to something, she remains driven to achieve her goals.

By Kara Linaburg

Kierston Posey, a senior at Lincoln High School who was recently awarded West Virginia University's Bucklew Scholarship, has been named the Citizen of the Month for her accomplishment and other contributions. WVU describes recipients as "promising future leaders."

The scholarship is awarded to 20 high-achieving

students and is WVU's highest academic scholarship.

Posey's chosen major for the fall is exercise physiology. She is working towards becoming a pediatric hematologist, a doctor trained to treat and diagnose blood disorders and cancer in children. Her reason comes from not only a love of the medical field, but a diagnosis she received her junior year in high school.

"So junior year of my soccer season, I used to be really good at soccer, and that season I kinda was dropping down and we really didn't know why," she said. "My skill level wasn't as high because I wasn't able to run, I had no energy, and at the end of that soccer season we went to have my blood tested."



Kierston Posey, Citizen of the Month, passes the ball to her three year old brother. Posey said that now she enjoys coaching the U6 soccer team in Shinnston where her little brother is also on the team.

From the results of the tests, Posey found out that she was severely iron-deficient anemic, and according to the Mayo Clinic, this leads to reduced oxygen flow to the organs. "So, I had to go through a lot of doctors," Posey said, "and a lot of bloodwork, and I ended up seeing a pediatric hematologist at WVU Children's Hospital. And just because of researching, just like, 'what's wrong with me so much,' I kinda found an interest in blood disorders in children."

Posey said that with her diagnosis, "I really had to become committed to recovering. It also made me get into the research aspect more. At the time, I was taking a WVU biology class and we were getting ready to cover the section about our blood, so it really made me take a deep dive into stuff I was interested in. Because I always knew I wanted to do medicine, but I never knew what kind. It kinda gave me a serious look at how I want to spend the rest of my life."

Posey has worn many hats during her years at Lincoln. "I am a four year varsity starter for our soccer team, I am a member of National Honor Society, Student Council executive committee and Key Club, and I also serve as vice president of the class, where I am in charge of organizing fundraisers to raise money for prom and graduation.

As part of being vice president, she was also part of the father daughter dance in Shinnston. She and other officers were the ones who organized and put it together the last couple years.

Posey also enjoys gardening, volunteering at Big Elm Elementary, volunteering as a soccer coach for U6 in Shinnston, and spends all the time she can with her three-year-old brother. "It's nice to volunteer your time, especially nowadays it's hard

See "Posey" on Pg 6

Band brings community together



As many as 70 members will take part in the Shinnston Community Band this summer. Ages range from as young and middle school all the way to older folk.

By Kara Linaburg

The Shinnston Community Band is kicking off their 2023 season. Rehearsals began April 18 at Lincoln High School.

"That will be our first rehearsal," Russ McIntyre, president of the band, said. "We will get started at Lincoln High School. Right now we are in the process of gathering up all the music, and then we are going to perform and make sure there is enough (music) for everyone to go around. We can get started and hit the ground running so to speak."

McIntyre has been part of the band from the beginning in 1996, when he and other members of the community got together to organize.

Kathleen Panek, a musician in the band, has also been with the group since the beginning. She recalls when the idea for the band first came about.

"They had an all school reunion of Shinnston High School in 1996, and the members of the 1952 Shinnston High School band put on a concert," Panek, who plays symbols, triangles and other instruments in the percussion section, said. "And everybody had such a good time with it, that it was decided that oh, we're going to have a Shinnston community band. And they invited anyone who wanted to pick up a horn and come, and we started in the fall, and over the years we've had people come and go and come back, and it grew and grew."

The band may have as many as 70 members this year, and ages of the members range from middle school to adult. Students from West Virginia University and Glenville State University also come to join the band, as well as a wide variety of doctors, lawyers, and teachers, among other professionals from the local area and surrounding counties.

McIntyre said that while other towns have bands, a band this size and

See "Band" on Pg 6

City manager takes on additional role

By Kara Linaburg

City Manager, Chad Edwards, was recently appointed to the Harrison County Development Authority, where according to Patsy Trecost, a Harrison county commissioner, Edwards will be involved to help Shinnston for development and growth.

Edwards will be working closely with the county's elected leaders to aid in "growing West Virginia," Trecost said, who added that Edwards' new role also "gives him more opportunities" when it comes to building economic stability and new business possibilities for Shinnston. Edwards will have a louder voice in the county, letting people know what he's doing for the city, such as tearing down dilapidated properties, and encouraging others to invest in not only the city but also the state.

Trecost said that Edwards is a city manager who is truly invested in his job. "Shinnston is lucky to have him," Trecost said.



BUILDING AMAZING CITIES

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

An Ode to Golf

I've had a tenuous relationship with golf for over 50 years and I often wonder how the attraction has lasted this long. During every round of golf I play, I am convinced that it is the most frustrating game ever invented. There are 18 opportunities to stand in front of your friends and anyone else waiting to tee off and possibly embarrass yourself, like a fifth grader asked to read in front of the class. And in addition to the embarrassment, you sometimes must spend time walking through the woods and brush to find a \$1.98 golf ball, before giving up and pulling a ball from your pocket and slyly dropping it and yelling, "I got it!"

Water is another part of golf that can turn a lovely afternoon into a tragic battle with the rain or the various ponds, rivers, and streams, that dot most every course. I have some hard and fast rules when it comes to rain. My rule is, "I don't play in the rain!" A lot of my friends and business colleagues have elaborate rain gear and umbrellas that can cover a large Buick. When I feel the first drop of moisture, I am heading to the car and packing my golf bag into the trunk and heading to Applebee's. When it comes to the water hazards on the golf course, I line up my shots to go opposite to the water. Unfortunately, more often than not, the ball finds its way directly into the water. On occasion, the ball will land in the soft soil, just a foot or two from the edge of the water. After taking a mighty hit at the ball, I end up covered from head to toe, with a thin layer of mud.

If the water wasn't bad enough, sand is the next evil awaiting you on the golf course. As a young kid, I used to love going to the beach and building sandcastles and getting buried up to my neck with

See "Hunt" on Pg 3

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Guest Opinion

By Mike Caputo

State Senator Mike Caputo, D- Marion

Inclusion- Some limits may apply

In a recent radio interview about some of the socially divisive laws just passed by the Legislature's Republican-led supermajority, West Virginia GOP Chairwoman Elgine McArdle was asked whether our state might now be viewed as less inclusive. She responded, "Inclusiveness is a funny term."

That made me pause a little bit. So I consulted the Merriam-Webster definition of inclusive: "Including everyone." Seems pretty straightforward.

I wondered, how is the idea of including everyone funny?

Thankfully, Chairwoman McArdle went on to clarify. Embracing laws that penalize people who are born different, or who choose a path not in lockstep with the West Virginia Republican Party's "old fashioned" values, as she called them, is the West Virginia way.

"I don't think it necessarily excludes people. They can go to California, they can go to New York, they can go to Chicago. If they want that kind of atmosphere to live in, go nuts. Go live where you want to live, practice what you want to practice, but you're not going to fit in well [here]," she said.

She also commented, "I think West Virginians are more than welcoming to everyone, but when it comes to pushing the woke agenda and the liberal aspects... That is not included within the inclusivity."

Not included within the inclusivity. Wow, chew on that for a minute.

What an embarrassment. Forget ever hoping to attract young people to our state, even though we are now presented with a golden opportunity to bring them here. In addition to the countless economic development projects that are coming our way creating thousands of new jobs, there's also the growing trend of people working remotely from rural states that offer the most natural beauty, outdoor recreation, and tranquility, a perfect fit for West Virginia-- especially given how close we are to major big-city hubs.

Adopting new laws that restrict freedom for those whose views and lifestyles the West Virginia Republican Party deems unacceptable only sends the message to young people that their generation, which is all about inclusion, is most certainly not welcome here.

And at this point, it's difficult to determine who the WV GOP actually wants to include, or help.

Instead of trying to lure young people to West Virginia with initiatives that embrace local communities, expand broadband access, and expand opportunities, this Republican leadership has shepherded countless bills through the legislative process that are intended to prevent local governments from enacting ordinances that embrace local workers and businesses, and instead exclude young people who only want to be allowed to live their lives as they see fit without obstruction.

You might as well post "Stay Out" signs all along our state border.

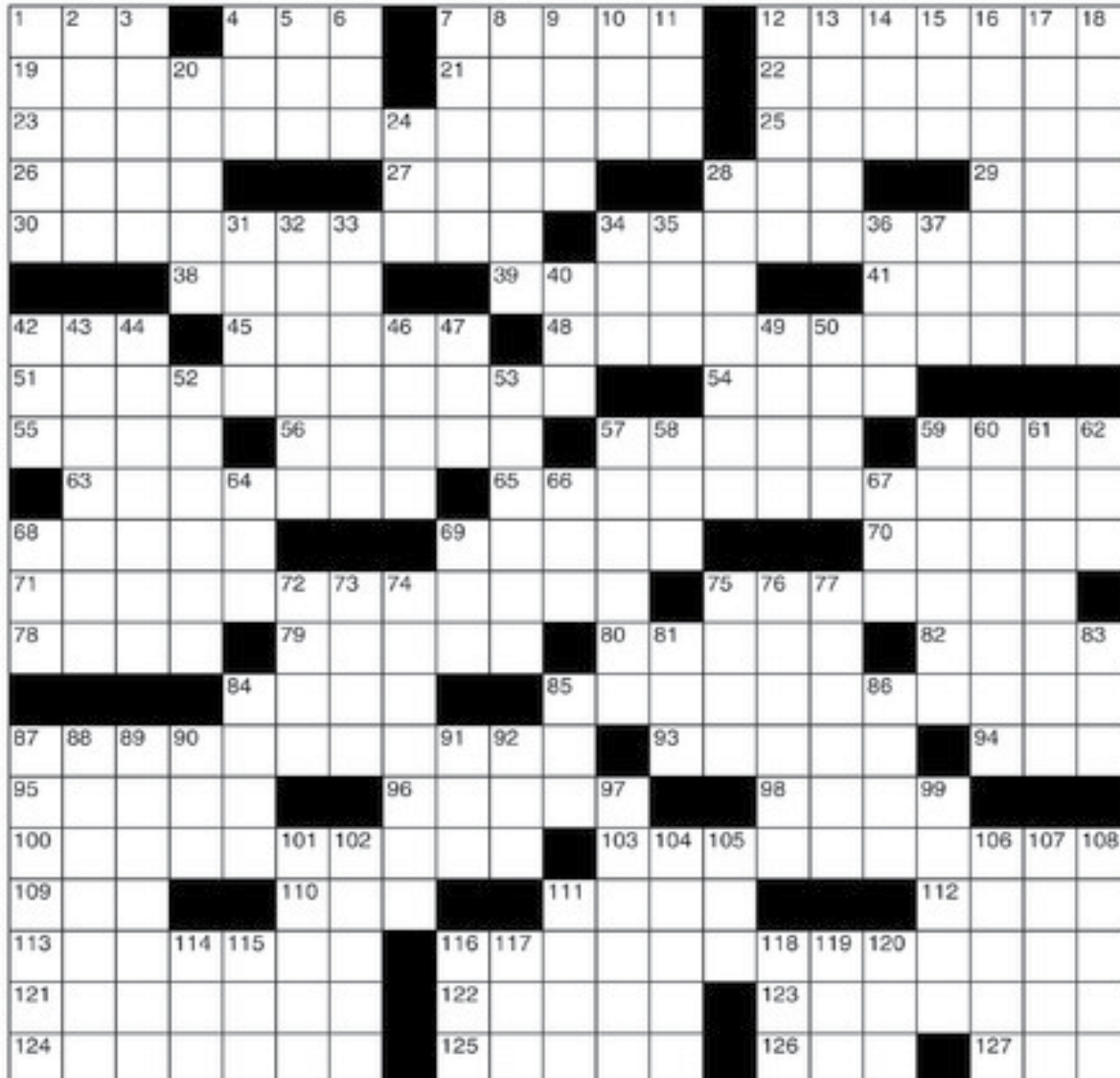
One of the most enduring qualities West Virginians have been known for is our willingness to work hard, and live and let live. Our state motto is "Montani Semper Liberi"; Mountaineers are always free! We welcome and assist our neighbors without judgment or pause. It's an attribute that caused John F. Kennedy to declare, "The sun doesn't always shine in West Virginia, but the people do."

But apparently the WV GOP would rather embrace the tired old stereotype of the angry isolationist hiding out in the hills, threatening anyone who's "not from around here" with a rifle. Or as Chairwoman McArdle stated, anyone who doesn't "fit in."

Not wanting to be around people different from us and our "values" is an expression of intolerance that we have repeatedly seen in history in many forms. Different religions, different beliefs about equality, different skin color, it's all the same thing: a camouflaged bigotry against anyone who is different. That is about as un-American an ideal as I can imagine.

Super Crossword TWELVE OF DIAMONDS

- ACROSS 1 "Sharkey" (70s sitcom) 4 Winter bug 7 Corn, to Brits 12 SoCal daily paper 19 Mammal with a black mask 21 Cook's wear 22 Ant-Man's partner in a 2018 superhero film 23 Oakland baseballer's footwear? 25 Boarded, as a train 26 Langston Hughes poem 27 Stuff hitting an umbrella 28 Fa-la linkup 29 Coop female 30 Calamari prepared by a San Francisco baseballer? 34 Atlanta baseballer's collection of Kia cars? 38 Son of Isaac 39 Watch slyly 41 — Park (home of Edison) 42 Attys.' gp. 45 "Scorpio" co-star Delon 48 Chicago baseballer moonlighting as a journalist? 51 Detroit baseballer's Easter flowers? 54 Vaping item 55 Designer von Fürstenberg 56 Like many tiny headphones 57 Put the — (try to coerce) 59 Omph 63 Gold lumps 65 Money owed by a Washington baseballer? 68 Tether again 69 Actor Quinn 70 OshKosh — (kids' clothing brand) 71 What a Minnesota baseballer sleeps on? 75 Enormous 78 Latin "to be" 79 Litigious sorts 80 Taunt 82 Article in Ulm 84 Pioneer Boone, briefly 85 Cincinnati baseballer's chewy candy? 87 Something a St. Louis baseballer confesses? 93 "Oh My My" singer Ringo 94 Ending with cash 95 Kitchen range brand 96 Warhol and Roddick 98 Pixar's lost swimmer 100 Kansas City baseballer's toast topper? 103 Pennant won by a Pittsburgh baseballer? 109 President pro — 110 Right-angled pipe joint 111 Sleek, in brief 112 1993 Nobelist Morrison 113 Some wind players 116 Florida baseballer's rod-and-reel activity? 121 Web page for aficionados 122 Figure skating leaps 123 Sideways 124 Felt hats 125 Dog strap 126 Single bill 127 "Nuts" actor Wallach 33 Charmingly old-fashioned 34 Sch. in Provo 35 Puffer from 36 Smelly city air 37 Atop, in odes 40 Old IBM products 42 Noshed on 43 The top story 44 Rabbittlike rodents 46 Lands in eau 47 Actress Vardalos 49 MBA subj. 50 — colada 52 Motor 53 Some Muppet dolls 57 Just one little bite 58 — Tin Tin 59 More antsy 60 10th-century pope 61 Lack 62 Final degree 64 Sparkly rock 66 Spots on TV 67 16-oz. units 68 Numbered rd. 69 Pt. of ETA 72 Clumsy — ox 73 Skipjack, e.g. 74 Reveal everything 75 Grain in ale 76 South Korean airline 77 Confidential 81 Koch and Asner 83 Always, in odes 84 Old TV part 85 Letters after Sen. Javits' name 86 "It's either you —" 87 Haul away 88 One-celled organisms 89 Actor Burr 90 Genetic stuff 91 Skit show since '75 92 Mount — (Charley Weaver's home) 97 Hexes 99 "King — Hill" 101 Volkswagen model 102 Somebody — problem 104 From Erin 105 Actor Ely 106 French river 107 Record of a single year 108 2003 Ben Affleck flop 111 Field of study 114 Propyl lead-in 115 Tristan's title 116 Bad, to Luc 117 Hatchet, e.g. 118 "Alice" spinoff 119 Holm of film 120 Holy Mile.



FIND THE SUPER CROSSWORD ANSWERS ON PAGE 6!

THIS WEEK IN West Virginia History

Charleston, WV – 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.

April 27, 1978: An accident at the Willow Island Power Station on the Ohio River killed 51 men. The scaffolding that had been erected for use in the construction of a new cooling tower collapsed, sending them plunging to the ground.

April 28, 1884: Musician Henry Reed was born in Peterstown, Monroe County. Reed was a legendary West Virginia fiddler whose repertory contributed to the old-time music revival in the last half of the 20th century.

April 28, 1914: An explosion at the Eccles No. 5 mine in Raleigh County killed 174 men. The mine connected with Eccles No. 6, operating in another coal seam. Nine men in No. 6 died of injuries and of afterdamp, the deadly gas left after a mine explosion.

April 28, 1920: The Monongahela National Forest was created by presidential proclamation. It is the only national forest completely within the boundaries of West Virginia.

April 28, 1924: An explosion ripped through the Benwood coal mine south of Wheeling, killing 119 miners.

April 28, 1948: Watt Powell Park opened in Charleston. About 8,000 people, including Governor Okey L. Patteson, attended the city's inaugural game in the Class A Central League. Watt Powell Park was replaced by what is now known as GoMart Ballpark after the 2004 season, and the old park was demolished in 2005.

April 29, 1863: Confederate General William E. "Grumble" Jones waged a battle at Fairmont

that involved a force of 500 regulars, home guards and volunteers. The Confederates prevailed, burning the personal library of Francis Pierpont, governor of the Restored Government of Virginia, and exploding an iron railroad bridge across the Monongahela River.

April 30, 1871: Coach Fielding "Hurry-Up" Yost was born in Marion County. He was a tackle on West Virginia University's football team in 1895 and 1896, while earning a law degree. In 1901, Yost's first season as coach at University of Michigan, the Wolverines compiled an 11-0 record, including a 49-0 defeat of Stanford in the first Rose Bowl.

April 30, 1927: An explosion roared through the Federal No. 3 mine owned by New England Fuel and Transportation Company of Everettville, Monongalia County. The explosion, the subsequent fire, and gas in the mine killed 97 men.

May 1, 1788: Pendleton County was created from Rockingham, Augusta and Hardy counties. The county was named for Virginia statesman Edmund Pendleton (1721-1803).

May 1, 1930: Labor leader and child welfare activist Mother Jones celebrated her birthday in Maryland. Jones, who was 100 years old by her count, appeared before newsreel cameras to condemn the Prohibition Act "as a curse upon the nation" that violated her right to have a beer instead of water.

May 2, 1900: State founder Waitman Willey died in Morgantown. He is remembered for the Willey Amendment, which provided for the emancipation of slaves as a precondition for the creation of West Virginia.

May 2, 1925: Flying saucer investigator Gray Barker was born in Riffle, Braxton County. Barker became interested in unidentified flying objects in the 1950s after investigating sightings of the Flatwoods Monster.

May 3, 1843: U.S. Postmaster General William

See "History" on Pag. 3

N&J Briefs

FROM AROUND HARRISON COUNTY

The Shinnston News provides a calendar of events 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

Harrison County 4-H yard sale/flea market

9 a.m. - 2 p.m., Saturday, April 29
Join for a fun day of shopping, eating and finding bargains!

Quiet Dell United Methodist Church

Just off Rt. 20 (96 Trinity Rd.) Mount Clare

Traveling I-79- take Exit 115

Over 25 tables of items for sale

Clothes • Toys • Antiques • Crafts • Concessions and more

Questions Beth Skidmore: 304-624-8650 or Elizabeth.skidmore@mail.wvu.edu

Ham, bean and ramp dinner

The Progressive Farm Club of Jones Run Community will hold its annual ham, bean and ramp dinner on Saturday, April 29 from 11 a.m. to 3 p.m.

Meal includes beans with ham, fried potatoes with ramps, seasoned wilted ramps, fresh ramps, dessert and combread muffins for \$12.

Eat in or carry-out available

3602 Jones Run Road, Lumberport

For additional information, please call 304-783-4868.

All proceeds support the Jones Run Community Center.

Book sale

Bridgeport Public Library

1200 Johnson Avenue

Bridgeport

Monday, April 24 - Saturday, April 29

All books and music CDs \$1 a bag unlimited. All other items priced as marked.

304-842-8248 for additional information.

Passport fair

Friday, April 28 | 10 a.m. - 6 p.m.

Saturday, April 29 | 10 a.m. - 3 p.m.

All Ages | 1st Floor Reading Area

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The North Central West Virginia Parkinson Patient & Family Support Group

107 C Anna Square, Fairmont, West Virginia 26554

304-363-1028**traceyrobertson@ma.rr.com

The North Central West Virginia Parkinson support group will hold their monthly meeting on Saturday, April 29 at the Brickside Bar & Grill, Bridgeport.

Our guest speaker this month will be Nancy Howerton, Account Executive with AbbVie Pharmaceutical. She will be sharing at 1 p.m. about Duopa and how it is used to help patients with advanced Parkinson's. If anyone would like more information on about this group, please contact Tracey Robertson at 304-363-102

Poker Run

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Registration 9 a.m. to 11 a.m.

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"Hunt" From Pg 1.

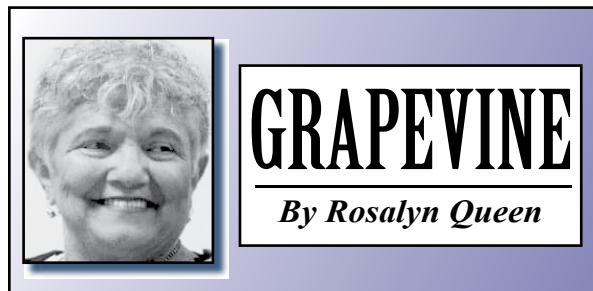
sand. On the golf course, sand is placed in things called bunkers and are designed to lure you into thinking you can easily loft the ball out with a club called the sand wedge. The reality is that you can hit the ball as hard as you can and move it about six inches. After several six-inch hits, you finally connect on one and the ball sails out of the bunker and lands 100 yards from the hole. This generally results in throwing your club into the nearest water hazard, thus completing the cycle of life!

Another psychological drama that plays out on the golf course is the ups and downs during the 18 holes. I've hit booming drives at the beginning of the round, only to shank the next six holes in a row. After using all the curse words in my vocabulary, my drive suddenly comes back and I apologize to the golf gods, only to lose it on the last hole of the round. If this were just happening to me,

I would think that golf just isn't my game, but it seems that everyone who plays the game has these same experiences. Even on the PGA, professional golfers will crumble in front of an international television audience and thousands of fans, as they drop a million dollars on a missed three-foot putt.

With all this in mind, I recently played my first round of the year, and as I breathed in the fresh spring air and the beautiful green grass, I boldly stuck my tee in the ground. A season full of hope laid before me and I hit a slight hook that curved around a massive oak tree and sat in the middle of the fairway. My playing partners fist bumped me, and my next shot landed six feet from the hole. A solid putt and I had my first birdie of the year! As I walked off the green, I said to myself, "I love this game!"

Memorabilia brings back drive-in memories



This ticket from about 1958 cost \$1.20 at the time.

If you live long enough and you are a hoarder you may come across some items that I have found and want to share with you. In the picture you will see an admission ticket for the Ellis Drive-In movie theater. The ticket was from about 1958 and was to admit one person for the price of 60 cents. This makes the ticket about 65 years old.

The Ellis Drive-In was located on Bridgeport Hill and operated every night. Located in front of the drive-in was the Ellis Restaurant which was rated as a fine dining establishment which served delicious food, especially Italian foods.

The restaurant and drive-in was owned and operated by the Ellis Brothers. The establishment was also known for its curbside service. Curb girls were hired and took the orders of those who stopped by in their vehicles to enjoy some food.

Now we are going to get back to the drive-in. It was located behind the restaurant and was sort of on a hill sloping down toward the screen. Located in the lot were stands that had speakers attached and each vehicle would get one speaker for their car after they had parked. The speakers controlled the sound in the car.

Located in the middle of the lot was a concession stand that served an array of food during the intermission. Some of the featured items were barbecue, hot dogs, hamburgers, popcorn and soft drinks. The concession stand was open during the entire movie but the rush for food was during intermission.

Now that I have furnished you a little history

about the drive-in I will fill you in about the ticket. This ticket was from the first time that Fray Queen and I attended the movie. This would be about April of 1958. At the time I was working from 4 to 8 p.m. at the Clarksburg Cable Company and he would pick me up and we would head to the drive-in for something to eat and to watch a movie. During the week the movies were older ones but on the weekends the popular current ones would show. The movie always started with a newsreel followed by a cartoon or two and then the main feature. Sometimes if it was really hot we would take a blanket and sit on the ground in front of our car. Since we did not have much cash and were saving to get married, this was just about the cheapest date we could have. Consequently we may have attended three or four times a week if a different movie was showing.

At the time the other drive-ins in the area were the Skyline, the Park and the Sunset. The last one still in the area is the Sunset.

Now you know how a lot of the kids spent their date nights. By the way the minimum wage at the time was \$1 an hour. So \$1.20, two or three nights a week with a little food was a part of our budget.

Well, currently I do not know what I will do with this stub but you now know the story of the drive-in.

Be sure to stop by Elwoods Pizzeria in Glen Elk for a good piece of pizza. They are now open and located in Glen Elk across from the bakery.

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

"History" From Pg 2.

Lyne Wilson was born in Smithfield, Jefferson County. Wilson joined President Cleveland's cabinet as postmaster general in 1895. The following year, he introduced Rural Free Delivery in Jefferson County, an experiment which was quickly instituted nationwide.

May 3, 1917: Fire destroyed the West Virginia Preparatory School in Keyser. The school was rebuilt, and it evolved into the institution now known as WVU Potomac State College.

May 3, 1948: The plane of test pilot Howard "Tick" Lilly, a Raleigh County native, crashed on takeoff in California. Lilly was the first of many government test pilots to die in the line of duty. Six weeks earlier, he had become only the fourth person to break the sound barrier.

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There were multiple big winners in Morgantown



The Bottom Line

By Bill Nestor
Sports Editor

It's a work in progress, an often used phrase in the world of sports, and it is the perfect one to use following West Virginia's Gold-Blue Game. This past Saturday, the Mountaineer football game concluded spring practice with a two-hour competition at Milan Puskar Stadium. The event included 74 plays, the cheerleaders, band, and a lower than usual amount of fans. The weather was to blame for the attendance and those who did not want to brave the elements could view the action on ESPN+.

This tilt is all about showcasing the program and the players within it. In what game this upcoming season do you think WVU Head Coach, Neil Brown will play six quarterbacks with the reps freely shared? One interesting facet of this scrimmage is the scoring system. The defensive unit garnered points for three-and-out possessions and turnovers along with traditional scoring that they would be awarded in a regular season game. This allowed the offense to go against the defense in the most competitive way possible that allowed the scoreboard to do the talking.

Credit must be given for the involvement of this event. It has always been used as a tool to excite the fan base and to boost early ticket sales for the upcoming season. It has grown into a mini Super Bowl for the Mountain State. A pregame concert by Philip Bowen kicked off the festivities. At halftime the players stopped on the field while team award winners were recognized. There was a little change following the lock-up as there was no autograph session. But young fans were in for an even bigger

treat. Those that were members of the Mountaineer Kids Club were invited on the field to participate in tailgate games, pass and catch, and participate in a field goal kicking challenge to complete the day.

The award winners were CJ Cole, Tony Mathis Jr., Doug Nestor, Marcis Floyd, and Jared Bartlett. Cole was named the winner of the Tommy Nickolich Memorial Award. Mathis Jr., Nester, Floyd and Bartlett were the Iron Mountaineer Award winners.

Brown used the game as a way to reward all of his players for their efforts during this spring practice period. Excluding injured players, almost everybody saw action somewhere in the 74 plays. That provides a little more incentive and motivation for those that are down deeper on the depth chart to work a little harder on their own time. The players have the next three weeks to refresh before coming back for the summer. Brown calls it down time, but it's really to get a leg up on your teammates' time. The competition amongst players leads to better play come this fall and Brown talked about the benefits of this day for his players. He mentioned the prior practices have been used to put in schemes and to provide the reputations.

However, this game day feel with a Big 12 Conference official officiating the crew and fans in the stands added the element of presence. Brown and his staff can now evaluate based on how the troops responded in battle.

There were so many who benefited from this event. The players, coaches and fans all gained something from Saturday. The biggest winner was the WVU Medicine Children's Hospital. A portion of the proceeds go to the hospital and there were several children in attendance. They equally cheered along with everyone else who participated and were recognized.

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's Athlete of the Week award is an avenue to promote the youth of our county while bringing attention to their athletic accomplishments.

This past week's winners of the Shinnston News and Harrison County Journal's Athletes of the Week Award are Robert C. Byrd's Alyssa Dunn and Bridgeport's Mark Biafore.

Flying Eagle softball standout, Alyssa Dunn helped her team to a huge win over Bridgeport in the Big 10 Conference tournament action this past Friday. Dunn had three hits in Tribe territory including a pair of home runs. Dunn's first homer cleared the fence and the second was an inside the park effort.

Indian baseball player, Mark Biafore was red hot at the plate early in the week. Biafore led his squad to a 2-1 record through Wednesday with multi-hit efforts in every affair. During that span, Biafore was 7 for 11 with a home run, nine turns batted in, and a pair of runs scored.

Congratulations to Robert C. Byrd's Alyssa Dunn and Bridgeport's Mark Biafore for being named the Shinnston News and Harrison County Journal's Athletes of the Week!

Swim team sign-ups scheduled



A local swim team has scheduled sign ups for May 13 from 10 a.m. – 2 p.m. at the Shinnston City Pool. Since the summer of 2017, the Shinnston Pool has been the home of the Shinnston Sharks Summer Swim Team. The team is comprised of area kids who meet these two requirements to independently swim across pool.

Graduated high school in 2023 or are younger. Practice is held every weekday morning starting the first day of summer vacation for Harrison County students. Swim meets are generally scheduled Tuesday and Thursday evenings. This summer's coaching staff includes swim coaches from Salem University and a college student/previous Sharks swimmer.

Swimmers can attend as many practices and meets as they choose. Summer swim is designed to be fun and flexible. The 2023 season ends with the championship meet for North Central West Virginia teams in July.

For additional information, contact Shinnstonsharks@gmail.com

Fairmont State acrobatics and tumbling competes in championship

FAIRMONT, WV – For the second consecutive season, the Fairmont State acrobatics & tumbling team will compete in the National Collegiate Acrobatics & Tumbling Association (NCATA) National Championships. The Falcons will face Baylor in the quarterfinal round on April 27 from the ASRC in West Liberty, West Virginia, according to a news release. Fairmont State compiled an overall record of 9-2 and went 4-1 in Mountain East Conference competition. The Falcons reached the MEC Championship Meet for the fourth-straight season and won four individual event titles at the conference championship. Tickets can now be purchased online for the 2023 NCATA National Championships, which will be held April 27-30 inside the ASRC on the WLU campus.

Advance daily session tickets are priced at \$10 for adults and \$5 for children, seniors (55+) and military veterans. All-session passes covering all four days are also available, priced at \$30. Tickets can also be purchased at the gate on a cash-only basis. Here's the online ticket portal: <https://wlu.hometownticketing.com/embed/all>

The eight-team, single-elimination tournament begins with four quarterfinal matches on Thursday, April 27. The semifinals are set for Friday evening with the National Championship meet to follow on Saturday. The NCATA national individual event finals are set for Sunday morning. Live streams for all sessions of the 2023 NCATA National Championships can be accessed on ESPN+.

2023 NCATA National Championship Schedule
Academic, Sports and Recreation Complex (ASRC) | West Liberty, West Virginia

Quarterfinals	(Thursday, April 27)
Meet #1: #3 Azusa Pacific vs. #6 Limestone	10:30 a.m.
Meet #2: #2 Oregon vs. #7 Frostburg State	1:30 p.m.
Meet #3: #1 Baylor vs. #8 Fairmont State	4:30 p.m.
Meet #4: #4 Quinnipiac vs. #5 Gannon	7:00 p.m.

Semifinals	(Friday, April 28)
Meet #5: Azusa Pacific/Limestone vs. Oregon/Frostburg State	4:30 p.m.
Meet #6: Baylor/Fairmont State vs. Quinnipiac/Gannon	7:00 p.m.

Finals	(Saturday, April 29)
Meet #7: Semifinal winners	5:00 p.m.

Event Finals (Sunday, April 30) – 11 a.m.

HCPR begins hiring for “most memorable job”



From The World of Parks & Recreation

By Doug Comer

Parks and Recreation has offered a summer program for kids for over four decades. The program provides a safe and friendly environment for kids to spend their time while school is out of session. It has always been free to the kids and through a grant with the Board of Education, meals are provided as well. With details already in play, the beginning steps is to find staffing for each site available this year.

Director Mike Book knows the importance of the program and the value of having a first job as many of today's professionals, who are in their fifties, may have received a check from the county commission while attending high school or college. Even today, people he meets in public that worked for him always share a memory about their

days being a park's leader.

“I have been here for almost the entire time while a parks program has been a part of our department and it is amazing how a summer part-time position could bring so many positive stories to the table,” said Book. “To this day, kids (who are now adults) find me on the street and always want to talk about their time here during the summer. Most of them started out as kids in the summer program and later became park leaders. Many of the stories shared are funny and everyone refers back to it being one of the best jobs to have as a kid.”

The job responsibilities are pretty simple – have fun with the kids and keep them safe. While the program is open to kids six through 15, the kids in grade school benefit the most from this. At this stage in their lives, kids are looking for role models or the “Big Brother” or “Big Sister” type and many we hire do assume that role while on the clock. As Book would say, “we want to hire the people who are not afraid to act a little silly and have a kind heart.”

With sites located throughout the county, there will be a couple different options for the kids who want full day programming and those who attend

the area school program with recreation provided by the HCPR in the afternoon after lunch. For the first part, staff will be broken down into a morning and afternoon shift. They will normally work a 30-hour week and the program begins June 21 and normally wraps up the end of July. For the latter program, we are looking for afternoon staff beginning around 11:30 a.m. and wrapping up around 5:30 p.m.. The school program days are Monday through Thursday while the full-day program provided by the parks department is five days a week.

With competitive wages and a great first step toward the work environment, those wishing to apply can contact the parks office and request to have an application emailed to them or they can download one on the website. Interviews will begin in May and we hope to have staff in place by early June.

“It is a wonderful job if you allow yourself to be a role model for the kids,” said Book. “We know there is never a career park leader position in the future of the kids, but it is a great start to get in the work force and like many others, it may be the most memorable job you will ever have.”



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“Stonewall” visits Woman’s Club



“Stonewall Jackson” was portrayed by Doug Riley through the History Alive Program of the WV Humanities Council

Submitted by Debra Herndon

The Woman’s Club of Shinnston met Monday, April 17 with Co-President Maryann Ferris presiding. The group said the pledge to the flag and a short devotional was given.

The meeting was then turned over to the speaker of the evening, who represented General Thomas J. “Stonewall Jackson. General Jackson spoke of his early life in what was at the time, Virginia. Orphaned at an early age, General Jackson applied to West Point and had a hard time getting accepted. Only because of misfortune

son went on to describe several of the battles he experienced during the Civil War. His nickname occurred when General Barnard E. Bee observed Jackson’s company and said “There is Jackson and his men standing like a stone wall.” Jackson’s stubborn courage cemented this nickname.

Jackson was portrayed by Doug Riley through the History Alive Program of the WV Humanities Council. Riley has three other “Stonewall” programs including how West Virginia (illegally) became a state. Riley also portrays Mark Twain. Twain previously visited the Woman’s Club. Monday’s program was co-sponsored by the Clarksburg Woman’s Club and the Bice-Ferguson Memorial Museum.

In a short business meeting, the Shinnston Woman’s Club selected

Demi Mancino as their representative this summer for Girl’s State. Mancino was commended for her extra-curricular activities and her willingness to help with Woman’s Club fund raisers. Ferris reported that the Club had received National and State Woman’s Club recognition on the Club’s 100th birthday.

Viviane Spagunolo was hostess for the evening. Chicken and vegetable casseroles, baked sandwiches, cheesecake, pineapple and chips and dip were enjoyed by all.

Attending not previously mentioned were: Connie Leuliette, Mary Ann Spadafore, Debbie Starkey, Carrie Mancino. Donna Mick, Judy Wilson and guests Sharon Twentier from the Clarksburg Woman’s Club, Johnna Nutter and Robert P. (Bobby) Bice III.



Riley spoke at the April 17 Woman’s Club meeting.

Mother’s Day banquet planned



By Erin Beck

The Warrior’s Chapel is holding a free mother/daughter banquet on May 20, but Ashley Dytzel, who is the wife of the pastor of the church, noted that other women and maternal figures could attend.

The “Daughters of the King Banquet” is focused on “being a warrior princess in God’s kingdom” and will be held at 2 p.m.

The speaker will be Jessica Nunan. “I am a homeschool mom of 3 who loves Jesus and her family,” Nunan said. “I serve in children’s/teen/and young adult ministries at Victory Baptist Church in Fairmont. My husband is currently pursuing his theology degree at Mountaineer Baptist College and we are looking forward to the future God has for us! Our goal is to raise children who love Jesus and to share His good news with the surrounding communities.”

The event includes “food, fun and girl time,” Dytzel said.

The Warrior’s Chapel is on 68 Main St. in Shinnston.

Woman’s club to host rummage sale

Those who are spring facility to community cleaning will have a members and the sale chance to help local charity efforts. The Woman’s Club is hosting its annual rummage sale at the facility on Friday and Saturday from 8 a.m. to 2 p.m. each day.

Debbly Starkey of the Women’s Club said it benefits the club, which provides scholarships and donations. It also helps the community because the Woman’s Club rents out the

Library Notes

Submitted by Director Debby Starkey

Hours:

Monday, 11:30 a.m.-7 p.m.

Tuesday through Friday, 11:30 a.m.-6pm.

Check us out on Facebook!

May closings:

May 26-Staff Development Day

May 29-Memorial Day

Other dates:

Summer Reading Sign-up: May 15-June 5, for ages 3-12.

You can do this by messaging us on Facebook or visiting the library during open hours or calling us at 304-592-1700.

Books & Biscuits Recipe Club will meet on May 23 at 2 p.m. New members are welcome.

Low Public Library visits Jungle Junction Childcare every week or they come to us. We include them in as many activities as

possible. This is a wonderful way to introduce the love of reading to the preschool children and introduce them to the library. Our love of learning and their participation over many years has been beneficial in establishing long term relationships with both the staff and the children.

New books available for check-out include: “Dark Angel” John Sandford; “Hang the Moon” Jeanette Walls;

“Homecoming” Kate Morton and “Countdown” James Patterson. New large print include: “Eden’s Children” V.C. Andrews; “The Divine Donut” Carolyn Brown; “The Woman Who Killed” C.K. Brown; “The Wisteria Society” India Holton; “Dark Is the Night” W. Johnstone, “Shackles of Honor” M. McClure; “Love UnExpected” Jenny Proctor & “Unbridled Love” Maisey Yates. New DVDS: “A Man Called Otto.

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“Posey” From pg 1



Left to right, Miss Young, Posey, and Mrs. Groves of Big Elm Elementary with items raised from the students for The Lord’s Pantry.

to get parents and just people to come out and volunteer,” she said. “I have been a part of her school career since she was gosh, probably in third grade,” Meighan Jones, vice principal of Big Elm Elementary, said of Posey. “She’s committed, she’s passionate, and dedicated. I have never seen a child grow and go in and do exactly what she said she was going to do.”

Jones said watching Posey grow up has been inspirational. “Now as a young woman, she’ll come into my office and it’s like talking to someone I’ve known my whole life, a friend. She’s so mature for her age. That girl can do anything she wants to do.”

Posey said that recently she ran a service project at Big Elm while volunteering. “So for 100 days of school I wanted to raise 100 items for The Lord’s Pantry,” she said. Posey asked the parents to help the kids donate items and the class with the most items would win a treat. “And by the 100th day of school, we’d raised over 500 items for The Lord’s Pantry. We far exceeded our expectations. They (the students) were all great. We had to give them Ices just because they all did so good.”

Posey said that her future plans are to attend WVU and once she graduates, to work at the WVU Medicine Children’s Hospital. She toured the facility through a WVU event and was impressed with all they have to offer patients.

“Once she sets her mind to it, she’s going to do it and she’s going to do it well,” Jones said. “I just love her. She goes above and beyond anything she does. She’s going to be successful. I’m just so excited for her.”

Super Crossword

Answers

Grid of crossword puzzle answers including words like CPO, FLU, MAIZE, LATIMES, RACCOON, APRON, THEWASP, ATHLETIC SHOES, GOTONTO, ITOO, RAIN, SOL, HEN, GIANTSQUID, BRAVESOULS, ESAU, SPYON, MENLO, ABA, ALAIN, CUBREPORTER, TIGERLILIES, ECIG, EGON, INEAR, ARMON, ELAN, NUGGETS, NATIONALDEBT, RETIE, AIDAN, BGOSH, TWINMATTRESS, MASSIVE, ESSE, SUERS, TEASE, EINE, DANL, REDLICORICE, CARDINALSIN, STARR, IER, AMANA, ANDYS, NEMO, ROYALJELLY, PIRATEFLAG, TEM, ELL, AERO, TONI, OBOISTS, MARLINFISHING, FANSITE, AXELS, LATERAL, FEDORAS, LEASH, ONE, ELI

“Band” From pg 1



The band gears up for a new season of music, April 18 at Lincoln High School.

with so many different ages is unique. “You get to meet everyone else, you know, people you might never get to meet in that type of circumstance,” he said. “You know your doctor but you don’t get to socialize with your doctor. You get to be friends with them, and you get to know these people and you network and you get to know your community.”

“The community at large has always been very fond of music and the arts,” McIntyre said. “Music is a big part of Shinnston’s heritage and the band really helps to solidify that, and I think the community really likes to have these performances.”

The band has played in various places, including Palatine Park in Fairmont, the Clarksburg Amphitheater, the Robinson Grand, churches, and various other places.

“It’s been fantastic,” Panek said. She said that the band is important to the community because “it’s music,” making it something anyone can participate in, whether it’s by playing an instrument or listening to free music together.

As for the first scheduled performance of the year, McIntyre said that folks will be able to find them at the Ferguson Memorial Park July 2. “That’s the night the city will have the fireworks and everything down at the park,” he said. “Right now that’s the only thing on the schedule, but we are planning at least one more performance, but we don’t have the details on that yet.”

For those interested in joining the band, they are always looking for new members of any age and talent. McIntyre urges people who may not have picked up their instrument in a while to still consider joining this important part of Shinnston’s heritage. “It’s representative of the community,” he said.

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OBITUARIES**Virginia Ruth Morgan**

Virginia Ruth Morgan, 90, of Hepzibah, went to be with the Lord on Saturday, April 8, 2023, at the United Hospital Center in Bridgeport. She was born in Hepzibah, May 1, 1932, a daughter of the late Oscar and Emma Gross Lamb. On August 26, 1949, she married Clarence Freeman Morgan who preceded her in death on July 13, 2011.

Surviving are three children: Brian Freeman Morgan and his companion Debbie Martin, Barrackville, Connie V. Leep and her husband Jack, Hepzibah, and Vera Belle Somers and her husband Pete, Grafton; her grandchildren: Michelle Spurlock and her husband Clayce, Bridgeport, Steven Woofert, Bridgeport, Joshua Leep and his wife Heather, Hepzibah, Justin Brian Morgan and his wife Amber, Clarksburg, and Zackery Leep and his wife Stephani, Hepzibah; nine great-grandchildren; her sister-in-law, Sharon Morgan; and several nieces and nephews. Virginia was the last surviving member of her immediate family having been preceded in death by several siblings.

Virginia graduated from beauty school and had formerly worked as a beautician. She was a life-long member of the Hepzibah Baptist Church where she was a member of the choir and taught Sunday School. She was also a member of the Women's Missions Group where she

previously held the office of Treasurer. She loved spending time with her family and will be greatly missed.

Condolences may be extended to the family at www.perinefunerals.com. The Perine Funeral Home is honored to serve the Morgan family.

**Norma Arlene Cunningham**

Norma Arlene Cunningham, 65, of Mannington, passed away at 12:20am, Wednesday, April 19, 2023, at the WVU Fairmont Medical Center. She was born in Fairmont, January 7, 1958, a daughter of the late Dolan W. and Barbara L. Kellar McCoy.

Surviving are her husband, John Ellis Cunningham, whom she married February 2, 1977; two children, John Ellis Cunningham, Jr. and his wife Stephanie, of OH, and Victor Lynn Cunningham and his wife Shannon, of PA; six grandchildren, Dayna Cunningham, Elijah Henderson, Brianna Cunningham, Bethany Cunningham, Kaylee Cunningham, and Ryan Moore; five siblings, Dolan "Bud" McCoy and his wife Patricia, Lumberport, Mike McCoy and his wife Debbie, Shinnston, Tracy McCoy and his companion Danielle Martin, Wyatt, Kerry McCoy, MD, and Rodney McCoy and his wife Angie, Rock Cave; and several nieces and nephews.

In addition to her parents, Norma was preceded in death by two brothers, Clovis and Terry McCoy.

Norma was a homemaker and an excellent wife and mother. She will be greatly missed.

Condolences may be extended to the family at www.perinefunerals.com. The Perine Funeral Home is honored to serve the Cunningham family.

**Sharon Rose Nicholson**

Sharon Rose Nicholson, 78, of Worthington, passed away on Friday, April 21, 2023, at her residence. She was born in Four States, April 10, 1945, a daughter of the late Roy and Faye Rutherford Vankirk.

Surviving are her children: Linda Nicholson Barker, Worthington, John Nicholson, Worthington, Quint Nicholson and his wife Kelly, Bridgeport; two grandchildren: Tonya Valdivia and her husband Emilio, Worthington, Gage Nicholson, Morgantown; two great grandchildren, Astasia and Kianna Barker; her siblings: Francis Vankirk and his wife Harriet, Worthington, Linda Stalnaker, Morgantown, and a sister-in-law, Debra Vankirk, Fairmont; nieces and nephews: Carol Myers, Burt Tibbs, Peggy Keller, and Lee Vankirk; great niece and nephew, Peyton and Kendra Vankirk; and her two dogs, Chi Chi and Teen-sy.

In addition to her parents, Sharon was preceded in death by her former husband, Ronnie Nicholson, one brother, Ronnie Vankirk, and a granddaughter, Jessica Barker.

Sharon was a retired coal miner with Consol Energy, Loveridge Mine. She was a member of the Teverbaugh Church and the United Mine Workers of America. Sharon was a born caregiver and helped anyone that she could. She loved working outdoors and was an avid gardener. She enjoyed attending family sporting events and never missed a chance to cheer on her children or grandchildren in their many sports throughout the years. She loved hummingbirds, lived life to take care of her family, and was a caring mother and grandmother.

Condolences may be extended to the family at www.perinefunerals.com. The Perine Funeral Home is honored to serve the Nicholson family.

**Ronald "Ronnie" "Ron" D. Ashcraft**

It is with a broken and heavy heart that we announce that on April 14, 2023, the rock of our family Ronald "Ronnie" "Ron" D. Ashcraft went home to be with the Lord at the age of 75. He was placed on life support at J.W. Ruby Memorial Hospital after unexpected events following eye surgery. He showed his fighting spirit, was removed from life support and

enjoyed 3 days of love and laughter with his family, until his body grew tired.

Ron was born September 15, 1947 in Clarksburg. Ron is survived by his wife of nearly 40 years, Patricia (Davis), whom he wed on May 28, 1983. In addition to his wife he is survived by his daughters: Ashley Ashcraft of Shinnston, WV; Amber Ashcraft and companion James McIntire of Wallace, WV; Angela Jones and husband Brooks Jones of Clarksburg, WV; April Ashcraft and companion Adam Luchuck of Wallace, WV. Heather Miller and companion Adam Rolland of Jacksonburg, WV. Also surviving are his grandkids: Justin Owens, Emma McIntire, Dawson Ashcraft, Raelynne Weaver, Gavin Jones, Jaxon McIntire, Wyatt Ivey, Ronnie Jones, Finn Jones, Shawn Miller, Justine Miller, Avion Luchuck, and Jace Luchuck. One Great-Grandson Granger White. Extended family: John Riddle, Zach Weaver, and Shannon Sampson. Sister June Sutton. Brothers-in-law: Criss Davis Sr. (Sarah) and Eric "Bub" Davis (Joyce). Sisters-in-law; Debbie Davis(Charlie) and Tammie McAurthur (Kenneth). Special friends: John Huston, Ronnie Fawcett, Becky Gray, and John Quickle. Many nieces and nephews, along with great-nieces and nephews.

Ron was preceded in death by his parents Clark and Ila Ashcraft, Brothers: Raymond Shields, William "Bill" Rowan, Ronald Rowan. Sister Jean Sutton. Mother-in-law: Bonnie Ayres, Fathers-in-law: Marvin Davis and Floyd "Dale" Ayres. Many aunts, uncles, and cousins.

Ron worked all his life; as a child he was a helping hand on his family farm. Worked in construction in his early adulthood. He was an employee for North American Coal for 26 years in Powhatan Point, Ohio. He owned and operated United Lumber Company for 7 years and most recently owned and operated

Blue Ox Trucking up until his final days. All who knew him knew that his priority was providing for those he loved the most; and if there was money to be made he was making it.

Ron had a giving heart; he volunteered for many years at Wallace Company #14 Volunteer Fire Department for several years. He would religiously donate to charities and churches.

Ron loved all heavy equipment, motorcycles, ATV's of all kinds, and being behind the wheel of his Ford LTL 9000 aka "The Big Blue Bitch". He had unwavering faith in God and instilled that in his children. Believed that no meal was complete without potatoes and that was the biggest and most recurring argument over the last 39 years, so much so that there will forever be a mashed potato stain on the ceiling of the kitchen. Was passionate about Nascar and was an avid Dale Earnhardt fan. He enjoyed hunting and fishing. His favorite times were family vacations at Pleasant Creek State Park where he would sip coffee by the campfire and spend the day on the lake in his boat. In recent years, he preferred a life of luxury atop the mountains of Canaan Valley. On Saturdays, during the summer, he was hauling bikes for his grandsons to every Mountain State Hare Scramble race. In the evening, you could find him in his rocking chair, next to his heater, watching Westerns and drinking a shot of Jack.

His smile would shine brightest when his daughters were happy, when his grandkids were stirring up dust, and when he could irritate his wife just enough to raise her blood pressure.

The family would like to give thanks for the outpouring love and support during this time.

Online memories and condolences may be shared at www.harmerfuneralhome.com

A service of Harmer Funeral Home, Shinnston.

Out of the Past

Memorable photographs from around Harrison County



From left to right are Bernie Joyce, Scott Brewer, Phil Ebinger, Thad Meredith, & Mac Bennett, pictured fifty years ago in April of 1973. Photo courtesy of Bobby Bice.

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Union training event planned



The 1989 Camp Solidarity is depicted.

MATEWAN, WV – In a news release, the West Virginia Mine Wars Museum announced Camp Solidarity, a union training event in Historic Matewan this fall, Oct. 13-14 in Mingo County.

In March of 2023, the West Virginia Mine Wars Museum announced they will host a union training event in Matewan. This event is the first of its kind in Mingo County and 80 participants from around the country are expected to attend.

Camp Solidarity is a training event to build worker power where unions were born and was created by the Museum's team to aid labor leaders and activists in building stronger, more effective unions, while providing labor history education in the place where one of the most significant labor battles in the US took place.

Camp Solidarity attendees will network with other union members and leaders from across the country, participate in a wide range of interactive workshops, and take home critical skills to make their unions more effective.

In 1989 to 1990, more than 1,700 striking coal miners set up Camp Solidarity to house and feed 30,000+ union supporters who came from all across the nation to show solidarity during the 10 month strike against Pittston Coal.

The event is at 401 Mate St. Matewan, WV, 25678. Tickets range from \$170 to \$200. To purchase tickets, visit <https://tinyurl.com/campsolidarity>.

For interested unions, organizations, and individuals, sponsorship packages at levels ranging from \$100 to \$5,000 are available.

Find out more about sponsorships and the conference on the Museum's website: <https://wvminewars.org/campsolidarity>.

Division of Forestry launches fire report platform

CHARLESTON, WV — The West Virginia Division of Forestry launched a new online platform detailing the daily fire reports across West Virginia, according to a news release.

The new platform, the Division of Forestry Daily Fire Report, will display the locations and additional available information, allowing West Virginians to view the number of acres affected since the start of the year. The interactive platform will enable users to view affected areas where wildfires have occurred or are actively occurring. This platform will be hosted at wvforestry.com. Click on "Fire Report" to find it.

"I commend the West Virginia Division of Forestry for implementing this important tool, which allows West Virginians to continue to keep our people — and our beautiful state forests — safe," said James Bailey, Secretary of the West Virginia Department of Commerce.

The platform is separated into six regions. Users will be able to see the importance and the impact of West

Virginia state code fire laws we have in place.

"This platform provides real-time updates so West Virginians can stay informed," Acting Director/State Forester Tony Evans. "We're thrilled to now offer this dashboard on our website and urge everyone to stay updated on current fire burning restrictions and regulations to continue to keep our state safe."

Statewide burning restrictions will remain in effect until the close of the spring fire season on May 31. The Division of Forestry has issued burning guidelines on its website at wvforestry.com/fire-laws.

Commercial burning during prohibited periods requires a permit, which are issued by local WVDOF offices. A permit is required for each commercial burning site.

Any person or company who causes a fire on any grass or forest land must reimburse the state for costs to suppress the fire. Fines for forest fires caused by negligence range from \$100 to \$1,000 with an additional civil penalty of \$200.

WVU team steers students through murky waters of ChatGPT coding

MORGANTOWN, WV — West Virginia University researchers are preparing high school seniors and college students to harness the power of ChatGPT, the popular artificial intelligence chatbot, through coding while addressing the platform's potential shortcomings, according to a news release.

In a paper published in Quantitative Biology, a team led by Gangqing "Michael" Hu, assistant professor in the WVU School of Medicine Department of Microbiology, Immunology and Cell Biology, explored how they could help students overcome the fear of learning code and enhance their critical thinking skills.

"This is like kids wading in the muddy shoreline seeking beautiful seashells," Hu said. "The kids are the beginning students and the muddy shoreline is ChatGPT. The beautiful seashells represent all the attractive opportunities which beginners cannot resist. But the ChatGPT shoreline is muddy with challenges such as the uncertainty from the chatbot's response — including misleading artifacts — and students' overreliance on AI for coding."

ChatGPT produces human-like responses to text-based conversations and is being used by multiple companies to respond to customer inquiries and provide general information. Anyone can use it to seek information on a plethora of subjects.

One of the responses from ChatGPT can be code, and in this case the platform becomes a coding tool through prompting.

"This is a new tool of learning coding and there are some misconceptions," Hu said. "Students may think coding is not important because of prompting or they may have a fear in trying to learn it. We need to educate them on the purpose of this chatbot-assisted learning. Because some of the code from the chatbot can be wrong, students need to use criti-

cal thinking to be able to tell if the answer is correct and, if it is not, how to find a solution."

One of the biggest drawbacks to ChatGPT is that generated responses to questions can be either correct, incorrect or incomplete. In fact, it takes a human to provide carefully crafted prompts to fully harness the tool in providing valid and robust results.

Inspired by adaptive learning in educational literature, the team used the OPTIMAL model to facilitate chatbot-aided scientific data analysis. OPTIMAL, which stands for Optimization of Prompts Through Iterative Mentoring and Assessment, involves a series of steps to improve communication with a chatbot. In this case, it was geared toward bioinformatics, the science of collecting and analyzing large amounts of biological, medical and health information. Researchers say the model can be used for other purposes as well, such as finance and economics.

"The OPTIMAL model is like rubber boots for the children to wear at the muddy shoreline," Hu said. "The boots protect the kids from getting dirty much like the model is a protective mechanism to prevent the students from being misled by inaccurate information from the chatbot. The model aims to improve both coding skills and prompting skills through an iterative communication with a chatbot guided by critical thinking and assessment."

Following the OPTIMAL model, students review all the information needed for input and receive guidance on how to create a set of draft prompts. Once they input the prompt, the chatbot produces code and students are ready to give it a test.

If error messages re-

sult after running the code, students must evaluate the error and determine the best way to proceed, such as instructing the chatbot to revise the code or debugging the code manually.

The process continues until the code no longer issues errors and outputs a result for critical assessment. At the end of the session, students reflect on the entire communication process and review the code to identify any missing details to finalize the prompts.

The research team found that merely using the chatbot as a code-generating tool may limit creative thinking and that reviewing the code at the end of each session is just as important as optimizing the prompts.

The work brought together researchers from a spectrum of disciplines: Evelyn Shue, student volunteer in the Department of Microbiology, Immunology and Cell Biology; Bingxin Li, WVU John Chambers College of Business and Economics; Xin Li, WVU Benjamin M. Statler College of Engineering and Mineral Resources; Zifeng Feng, University of Texas at El Paso; and Li Liu, Arizona State University.

The team plans to evaluate the OPTIMAL model's effectiveness in enhancing traditional bioinformatics education for beginners in the classroom.

"This assessment should encompass improvements in coding skills, prompting skills, problem-solving abilities, and critical thinking during interactions with a chatbot," Hu said.

Future research will delve into more profound insights and strategies on applying ChatGPT to precision education.

"There are certainly other sorts of rubber boots," Hu said.

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Film industry reception planned

The Clarksburg Visitors Bureau is holding a Film Industry Reception on May 3 from 4:30 pm to 6 p.m.

The reception will be a chance to meet film industry representatives of West Virginia, learn how to support their work and hear about their upcoming projects, according to a news release.

The reception will take place at The Morris at 411 North 6th St. in Clarksburg.

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Trust the flow of time



Words of Wellness

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

When it comes to our day-to-day lives, many of us try to fit as much in as we can and often we feel upset when things don't work out the way we planned. When we learn to trust the flow of time, we can let go of beating ourselves up when life doesn't work out exactly the way we thought it would. The universe is governed by laws and forces that are beyond our control, yet within our grasp. When we learn to stop trying to control and instead go with the flow of the universe, things seem to fall into place exactly as they should. Let me give you some examples of ways that we try to control or get upset with time:

When we are going through something difficult, we ask "Why us? Why now?"
When a much anticipated event gets un-

expectedly canceled, we feel cheated, angry, or bitter.

When someone in front of us is driving very slowly, we feel frustrated and blame them for our negative feelings.

When we don't have the energy we think we should, to do a certain task - exactly when we want to do it, we feel like something is wrong with us.

When we can't meet a goal or accomplish something (large or small), in the time we think it should take, we feel like we aren't enough.

Do any of these sound familiar? Trying to force things to happen on our timeline almost always results in frustration. Even worse, when those feelings of frustration lead to thoughts that we aren't doing enough

or aren't good enough, those thoughts can lead to depression and anxiety. Instead of trying to force outcomes, change the way you view these situations. You can do this by reminding yourself that there is a time for every season. The words below come from philosopher, Lao Tzu.

"As in the nature of things, there is a time for being ahead and a time for being behind; a time for ease and a time for strain; a time to be hard and a time to be soft; a time to grow in strength and a time to decay.

The Sage therefore avoid excess, extravagance and extremes."

- Lao Tzu Tao Te Ching 29

Remember that whatever you are going through, it won't last forever. The time for this will pass (this too shall) and the next season will arrive. Until it does, give yourself grace and allow the energy of the universe to flow through you.

Child mental health program to begin in Harrison County

Mental health experts based at the West Virginia University College of Applied Human Sciences will soon be going into public schools in parts of the Mountain State to work to address critical and growing mental health needs among children. The initiative begins in Harrison County, according to a news release.

Rawn Boulden, assistant professor and project lead, Christine Schimmel, associate professor and University faculty ombudsperson, and Kim Floyd, associate professor and interim associate school director — all in the School of Counseling and Well-Being — will guide the rollout of a new program designed to put more counselors in schools across West Virginia.

Over the next five years, the Mountaineer School-Based Mental Health Fellows Program will be funded with a \$5.2 million grant from the U.S. Department of Education.

"West Virginia is among the nation's leaders in adverse childhood experiences," Boulden said. "Add a global pandemic, pervasive racial tensions and other challenges to youth mental health, and you've just kicked an already existing mental health crisis into the next gear. We're currently seeing elevated rates of kids reporting suicidal thoughts, depression and anxiety, and feelings of loneliness. Nearly half of all high school students report feeling sad more than half the time and youth hospitalization rates have skyrocketed."

Boulden said, while the shortage of mental health providers in schools and communities is "significant" and growing everywhere, the Health Resources and Services Administration identified Harrison County as having one of the greatest needs in the state which is why the team will begin working there.

"The school counselor to student ratio in Harrison County is one counselor for every 348 students, school psychologists work at a one to 1,440 ratio and social workers in the county operate one for every 10,086

students," Boulden said.

The Fellows Program will address those shortages by placing six advanced counseling program graduate students from WVU in Harrison County schools each year. They'll work in the school system during their studies and for two years after graduation as part of a built-in service obligation.

"From my background in rural special education, we know that trauma can influence the way a child learns, interacts with peers and adults, and behaves during instructional portions of their school day," Floyd said. "Having additional mental health professionals in the school to support students with a variety of backgrounds is amazing. I am extremely excited for the students and families in Harrison County and look forward to every step of the process that will bring about the needed support to the community."

In addition to managing the fellowship program, Boulden and Schimmel are working to train 625 personnel in 20 West Virginia public schools in Youth Mental Health First Aid. Their outreach efforts are made possible by a previously announced five-year, \$500,000 federal grant from the Substance Abuse and Mental Health Services Administration and are designed to teach adults how to help adolescents experiencing mental health or addiction challenges or crisis.

"There's always been trauma, addiction and sadness in the lives of our children," Boulden said. "But now there is also a growing hunger to learn how to help. It's so rewarding in these trainings when you see the light bulb go off and you know that these participants are ready to be the difference in children's lives across the state."

Schimmel said she is hopeful both grants will provide much-needed support to students in the state.

"Helping to improve the mental health outcomes for students with projects like these is just one way that WVU is meeting its land-grant mission and working in service to the state. Our team is proud to be part of that mission," she said.

Help offered for alcohol dependence

Charleston, WV — Last year, 873 helpline callers cited alcohol as their primary drug, according to HELP4WV, the state's mental health and addiction helpline, according to a news release from HELP4WV. The only drugs cited more frequently were heroin and methamphetamine.

HELP4WV provided the following information:

Every year, April is designated as Alcohol Awareness Month to raise awareness about the dangers of alcohol misuse and help those struggling with addiction find support and treatment. Alcohol misuse is the third leading preventable cause of death in the United States, with nearly 100,000 people dying from alcohol-related causes each year, ac-

ording to the National Institute on Alcohol Abuse and Alcoholism.

Research shows that even moderate alcohol consumption significantly contributes to at least seven types of cancer, yet at least half of US adults are unaware of this association. Additionally, alcohol use can lead to several other problems, including Alcohol Use Disorder.

If you have any of these signs of Alcohol Use Disorder, further screening is warranted.

- Drinking alone or in secret
- Drinking in the morning or at inappropriate times
- Drinking to cope with stress, anxiety, or depression
- Drinking to the point of blacking out or passing out
- Increasing tol-

erance to alcohol

- Neglecting responsibilities and obligations
- Continuing to drink despite negative consequences such as problems at work, in relationships, or with the law
- Engaging in risky behaviors while under the influence of alcohol, such as driving or unsafe sex
- Having physical symptoms of alcohol abuse, such as shaking, sweating, or withdrawal symptoms when not drinking
- Developing health problems related to alcohol abuse, such as liver disease or high blood pressure

Although treatment for Alcohol Use Disorder may include in-patient withdrawal management and residential treatment, many people can find recovery through lower-level intervention, including medication assistance, outpatient counseling, and support groups. If you or someone you know is struggling with Alcohol Use Disorder, free, confidential support is available by calling or texting 1-844-HELP-4WV or chatting online at HELP4WV.com.

Scholarship program established expand rural community pharmacy experience

HUNTINGTON, WV — Marshall University School of Pharmacy and Rite Aid are collaborating to provide a Community Practice Rural Health Scholars program for third-year pharmacy students interested in rural community pharmacy practice and future employment with Rite Aid. Eligible scholars will receive up to \$10,000 over the 15-week program.

"In many rural communities, a local pharmacist is the most accessible health care provider," said Craig Kimble, Pharm.D., M.B.A., director of experiential learning and associate professor at the School of Pharmacy. "This program will advance patient-focused clinical skills, including medication reviews and counseling, medication insurance coverage assistance and vaccine administration."

Third-year pharmacy students in good standing with the School of Pharmacy must have a minimum 2.5 GPA, be eligible for hire at Rite Aid Corporation and licensure as an intern in Ohio, and commit to working as a Rite Aid pharmacist in a mutually agreed upon rural area after graduation.

Completion of the program includes the development and presentation of a community-based rural health research project, participation in professional development opportunities such as customer service training and resume review with Rite Aid leadership.

Kim Richardson, Pharm.D., regional

pharmacy leader at Rite Aid, welcomed the first two participants into the program during an event at the school April 7. Marshall students Asam Mesleh, from Dearborn, Michigan, and James Mills, from Corbin, Kentucky, will begin the Community Practice Rural Health Scholars program this summer as they start their Advanced Pharmacy Practice Experience (APPE) rotations.

"Community pharmacists are not only the most accessible, but sometimes the only health care professional that patients see in rural settings. It is critical that these pharmacists are highly educated on a broad range of topics and are prepared to practice at the top of their license," Richardson said. "Marshall graduates provide outstanding care to patients in community pharmacies. They make crucial health impact through immunization, medication therapy management and preventing emergency room visits. Rite Aid is ecstatic to partner with Marshall University and allow these pharmacists to be true practitioners and pillars of their community."

For additional information or to apply for the Marshall University School of Pharmacy / Rite Aid Rural Community Scholars program, please contact Dr. Craig Kimble at craig.kimble@marshall.edu. The application deadline is May 12.

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WVU Center for Black Culture and Research interim director named



West Virginia University Center for Black Culture and Research Interim Director Javier McCoy

MORGANTOWN, WV — A higher education administrator with experience in student and intercultural engagement will usher in a new era for the West Virginia University Center for Black Culture and Research, according to a news release.

Javier McCoy, who currently oversees campus-wide initiatives as the assistant director of Inclusive Leadership and Intercultural Engagement in the Division of Student Life's Student Engagement unit, will become CBC&R's interim director as Marjorie Fuller retires this summer, according to Dean of Students Corey Farris.

"Javier has established a great rapport with our students," Farris said. "And while he brings a variety of necessary skills to the position, I believe Javier will also bring to this new role the energy and open-door approach he's become known for to

seize on new opportunities for the Center."

McCoy previously served in Residence Life, and before joining WVU, he was the inaugural coordinator of Diversity, Equity and Inclusion at Wheeling Jesuit University.

McCoy earned his bachelor's degree from West Virginia State University and a master's degree in Higher Education Administration from Salem University. He is a proud brother of Alpha Kappa Psi Professional Business Fraternity, Inc., and Alpha Phi Alpha Fraternity, Inc., where he serves as the executive director for the District of West Virginia and chapter president for the Alpha Zeta Lambda Chapter.

To ensure a smooth transition, McCoy will begin collaborating with Fuller who will officially retire at the end of June.

"I am looking forward to working closely with Marjorie during this important transition," McCoy said. "She has built so many relationships during her long tenure here at WVU and I am excited to build on those as we look to the future."

Fuller, a Wheeling native, came to WVU in 2008 to lead the CBC&R which was established in 1987 to provide educational, cultural and social support for students, faculty, staff and community members.

"As a Black woman in higher education administration, it has been my honor to work in service to our students and all members of the WVU and surrounding community who want to better understand the Black experience and its rich contributions to society," Fuller said.

Lincoln High School announces March Students of the Month

Submitted by Assistant Principal Holly Hawkins



Isabella Jenkins

Isabella (Bella) Jenkins is the daughter of Melissa and Nathaniel Moore, and granddaughter of Perry and Thomas Jenkins.

Throughout her high school career, Bella has worked exceptionally hard; maintaining a 4.0 GPA all four years. Bella has pushed herself to succeed and has always strived for better. She has taken many advanced classes, such as WVU Biology, AP Environmental Science, and honors English.

Bella has also excelled at United Technical Center, where she has completed the Medical Assisting and the Nurse Aid programs; which she will certify in after graduation. Her hard work and dedication has earned her a spot on UTC's National Technical Honor Society. In 2022, Bella won 1st place in the West Virginia State Skills competition for Medical Assisting.

Although she has only been a student at Lincoln for her senior year, Bella has been able to put her best efforts forward.

Bella has been accepted into the United Technical Center's Practical Nursing program. She then plans to attend Fairmont State to earn an associate's degree in nursing. From there, she plans to further her education to earn a bachelor's and master's degree in nursing.



Chelsey Paige Brotherton

Chelsey Paige Brotherton is the daughter of Brandy and Pat Brotherton, and the granddaughter of Helen Scott and James Richardson and Nancy and Donald Brotherton.

Chelsey has, impressively, maintained a 4.0 average all throughout her years of schooling, and was inducted into the National Honor Society as a junior.

Chelsey is a member of the tennis team, and she also holds membership in DECA, Girl Scouts, 4-H, and is a member of the Lincoln High School Marching Band. She actively participates in DECA competitions and most recently earned 3rd place at the WV DECA Career Development Conference in the category of Buying and Merchandising.

Outside of school, Chelsey enjoys art, poetry, volunteering, and spending time outdoors.

Chelsey has plans to attend Fairmont State University to major in Elementary Education with a minor in Art and Special Education, and plans to pursue her teaching career in West Virginia.



On The Menu

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Twice Baked Gouda Potatoes

Submitted by Debra Smith

I love to host family gatherings, for holidays, or "just because days", it's an extra fun time for us! One thing you can be sure of, at any gathering at our home, there is an extravagant cheese plate to snack on. A necessity for any party! A staple for my cheese plate is a spicy Gouda dip. It is a favorite among my family and friends and usually the first to go.

So, I decided to change it up a bit and combine two of my favorite things – spicy Gouda and potatoes! These are super easy to make; your family and friends will be impressed and unable to stop praising your skills.

Ingredients:

- 4 russett potatoes
- 4 cups grated, smoked Gouda
- 1 cup mayonnaise
- ¼ cup sour cream
- ½ cup chopped, pickled Jalapeno chilies
- 1 green onion, plus more for garnish
- ½ teaspoon smoked Paprika

Preparation:

Preheat oven to 400 degrees F.

Place the potatoes directly on the middle oven rack and bake until knife tender, fluffy on the inside, and crispy on the outside, 1 ½ hours. Remove from the oven and set aside to cool. Turn the broiler to high. Meanwhile, stir together 2 cups of the Gouda, the mayonnaise, sour cream, pickled jalapenos, green onion, and paprika in a large bowl. When the potatoes are cool enough to handle, slice them open lengthwise, scoop out the fluffy insides, and carefully transfer them to the Gouda mixture. Fold gently to combine. Lay the empty potato skins on a rimmed baking sheet and evenly distribute the potato filling among the skins, so they are almost overflowing with filling. Top each potato with a generous sprinkling of the remaining shredded Gouda. Broil the potatoes until the cheese is melty and gooey, about 4 minutes. Keep an eye on them so the cheese doesn't burn. Garnish with more green onions if desired. Serve immediately.

I hope you enjoy this recipe for many of your family gatherings! If you have a recipe you would like to share, you can email us at newsandjournal@yahoo.com or debra@mountainmedianews.com.

Remember readers, to stop by your local Price Cutter for all your baking and cooking needs.

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Marshall pathway programs offers students glimpse of medical school

HUNTINGTON, WV – Free summer pathway programs at the Marshall University Joan C. Edwards School of Medicine help high school and undergraduate students decide if a career in medicine is right for them and prepare them for application to medical school, according to a news release.

The Health Care Pathways Initiative will run from Monday, June 5 to Thursday, June 29. HCPI is a four-week residential experience on the Marshall University campus that gives high school students from West Virginia, Ohio and Kentucky a glimpse into the care setting and structure of STEM workplaces, including those in science, research, health care, pharmacy, nursing health informatics and engineering. The deadline to register for HCPI is Friday, May 12. Apply now and learn more at <https://jcesom.marshall.edu/students/diversity-inclusion/programs/>.

HCPI is a UNITE program funded by the Army Educational Outreach Program and The Technology Student Association, a Walgreens Diversity Grant, Marshall Health and the Schools of Medicine and Pharmacy and Mountain Health Network.

Project PREMED will be held from Monday, July 17, to Friday, July 21. This program offers an opportunity for undergraduate ethnic minority students to explore medical school as a career path. Students also gain insights into the processes and preparation required for applying to and attending medical school.

Apply now through Tuesday, May 16 at <https://jcesom.marshall.edu/students/diversity-inclusion/programs/>.

"HCPI provides immersive experiences that showcase health science and STEM careers students may not have previously considered,"

said Shely L. Campbell-Monroe, Ph.D., associate dean for diversity and inclusion at the schools of medicine and pharmacy. "Project PREMED'S faculty, staff and students provide participants with tools to assist them with admission requirements for medical school."

In addition to the in-person sessions, a Virtual Summer Academy will be held Wednesday, May 17, from 9 a.m. to 3 p.m. for undergraduate students who are interested in applying to medical school. Topics will include interviewing skills, maximizing study skills, admissions tips from admission committee members and staff, and advice from current medical students.

"The Virtual Academy is a great opportunity for freshman students who are just starting their academic careers, as well as students who are farther along and planning to apply to medical school this summer," said Jennifer Plymale, director of the Byrd Center for Rural Health and associate dean for admissions at the School of Medicine. The one-day academy is open to West Virginia residents and out-of-state students currently enrolled in a West Virginia public or private accredited college or university. Students must have completed at least 30 college credit hours in order to participate. Register now through Monday, May 8, at <https://ruralhealth.marshall.edu/initiatives/college-student-programs/>.

There is no cost to participate in any of these programs.

For more information about HCPI or Project PREMED, please contact Campbell by phone at 304-691-1607 or by e-mail at campbels@marshall.edu. For additional details about the Virtual Summer Academy, you can reach Amber Vance at by phone at 304-691-1184 or by e-mail at elkins34@marshall.edu.