

Volume 35 Edition 71 (USPS 494-420) • (304) 647-5724 • newsandjournal@yahoo.com • \$1

## Citizen of the Month Is Lincoln Graduate and UHC President and CEO Dr. David Hess

By Stephen Smoot

“If I faithfully observe this oath, may I thrive and prosper in my fortune and profession, and live in the estimation of posterity; or on breach thereof, may the reverse be my fate!”

concludes the classic version of the Hippocratic Oath written in the 5th Century BC.

Dr. David Hess, native of Lumberport and a recently returned resident of the area, took this oath when he first started practicing medicine. The values

inherent in embracing this oath have led him to his current post as President and Chief Executive Officer of WVU Medicine’s United Hospital Center.

He would say, however, that the foundation of thriving

and prospering in medicine and in life had even deeper roots than his conduct as a physician and administrator.

A small town childhood, Hess said, gave him the values needed to grow into a

See “Citizen” on Pg 9

## Robert “Rob” Murphy: A Remarkable Life Remembered



By Jim Hunt for the News and Journal

Over the years, I have met people from all walks of life. Some stand out in my memory vividly, while others form a vague cloud, tucked somewhere in my mind. I recall the crossing guard at my grade school, clad in a blue uniform, kind to all the small kids. I remember the neighborhood grocery storekeeper who would give us candy when we didn’t have any money. These individuals worked hard and rarely received the recognition they deserved. The dictionary defines notable as a prominent, distinguished, or important person. Even if others did not acknowledge them, they were notable to me.

Our city recently lost one of its notable citizens, and while he never sought the limelight, his life was notable nonetheless. Robert “Rob” Murphy passed away on May 18, 2024, at the age of 45, from a massive heart attack at his home. I first met Rob when he would drop his kids off at their grandparents’ house, just up the street from us in the Stealey section of Clarksburg. Rob and his wife, Tiffani, seemed like many young couples with small kids, busy and juggling a thousand things.

Our granddaughter was in the same grade as Rob’s son, and we would see Rob and Tiffani at school events and soccer games. The more time we

spent around them, the more we realized what a special family they were. Their daughter, Emily, would practice cheerleading in her grandparents’ front yard, and my wife and I would walk up the street and sit in the glider to watch her routines. Emily continued cheering, and we enjoyed seeing her progress until she achieved her childhood dream of becoming a West Virginia University cheerleader. You could see the pride in Rob’s eyes, and the family pictures on Facebook showed the love in their family.

Rob’s middle child, Timothy, was also a very talented young man. We watched him play soccer and tennis in middle and high school. The family was active in their church, and Rob was the youth pastor, leading many years of Vacation Bible School, Sunday School, and service projects. As Timothy grew older, he followed Rob’s passion and enrolled at Liberty University to study for the ministry.

As their youngest daughter, Lily, came along, the whirlwind life of Rob and Tiffani continued. Church and school activities, along with working several jobs and coaching when needed, left my wife and me marveling at these remarkable parents. When we heard the news of Rob’s heart attack, it broke our hearts, along with those of hundreds of friends and family. Rob Murphy lived a life that touched many and made our community a better place. He gave his all to his family, his church, his job, and anyone who needed a helping hand in difficult times.

Rob Murphy leaves a legacy as a family man who gave his all. Our community was honored

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



Lincoln High School bids farewell to the Class of 2024.

## Cougars Come Forth At 2024 Commencement Ceremony

By Stephen Smoot

Lincoln High School’s Class of 2024 took center stage last week as they celebrated the end of their secondary schooling and the commencement of what comes next for each hard-working graduate in life.

As the ceremony opened, all eyes turned to the doors of the fieldhouse. Cameras greeted the soon-to-be graduates as they walked in single file, girls in gold and boys clad in brown. Band members flawlessly presented Pomp and Circumstance, then the Star Spangled Banner.

Ava Belcastro spoke first, saying “thank you for everyone gathering here to support us,” including “the circle of friends and families that support us . . . and inspire us.” She included words

of appreciation “for Mom and Dad.”

She spoke of spending her first three years “watering down my personality” before deciding to just be herself her senior year. The lesson learned? She gained more friends, had better experiences, and more confidence as a result.

“I love you guys and I’m so grateful for our graduating class,” Belcastro concluded.

Michael Gallagher stepped up to the podium next, thanking faculty, staff, and his family “for inspiring us.” He discussed the concept of “normal,” then shared accounts of some experiences at Lincoln that could be called fun, exciting, and unique, but perhaps not normal. He finished with “work hard, hold your head high,” and “keep fighting together.”

The next student speaker, Sierra Menendez, said “we’ve reached this incredible milestone,” and admitted that “I sat for hours figuring out what I wanted to say.” She then shared that “some days, I’d have rather done anything than come to school.” She overcame that “because of the people that we’d see here.”

Alli Bragg remembered “all of the laughter” and the “dedication” of staff and faculty while Anna Haynes shared that “we love each other here and we treat one another like family.”

Principal David Decker shared his own find memories of the Class of 2024. “I think about all of the good times,” he started, giving as an example the excitement of “hearing the fight song after a

big win.” He added that “the Class of 2024 has great taste in music!”

After discussing their taste in musical notes, he sounded a different kind of note in sharing that the class had earned just under \$1 million total in college scholarships.

Next, each graduate was recognized as they stepped forward and received the degree that was 13 years in the making.

After the graduates all resumed their seats, Nathan Swiger stood to “thank our teachers for everything.” He touched on four years of athletic success and camaraderie by thanking teammates and coaches.

At the conclusion of the ceremony, all joined in the traditional singing of “Country Roads” before the now former students ventured off into the next chapter of life.

## Cougar and Miss Cougar Named



Ava Belcastro was selected as Miss Cougar and Nate Swiger as The Cougar for the Class of 2024.

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### Guest Column

By Charlotte Lane  
Chair, WV Public Service Commission

# Why do we pay higher utility rates?

All sorts of things can trigger a rate increase request from a utility and approval of increased rates by the Public Service Commission of West Virginia.

The primary factors driving utility rate filings are the cost of operations and the cost to provide utility service. Key elements include maintenance of the utility's lines, such as the transmission and distribution wires used by electric utilities and the pipelines used by gas, water, and sewer utilities. The costs to produce or purchase what they sell are major components of their revenue requirements.

For example, an electric utility must buy fuel to produce electricity. Water utilities must treat water to make it potable or buy it from a larger utility that meets those needs. Utilities also are required to expend considerable sums on environmental controls and meeting required environmental and safety regulations.

In addition, all utilities have large investments in plants and equipment. Cash is required to pay for the debt and equity capital used to finance those investments.

Debt capital costs are directly related to the cost of borrowing money from banks, bondholders, and other investors in utility debt. The cost of debt is set by the terms of utility

borrowing agreements, which set repayment terms, interest rates, and debt service reserve and coverage requirements. Equity capital is different since there are no guaranteed interest or repayment obligations. When an equity investment is made by stockholders or other owners of a private utility, those investors expect a return on their capital. Under generally accepted accounting principles, the return on investor capital is not recorded as an expense. Therefore, some level of reasonable net income after expenses and taxes must be available to provide a return on stockholder and owner investments in utility operations. This net income is commonly referred to, sometimes pejoratively, as "profit."

### Public Service Commission of West Virginia

First, I will discuss the need and purpose of profit. Anyone who invests in businesses, including stockholders, trust funds, retirement funds, and insurance funds, can understand the expectations of earning a return on their investments.

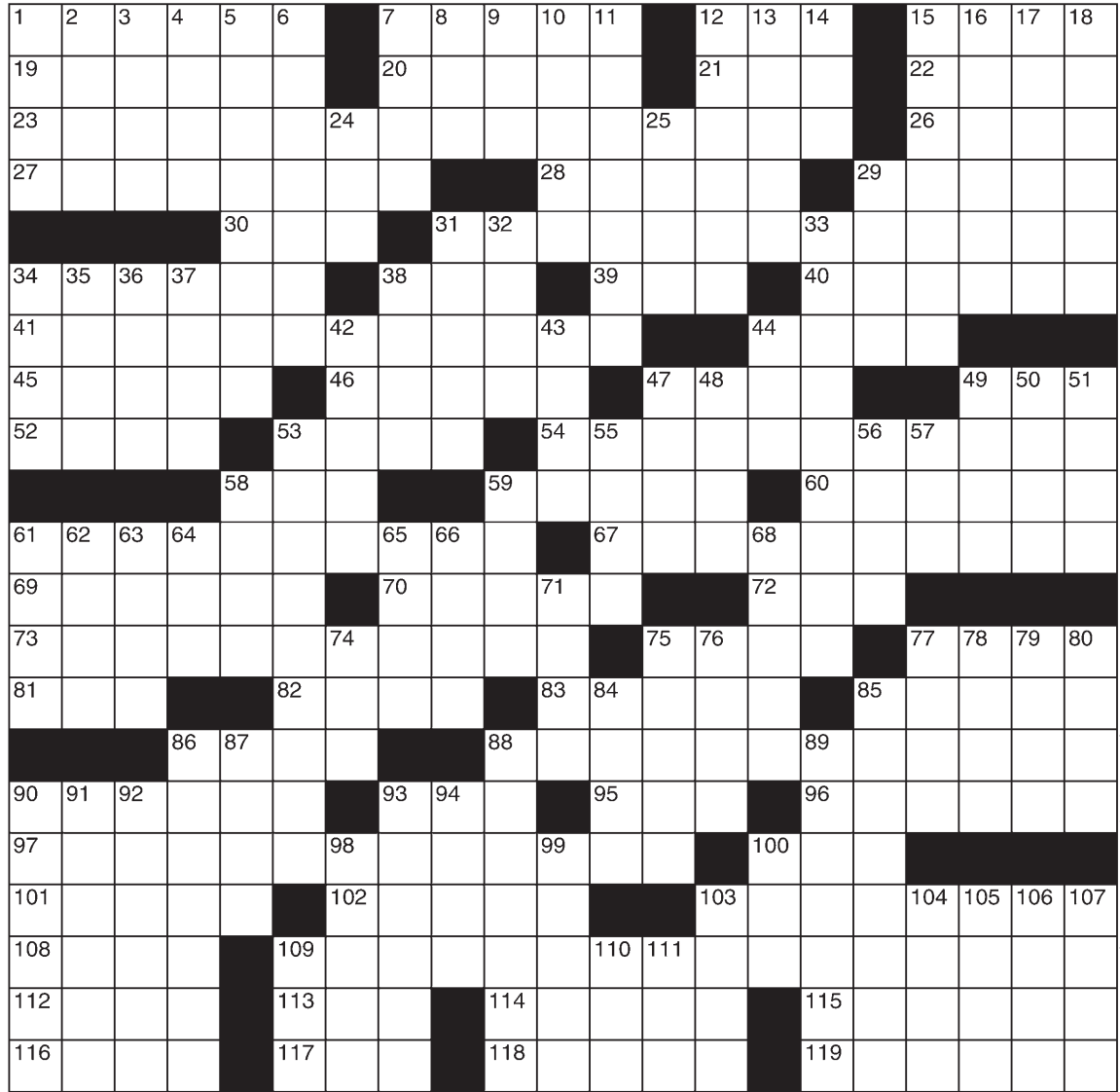
Therefore, they should understand that profit is not a dirty word. Profits are allowed to compensate investors of private utilities for money they have invested in the business, but only if that money was used prudently

See "Lane" on Pg 3

### MISS SOUTH CAROLINA

## Super Crossword

- ACROSS**
- 1 Quartz, e.g.
- 7 Take — of faith
- 12 Imbiber's hwy. crime
- 15 Gown designer Vera
- 19 Brood pouch
- 20 Baseball Hall of Famer Edd
- 21 German "a"
- 22 Smell
- 23 Sports contest between two disorderly crowds?
- 26 Give relief
- 27 Trapped
- 28 Negative battery pole
- 29 Fitting snugly
- 30 Telly network
- 31 Perform a hip-hop song about a military operation?
- 34 Periodic table creator
- 38 Singer Cooke
- 39 Mined matter
- 40 Kid-lit "pest"
- 41 Cry from a toddler who's dropped a Dairy Queen cone?
- 44 Present
- 45 Port in Japan
- 46 Leaving
- 47 Oz creator L. Frank —
- 49 Female rat
- 52 Things docs prescribe
- 53 Daybreak
- 54 Search for a Marvel superhero?
- 58 eBay action
- 59 Flip (out)
- 60 Rodent-catching cat
- 61 Rubdown given in a mountain chalet?
- 67 Winged insect native to Iraq or Oman?
- 69 Setting for petri dishes
- 70 List of jurors
- 72 Lower limb
- 73 Talked on and on about chicken products?
- 75 Fan noise
- 77 Use Lyft, e.g.
- 81 Dadaist Jean
- 82 Defeat
- 83 Pale-looking
- 85 H. Ross —
- 86 Genesis brother
- 88 Official account of an excursion?
- 90 Bagel seed
- 93 Towing org.
- 95 Entry points
- 96 2017 film about skater Harding
- 97 Supreme Court members' favorite beers?
- 100 Royal Navy letters
- 101 Sword parts
- 102 Some sports rounds, for short
- 103 Lover of beauty
- 108 Skating jump
- 109 Yelled while using a juicer?
- 112 Pilaf base
- 113 Singer Grande, to her fans
- 114 The "A" of A/V
- 115 Actress Julia
- 116 The "A" of A&E
- 117 Vermont hrs.
- 118 Tire problems
- 119 Itty-bitty
- DOWN**
- 1 Very annoyed
- 2 "Terrible" Russian
- 3 Ad- — (wings it)
- 4 13-digit ID in publishing
- 5 Region of Italy's "toe"
- 6 Sour in taste
- 7 Longtime Yankee nickname
- 8 Singer Rawls
- 9 Ger.'s continent
- 10 Very simple
- 11 Ghostly figure
- 12 Myers once of CNBC
- 13 "You can't — all!"
- 14 Savings acct. buildup
- 15 "Alas!"
- 16 Slowly, on music scores
- 17 Have as a snack
- 18 — Green (old eloping mecca)
- 24 Sleuth, slangily
- 25 Jay of "Gary Unmarried"
- 29 Despot of old
- 31 — to go (eager)
- 32 Church cry
- 33 "It just came back to me"
- 34 Tragic destiny
- 35 Allison of jazz
- 36 Apple debut of 2010
- 37 Clucks of shame
- 38 Clumsy boat
- 42 "Zounds!"
- 43 Gelatin in a petri dish
- 44 See 47-Down
- 47 With 44-Down, big embrace
- 48 "Diana" singer Paul
- 49 Attic buildup
- 50 Like Ogden Nash's "lama"
- 51 To be, to Gigi
- 53 More than mere doubt
- 55 Osso buco meat
- 56 Film director Nicolas
- 57 Color shade
- 58 Jezebel's god
- 59 — shui
- 61 "— -Ca-Dabra" (1974 hit)
- 62 Untruth teller
- 63 Pageantry
- 64 Mets' gp.
- 65 Big simians
- 66 Comics' bits
- 68 Glittery jewelry, informally
- 71 Brother in Genesis
- 74 Put on
- 75 Cry feebly
- 76 Mother chickens
- 77 Seized auto, say
- 78 De-wrinkle
- 79 "Finding —" (2016 film)
- 80 "Tell Mama" singer James
- 84 Clic — (Bic pen brand)
- 85 Place to buy a leash
- 86 Queens' homes
- 87 Novelist Oz
- 88 Hot cereal, often
- 89 Punchline drum hit
- 90 Drum desert
- 91 Miracle drink
- 92 Choose
- 93 With milk, in French
- 94 "— sure you know ..."
- 98 Heckles
- 99 Give credit where credit —
- 100 "— So Shy"
- 103 Uproars
- 104 Newsman Brit
- 105 Boys' school in Britain
- 106 Some till bills
- 107 Jacuzzi effect
- 109 Actress Issa
- 110 Org. for cavity repairers
- 111 Suffix with beat or neat



**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](http://www.wvencyclopedia.org).  
June 1, 1880: An 86-round bare-knuckle prize fight for championship of the world was held in the Brooke County town of Colliers, between defending champion Joe Goss and challenger Paddy Ryan. Boxing was illegal in every state, and matches were often held in railroad villages to avoid big-city police.  
June 1, 1935: Musician Hazel Dickens was born in Mercer County, the eighth of 11 children. She was a pioneering old-time and bluegrass musician, known for preserving the traditional vocal styles of West Virginia.  
June 1, 1858: The Artists' Excursion left Baltimore on its way to Wheeling. A Baltimore & Ohio executive planned the rail trip to promote tourism. About 50 passengers were on board, including artist and writer David Hunter Strother, who described the experience in an article for Harpers magazine.  
June 2, 1951: Cornelius Charlton died of the wounds he received in battle during the Korean War. Charlton, a Raleigh County native, was awarded the Medal of Honor posthumously.  
June 3, 1856: Harriet B. Jones was born in Pennsylvania. After attending Wheeling Female College and graduating from the Women's Medical College of Baltimore, she opened a private practice in Wheeling, becoming the first woman licensed to practice medicine in West Virginia.  
June 3, 1861: The

first land battle of the Civil War between organized troops took place in Philippi. About 3,000 federal troops drove about 800 Confederates from the town.  
June 3, 1861: A company of Confederate soldiers known as the Logan Wildcats was created at the Logan Courthouse. The company, consisting of about 85 men, first saw action at the Battle of Scary Creek.  
June 3, 1936: The first Strawberry Festival was held in Buckhannon. More than 6,000 spectators attended the festivities, which also included a parade of 30 princesses down Main Street.  
June 4, 1975: Clark Kessinger died in St. Albans, Kanawha County. Kessinger was among the most prolific and influential fiddlers of the 20th century, and one of West Virginia's most important traditional musicians.  
June 3, 1861: The

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Shinnston Harrison County

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# Profiles In Courage: Jefferson County Edition

By Stephen Smoot

In 1955 to lay intellectual groundwork for his later run for the presidency, United States Senator and recipient of the Navy and Marine Corps Medal and Purple Heart John Fitzgerald Kennedy (or more likely historian Arthur Schlesinger Jr.) penned a classic historical interpretation called "Profiles In Courage."

With clear diction and strength of purpose, the book lays down examples of political courage seen in the US Senate. One minor actor in the play was a US Senator and Republican from West Virginia, Peter Van Winkle.

Between his accession to the presidency after Abraham Lincoln's assassination and 1868, President Andrew Johnson grew increasingly obnoxious to most Americans. Even his supporters once defended an indefensible speech by suggesting that the President had over imbibed his favorite intoxicant, Tennessee whiskey.

Fed up Republicans conjured a law to "trap" Johnson. They passed the Tenure of Office Act, based on the highly questionable idea that if the Senate had to

approve Cabinet and other appointments, that they had to approve removals as well.

They knew that the irascible Johnson sought to remove Edwin Stanton as Secretary of War. Passage of the act, and Stanton's opposition to Johnson within the Administration, caused the president to remove his official, violate the new law, and trigger the impeachment and removal process.

At the end of the Senate trial, Van Winkle and several other Republicans questioned the Tenure of Office Act enough to vote against Johnson's removal, ending their own political careers.

Kennedy (or Schlesinger) wrote of him that The Republicans had counted on Van Winkle

"West Virginia's first United States Senator, and a critic of Stanton's removal; and for his courage, he was labeled "West Virginia's betrayer" by the Wheeling Intelligencer, who declared to the world that there was not a loyal citizen in the state who had not been misrepresented by his vote. He, too, had insured his permanent withdrawal from politics as soon as his Senate term expired."



Right or wrong, Van Winkle placed the courage of his convictions over political expediency.

Former Jefferson County commissioners Jennifer Krouse and Tricia Jackson embarked on a much more radical path than Van Winkle, bringing the work of their body to a halt by refusing to attend meetings, preventing establishment of a quorum.

According to West Virginia Public Radio, they objected to the conduct of commission vacancy proceedings "because they were dissatisfied with the candidates eligible."

WVPR quoted Krouse as writing in Facebook that many in the West Virginia GOP were "incompetent, self-interested, closeted liberals, or some combination thereof."

West Virginia State Police arrested the two on March 12. They were given a \$42,000 fine.

Then on May 1, a three judge panel removed Krouse and Jackson

from office. Jefferson County Prosecutor Matt Harvey had filed 42 charges against each former commissioner, using West Virginia State Code 6-6-7 as the applicable law. The statute reads that they "may be removed from such office in the manner provided in this section for official misconduct, neglect of duty, incompetence or for any of the causes or on any of the grounds provided by any other statute."

Harvey in the filings stated that the two "willfully failed or refused to perform their official duties as County Commissioners" and were "willfully refusing their duty to attend Commission meetings; willfully refusing to uphold their legal duty to appoint a replacement Commissioner; willfully failing and refusing their duty to attend to county business; and, continuing to accept pay, in bad faith, while willfully refusing to attend to."

Former radio and

current podcast host Tom Roten shared that "the real reason revolves around green energy." Solar farm construction in Jefferson County has sparked heated controversy over their merits and dangers.

Last week, the case against the two got a 90 day extension.

Neither former commissioner can comment on their behalf, due to a condition of their bond forbidding them from speaking about the case to each other or anyone else.

The weight and force of law was brought to bear on these commissioners for taking a stand. Most around the state may not know that Jefferson County has a strong segment of voters with strong conservative beliefs. These voters put Jackson and Krouse into office. Their staunch views were never a secret.

Set aside any arguments about the merits of their stand or lack thereof. Voters chose them and voters should be the only ones to decide to remove them in a case such as this.

Harvey is not the villain because he followed the law as written. Krouse and Jackson are also not villains because they can

make the case that they are following the wishes of those who voted for them - in essence, attending to their duty as they see it.

It is the law here at fault.

Practically, a county commission must meet to conduct business and administer the county. Their refusal to join did impede the county government. In such a situation when elected officials' refusal to participate completely hamstring the government for a period of time, it should trigger a simple election held at the courthouse to give voters the opportunity to either support the officials' stand or to remove them from office.

If the voters hired Krouse and Jackson, then it should be the voters who decide whether they support their stand or fire them from office.

The law, however, calls for arbitrary removal from office and criminal prosecution. Regardless of the merits of their stand, facing down the full weight of the state political system and criminal prosecution to uphold a principle does make these women individuals with considerable courage.

## 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](mailto:newsandjournal@yahoo.com)

### Bridgeport Public Library Book Sale

June 1-15, 2024  
Books \$2.50 a bag  
Single Books \$.25 each, Audio Books \$.75 each, and Music CD's \$.50 each.  
Book Nook hours open M-F 11 am - 6:30 pm, Sat. 11 am - 1:30 pm.  
Call (304) 842-8248 for additional information.

### Friday, June 7th - Clarksburg "First Friday" Festival (Theme: Roaring '20's)

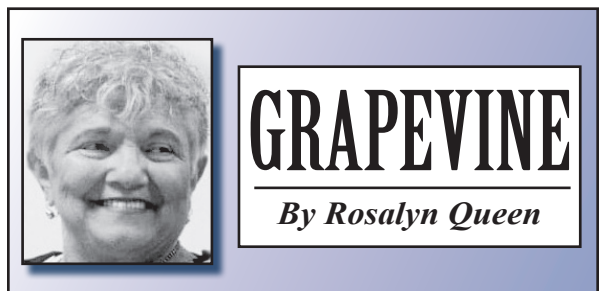
4:30-8 p.m., downtown Clarksburg. 1920's Costume Contest and "The Charleston" dance practice at the Clarksburg Library; Password Scavenger Hunt at the Clarksburg Library (First Place: Splash Zone Season Pass); Vendors and 1920's Food at Jackson Square; Live music with Samuel James at Orpheum Park; Historic Walking Tours leaving from the Clarksburg History Museum at 5:00, 6:00, and 7:00; Art Exhibit (WV Watercolor Society) at the Senior Citizens' Center; Mini Book Sale at the Clarksburg Library; Gore Fore Virtual Sports Center discounts; Clarksburg Area Model Railroad Club; Downtown restaurants and businesses open; Clarksburg Visitors Bureau, 304-622-2157.

## Classic Car Fuels Classic Teen Experiences and Great Memories

Last week my phone rang and it was my brother. He said "come outside, I need some help." So I went outside and parked there was this beautiful 1957 Ford convertible. Now you might wonder why I would devote a column to this car. Well, there is a big family story about this car and besides that, many people remember this car. And it never fails when I am out someone will ask me about this car.

Now we are ready for the rest of the story. In 1957 I was getting ready to graduate from RW. High school. I had received a Home Ec. Scholarship from WVU. During my senior year, I had received a job offer to work for the Cable Company every evening after school, so I opted to work and not go to college. After school I was offered a full time job with the cable, took it and here we are.

We were sitting at the table having supper and my dad said to me. "Would you like to have a car for your graduation gift?" I was stunned and listened for the rest of the story. He said he would pay the down payment of \$500.00 and the payments would be up to me. I thought that was a pretty good deal and agreed to it. We



Rosalyn Queen and her mint green dream machine, a 1957 Ford in which she made many teenage memories.

started shopping and found this convertible at a dealership in Salem. One evening after work. We went to Salem, dad with his \$500 and me with my signature to make payments of \$52.00 a month. As we were ready to leave. Dad said."It's yours, drive it home." I had to be at work so I drove from Salem and parked that beautiful hunk on Third Street while I worked. I was So Excited b that I kept peeping out the window and checking that temporary registration to make sure my name was there.

So here I am a 17 year old good looking

neglected to latch the top. My friends hung on to it till I was able to stop. Thank goodness I never had an accident or put a scratch on it.

Time moves forward, I fell in love and plan a marriage. In October of 1958, Fray Queen and I took off for Winchester in the 57 Ford to get married. We went to D. C. For our honeymoon, we parked the car on the street and when we came out the pigeons had it covered with their droppings. Fray immediately made plans to get it washed so it would not stain the white top. Since I had never seen the ocean we took a day trip to Rehoboth Beach. And that started a yearly tradition that continues.

The Fords home was and continued to be dad's garage. I continued to make the payments until it was paid off but marriage and family planning was top priority now. At that time I traded Dad the car for a piece of property to build our home on.

Although the title changed in my heart it was still mine. We used it for many special occasions and especially for Italian Festival parades. The car is now titled to my nephew, Billy Burnett.

I had started to raise it. I had

chick with a full time job and my own new convertible. The stories are many about this car with my high school friends, but especially with the boys. There were several times when I had boys call for a date and we spent the entire evening in the garage with the 57 Ford. My girlfriends and I really did a lot of cruising and once were out with the top down, and it began to rain. We hurriedly put it up and we continued driving down Topper Club Hill and the wind got under the top and started to raise it. I had

See "Grapevine" on Pg 9

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# Big Hits On the Field and On The Course

Bridgeport's baseball season came to a disappointing end this past week, falling just three wins short of their goal - a state championship. Veteran mentor Bob Shields has built a dynasty in Tribe Territory. During his lengthy tenure in Bridgeport, Shields has claimed nine state championships and after last Monday's two to one win over Morgantown, his team was ready to pack their bags and head to Charleston.

Indian ace Jacob Stravakis set the tone for the lock-up, going four innings, allowing just one unearned run and six hits. He handed the ball to Justin Duvall and picked up where Stavakis left off, going the remaining two innings to collect the save. Duvall struck out a pair of Mohigans and induced a key double play (the third turned in by Bridgeport in the affair) to keep the potent Morgantown bats silent.

The Indians picked up their first run in the second inning. Dylan Duvall came up with a one out single. Mark Biafore reached base on a fielder's choice and scored when a Morgantown error



on a Grant Lively grounder helped crack the scoreboard, First baseman Connor Blake delivered the only extra base hit of the affair and it proved to be the difference maker for the Tribe.

Blake's double drove in Bridgeport's second run and that was all of the run production Stravakis and Duvall would need. The Indians protected their home field advantage and at the same time applied pressure on the Mohigans, a team that hadn't advanced to the state tournament in the last four seasons.

The reason I know that Morgantown hasn't advanced past the regionals in four campaigns is because I have been the president of the Caleb Nutter fan Club. His father Chris, a former standout at Liberty High School and my former broadcast partner of over a decade, and I remain close to this day. Chris and his wife Staci moved to Morgantown

when Caleb and his twin sister Kenleigh started their high school careers as freshmen at Morgantown High School. Their oldest daughter Kaitlyn was an exceptional cheerleader at Liberty and then went on to spend time cheering at WVU.

Caleb and Kenleigh (this year's top Mohigan cheerleader) just raked in several awards to culminate their high school careers at the year end banquet. Caleb wasn't ready to end his high school playing days, so he carried his team to a five to one win on Tuesday evening at Dale Miller Field to even the series at one to one. Nutter, a two sport star known for crushing running backs and quarterbacks, crushed a double that scored a pair of runs and helped to force a game three.

The rubber match was played on Wednesday in Bridgeport. Shields and company were as mad as hornets after having their 11 game win streak snapped in

Touchdown City and they had home field advantage. The Indians were undefeated on their turf this season and they were just 21 outs from a trip down Interstate 79. The Tribe took the early lead in the bottom of the first inning when Zach Rohrig scored on a ground out by Biafore. Morgantown would go on to score one in the third and three runs in the fourth to claim a four to one victory and garner the regional crown. The loss ended Bridgeport's season at 32 and six.

With two of the four golf majors in the books, Tiger Woods has made promising strides. Woods played four rounds at the Masters and a pair of rounds two weeks ago at the PGA Championship at Valhalla. The golf world is expected to see if he can continue to improve and eventually compete for another major championship. Speaking of golf, the ever popular "Tee It Up" weekly is just around the corner. I will be previewing the best courses around as golf season heats up!

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.

# Harrison County Athlete Spotlight

By Bill Nestor

The Harrison County athletes in the spotlight this week are Bridgeport's Jacob Stravakis and Justin Duvall. The Indians' dynamic duo combined to give Bridgeport its only win in regional competition.

The Tribe would lose the next two games to end their season. Stravakis started game

one and went five innings, allowing just one unearned run and six hits. Duvall worked the remaining two innings of scoreless baseball that included a pair of strikeouts. Duvall garnered the save for his efforts.

Congratulations to Bridgeport's Jacob Stravakis and Justin Duvall for shining bright in the SN and HCJ spotlight!

# Bocce Ball League Concludes First Session

By Lou Belcastro

The annual Spring Bocce League ended on Thursday, May 16 2024 at Ferguson City Park. The team of Marsha Duckworth,

Dave DeCosta, Katie Alvaro, and Pam Gemondo captured first place. In second place was the foursome of Joe Skelley, John Kendall, Tina Folesa, and

Andrea Skelley. Third place finishers consisted of Stanley Gaston, Rudy Durci, Gary Pastorial, and David Greaver. The annual summer league is ready to start.

# Cougars Bring Home Hardware From State Meet In Charleston

Lincoln High School Track and Field Performed very well in Charleston at the West Virginia State Track Meet.

Hannah Rowan won the state title in the 400 Gerald Parado, Oliver

Gonzales, Aidan Rice, and Liam Gallagher placed second in the 4x110 shuttle hurdles. Gallagher also placed second in long jump Hunter Burdette placed sixth in high jump

Connor Rice placed eighth in high jump The 4x200 relay team of Karah Coffman, Aleisa Hayhurst, Hannah Rowan, and Emery Riley placed eighth.

# Athletes Participate in State Track Meet



ABOVE: Gerald Parado, Oliver Gonzales, Aidan Rice, and Liam Gallagher were state runners up for the Cougars in the 4x110 shuttle hurdles. Gallagher earned second place in long jump.

LEFT: Hannah Rowan was state champion for Lincoln in the 400.



# A Developing Community

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## Stonewood CEOs meet

The Stonewood CEOs met at the Congregational Missionary Church Fellowship hall on May 13, 2024. The meeting was called to order by President Ladonna Tucker and members welcomed.

Members present were Ladonna Tucker, Deloris Wilson, Jan Johnson, Barbara Graham, Willa Jean Green, Estella Farnsworth, Eva Summers and her guest Sherry Blue. Ms Blue was given a warm welcome by all. A candle was lit in memory of our deceased members.

Devotions entitled "Make a Joyful Noise

unto the Lord" were read by Willa Jean Green. Members recited the American and West Virginia flag salutes. Willa Jean led the members in singing The West Virginia Hills. Minutes of last meeting were read by Secretary Estella Farnsworth. Treasurers report was given by Treasurer Jan Johnson; both were accepted as read. Willa Jean Green had the lesson today entitled Homegrown crafts from the Past. Appalachian folks made everything that they needed for daily living from whatever items on hand or they could find; for example they made

their furniture from trees that they cut and grew vegetables in their gardens and hunted for various animals for their source of meat. Willa Jean also brought in a simple block quilt and a beautiful Christmas quilt that would be the type made by the Appalachian women for warmth in the harsh winters.

Committee reports: Family...we are still waiting to get a date from the local nursing home to do crafts with the male residents. Membership and Marketing: we are hoping that our guest Ms Blue will consider joining our club. On May 21, Mayor Jim

Terango and the City of Stonewood has invited our club to attend the May City Council meeting to receive a proclamation in celebration of CEOs Week. We are looking forward to this honor. Our club is again in process of making a quilt to be raffled off at the Stonewood Firefighter's Festival this summer. Last year's quilt was a raffle success.

Deloris Wilson gave a book report entitled What To Do About Alice by Barbara Kerley. It is a picture book biography following the life of Alice Roosevelt, the beloved daughter

of Pres Theodore Roosevelt. She was a very rambunctious, ornery, funny and witty girl. Her mother died 2 days after Alice was born, but she didn't ever want anyone to dub her as "poor little Alice". She did things her way, broke the rules and drove her father crazy! A Must Read from the purposeful reading list.

Announcements: County Council meeting and Cultural Arts show May 20; bring items for Energy Express. Members Estella Farnsworth and Lesita attended the lesson May 10 on Dancing for the

health of it. New Business: Members will vote on keeping or changing the CEOs name that has been proposed by the state.

Deloris brought her collection on unique bells for show and share. They were all beautiful.

Members will bring Ramen Noodles for donation to the Mustard Seed to next meeting. The club made plans for a lunch at the Parkette restaurant on June 18.

Then, the meeting adjourned CVH 433.25 Books read 34 with 1 being on the reading list.

Next meeting will be May 20, 2024.

## Warner issues important notice to WV businesses

Charleston, W.Va - WV Secretary of State Mac Warner is issuing an important notice to business owners reminding them to file their Annual Report by the statutory deadline of June 30th. Businesses that miss the June 30th deadline will be flagged in the state's database as out of compliance. Late filers will be assessed a \$50 late fee as required by state law.

Almost 99% of all Annual Reports are filed online. Online filings can take less than five minutes at the WV One Stop Business Portal found at Business4.wv.gov. Guest filing is available for business owners who prefer not to establish an online account.

The fee to file an Annual Report is \$25. Warner encourages business owners to be

wary of third-party solicitations that charge as much as \$375 to file the Annual Report on behalf of the business. A third party is not required to file.

For assistance, call the WV Secretary of State's Office during regular business hours at 304-558-8000 to speak to a WVSOS Business specialist, or use SOLO, our new virtual assistant, accessible from the bottom right corner of sos.wv.gov.

Additionally, the WV One Stop Business Center in Charleston, as well as our remote business hubs in Clarksburg and Martinsburg are available for walk-in customers. You can find the address to each of our three offices at the bottom of the WVSOS homepage at sos.wv.gov.

## LHS Student and Shinnston Lions Honor Veterans



Alexis Williams volunteered to place American flags donated by the Shinnston Lions Club on every veteran grave site.

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“Lane” From Pg 2.

to finance assets that are necessary for the provision of utility service. Non-utility businesses can earn

unlimited profits, but they also face greater risks than regulated utility companies.

While an interest in keeping utility rates low may seem to argue for the Commission to require very low or no profits, such regulation would be counterproductive if it limits a utility’s ability to attract the capital it needs to maintain high-quality utility services. It also would violate the law. Courts repeatedly have ruled that utilities are entitled to earn a reasonable profit or rate of return from their operations. We call this the rate of return on equity investment. The Commission is legally bound to set that rate of return level at a figure that gives the company stockholders – which can be you, your retirement fund, your insurance fund, or any other investor – a reasonable profit, which is really a return on their investment.

Companies generally file for two types of headline-grabbing rate cases. One deals with the overall financial condition and revenue requirements of the company. That is called a base rate case. A second type is one of several special cost recovery cases, which are limited to recovery of a set of specific costs that are excluded from base rate cases and considered on a stand-alone basis.

Baseratecases involve most elements of the company operations and maintenance costs; meeting whatever environmental controls it must; the day-to-day cost of the company operations; coverage of debt capital, including

the interest payments; and return on equity invested in necessary property, plant, and equipment.

These base rate cases are not filed on any regularly scheduled basis. The trigger for a base rate case involves many factors, including growth in plant investment, growth or loss of customer load, changes in environmental and safety regulations, tax law changes, and changes in the cost of debt and equity capital. There were periods in the past when rate cases were filed almost every year, while during other periods there could be four or more years between base rate cases. Currently, we expect utilities will file base rate cases about every third year.

Each base rate case has its own particular set of circumstances driving the need for the filing, and I do not intend to defend or downplay the merits of the circumstances of individual utilities that may justify rate increases. However, we are well aware that recent inflation, changes in environmental and safety regulations, and increased cost of borrowing money are all factors that are putting pressure on utility costs. As we are painfully aware from our own household budgeting, almost everything we buy – from a dozen eggs to a gallon of gasoline – costs more today than they did just a few years ago.

Base rate cases involve an enormous amount of work, not only for the companies involved, but for the Commission, our staff, and intervenors in the rate cases. Base rate cases generally involve a proposed major increase in rates.

They take a long time to investigate, conduct hearings in which public protests and other public input can be received and all parties can provide expert testimony and evidence, and then for the Commission to reach a conclusion.

While we try to safeguard ratepayers from unreasonably higher utility prices, it is almost inevitable that rate increases are going to occur. Things just cost more,

and requirements being placed on utilities plus inflation in costs, including payroll, are no exception to the rising expense. Inability to recover reasonable and prudent costs will lead to degraded quality and reliability of service. While consumers may have to accept lower quality goods and services from non-utility suppliers, we cannot afford to allow utility service, which is essential for public health and welfare, to degrade to unreliable and unsafe levels.

It is important for all of us that our utility companies remain in a strong financial position so they can properly and reliably provide vital services such as powering our heating, air conditioning, and other electricity consuming equipment, and providing water, natural gas, and sewer disposal for all of us.

You may think your water, electric, gas, or sewer bills are high. And when compared to the bill of 10 or 20 years ago, they are. But how would you like it if you had to dig a well and draw your water that way, maintain a safe and environmentally acceptable septic system, or heat your home with a wood or coal fireplace? The costs, quality of service, and environmental impacts of such substitutes for

the utility services we receive are not going to be very attractive compared to the payments we make to utility companies. And I didn’t even mention the time and inconvenience such an arrangement would require.

One of the costs of a modern civilized society is to have financially sound utilities operating to provide us with the vital utility services that we want and need.

In all of our rate cases we allow representatives of all customer groups to participate. We also encourage negotiation meetings with the utilities and customer representatives to try to reach a compromise on rates and service that will be acceptable to everyone.

In many instances, after long negotiating sessions, a compromise is reached and given to the Commission. In many instances, we give that compromise our blessing because, while it may require give and take where all parties give up something and gain something, it generally is endorsed and is satisfactory to all.

A second major type of rate case that involves only a subset of costs is one that allows recovery of the costs of the product utilities are selling to you. For electric utilities, these are called ENEC cases, which stands for “Expanded Net Energy Cost” cases. The costs considered in these cases are limited to the cost of fuel used for producing power, purchased power from neighboring utilities, and transporting power back and forth on the transmission lines of the utilities. ENEC cases are typically filed annually and are normally processed and finalized in six months or less.

Since the components of ENEC costs can

fluctuate widely from year to year, and some of the costs are controlled by the Federal Energy Regulatory Commission, it is critical for most companies that we review these costs annually between base rate cases.

These cases also go through the process used in base rate cases, but because the issues are limited, they usually take less time to complete. There are other limited issue rate cases allowed, some of which are required by law, and some of which have been approved by the Commission to extract specific issues out of the base rate group of costs so that they can be reviewed annually. These cases include:

- Purchased water and sewerage treatment cost recovery cases. These cases are allowed for water and sewer utilities that purchase water or sewerage treatment from a neighboring utility. When the rates of the neighboring utility go up, the purchasing utility is allowed to file a limited and expedited rate request to recover the increased cost.

- Natural gas pipeline replacement cost cases. The Legislature mandates these cases to allow natural gas utilities to recover costs related to specific pipeline upgrade and replacement programs. The pipeline programs are established as a five-year plan to improve utility pipeline systems. Each year the natural gas utility files an updated rate request to recover pipeline replacement

and improvement costs that are projected to take place in a future 12-month period. In each case, the Commission reviews the future projects to determine that they are in compliance with the limitations of the five-year plan, and also reviews the actual investments made in a prior 12-month period to determine whether the rates established resulted in an over-recovery or under-recovery of actual costs.

There are several other special cost recovery rate cases, some authorized and mandated by the Legislature, and some established by the Commission to expedite and streamline the ratemaking process.

Rate regulation may not be a perfect system, but considering the reliability of utility service to maintain a high quality of life and the nature of utility delivery systems that spread costs over the largest possible number of customers to produce the lowest reasonable rates, the rate and service regulatory system is the one we have and which we will strive to manage in the best interest of utility customers.

But bear in mind that financially healthy utilities are vital to all of us, no matter how much we grumble about it, and adequate revenues collected from customers are the statutorily required source of funds to assure that the utilities that serve our basic needs are in a position to meet those needs.

Super Crossword

Answers

Grid of crossword puzzle answers including: SILICACALLEAPDWINODG, OVISACROUSHWEINWODOR, RABBLETOURNAMENTEASE, ENSNAREDEANODETIGHT, BBBCRAPTHEMISSION, DMITRISAMORERAMONA, OOPSICECREAMHERE, OSAKAGOINGBAUMDOE, MEDSDAWNAVENGERHUNT, BIDDFREAKMOUSER, ALPMASSAGEARABBEETLE, BIOLABPANELLEG, RAMBLEDEGGSWHIRRIDE, ARPLOSASAHPEROT, CAINOUTINGREPORT, SEESAMEAAAINSITONYA, ALESOFJUSTICEHMS, HILTSRELIMSAESTHETE, AXELREAMEDANDSHOUTED, RICEARIAUDIOORMOND, ARTSESTLEAKSTEENSY

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# OBITUARIES

**John Gilbert Mitchell**

11:00am until the time of the funeral service at 1:00pm. Pastor Jon Hayes will officiate the service. Interment will follow at Floral Hills Memorial Gardens in Quiet Dell. Online memories and condolences can be shared with the family at www.perinefunerals.com

The Perine Funeral Home is honored to serve the Mitchell family.



**Patricia "Patty" May Robinson**

Patricia "Patty" May Robinson, 89, of Lumberport, passed away on Saturday, May 18, 2024 at Bridgeport Healthcare Center. She was born in Clarksburg on April 29, 1935 to the late Pedro Pete Aiello and Ora (Wolfe) Aiello.

Patricia was a graduate of WI High School, class of 1953. In 1997, she retired from Union Carbide as an engineering secretary. Patty was always known by friends, family and coworkers as a kind, gentle and loving woman who deeply believed in God, family and country. She was always active and loved bowling, swimming and tennis. She would always be cheering on the Bridgeport teams, Pittsburgh teams and WVU teams. Her dream vacations included trips to the beach and Deep

Creek Lake. When she wasn't working, cooking and cleaning for her husband and seven children, she was playing piano, watching musicals and loved being the director of the choir at the Johnson Avenue United Methodist Church and was a member of the Bridgeport United Methodist Church. She always made any holiday a big celebration. She was very patriotic and loved supporting the Veterans and 4th of July. She would bake and decorate everything for all the holidays.

She met the love of her life, Shellis Robinson, at work in 1971 and three months later, they were married. They spent the next 52 years together. They raised their seven children and loved going to country music concerts, baseball games and football games together. Patty even learned to squirrel and deer hunt with her husband.

Patty is survived by her husband, Shellis Robinson of Lumberport; four sons: Terry Robinson and wife Barbara of Mayflower, AR and their daughter Debra; Steve Robinson and wife Anita Lumberport and their son Joey; Dann Hardman of Morgantown and Patrick Robinson and daughter Carina of Lumberport; three daughters: Sharon Hardman Pernell and husband Jerry and their daughter Shelby and son Mackenzie of Bridgeport; Cathy Morgan and husband Don and their daughter Miranda and sons Charles and Andrew of Lumberport and Carolyn Robinson (deceased) and her sons William and Matthew, as well as many great

grandchildren.

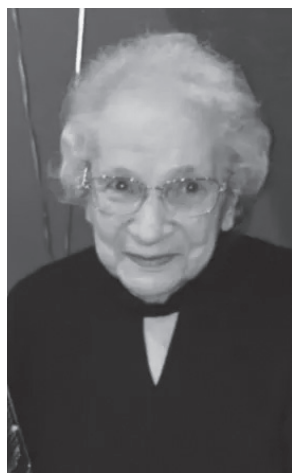
The family is forever indebted to the staff at Bridgeport Healthcare Center (Meadowview Manor). They treated Patty like one of their own family members for several years.

In lieu of flowers, the family requests that donations be made in Patty's honor to:

Bridgeport Healthcare Center  
ATTN: Tricia Dolan  
41 Crestview Terrace  
Bridgeport, WV 26330

Family and friends will be received at Davis Funeral Home, 124 Olen Thomas Drive, Clarksburg, WV 26301 on Friday, May 24, 2024 from 3:00pm until 6:00pm. A Memorial Service will be held at a later date at the family's convenience.

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



**Deloris Annabelle Wise**

Deloris Annabelle Wise, aged 93, of Streetsboro, OH, passed away on May 21, 2024. She was born on April 25, 1931, in Lumberport, WV, the daughter of the late John Fenton and Dicy (Ashcraft) Fenton. Deloris was also preceded in death by her beloved husband, Ernest (Gene) Wise; her infant daughter, Deloris Jean Wise; her son-in-law James (Jim) Luke;

her brother, Raymond (Arlene) Fenton of Reno, NV; and her sister Evelyn, (Vance) Swiger of Lumberport.

She is survived by her devoted daughter, Linda Luke of Streetsboro, OH; her granddaughters, Carrie (Brian) Woodrum of Shalersville, OH, Jennifer (James) Winning of Kent, OH, and Jamie Mullins of Shalersville, OH; as well as her great-grandchildren, Castalia (Kegan), Brendon, Bradley, Caleb, and Drayden, and her great-great-grandson, Myles.

Deloris devoted over 25 years of her life as a compassionate home health aide for the United Way Home Health Care, touching the lives of many with her kindness and care. She also worked at Maiden Form and the Candy Counter at G.C. Murphy.

A faithful member of the Lumberport United Methodist Church, Deloris found comfort and joy in her faith. She was an avid crafter who enjoyed crocheting and sewing. Deloris's kitchen was a place of warmth and love, where she shared her passion for cooking and canning with her loved ones.

Those who received her homemade gifts and canned goods held them dear, cherishing the love and care she put into each one. Deloris Annabelle Wise will be deeply missed by all who knew and loved her. Her legacy of love, generosity, and kindness will continue to inspire the lives of the many whom she touched.

Friends will be received at Harmer Funeral Home on Friday, May 31, 2024, from 11:00 AM to 1:00 PM. A funeral service

will be held at 1:00 PM. Interment will follow at the Lions Club Cemetery, Lumberport.

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

A service of Harmer Funeral Home, Shinnston.



**Johnnie Ray Lucas**

Johnnie Ray Lucas, of Myrtle Beach, SC passed away at his home on Monday, May 13, 2024, as the result of a sudden illness. He was 57. John (aka, Johnnie) was born June 26, 1966, in Fairmont, WV, the son of Starling and Betty Lucas of Chesapeake, VA (formerly of Shinnston, WV). As a young boy and teen, John was known as a creative and industrious worker who managed a downtown paper route and provided lawn care, painting, and moving services for local residents. A country boy at heart, he loved the outdoors, pets (especially dogs), hunting on Odells Knob, and rural living.

John graduated from Lincoln High School, Shinnston, in 1984. Following graduation, he worked in various occupations including construction, auto detailing, and restaurant cooking. It was his

See "Obits" on Pg 10

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**Out of the Past**  
Memorable photographs from around Harrison County

West Virginia & Regional History Center

Photo courtesy of West Virginia University  
Aerial view of Lumberport at a time when it was still dominated by extractive industries.

## LEGAL

**CORE SOLUTIONS LLC (MORGAN PIPELINE)**, located at P.O. Box 72, Salem WV 26426, owns and operates a natural gas gathering pipeline system in your area. Yellow vertical pipeline markers with our name indicate the approximate location and route of our pipelines. CORE SOLUTIONS maintains and operates a Damage Prevention and Public Awareness Program for its operations of this pipeline system. Keeping the public, the environment, and our pipeline safe with valuable experience, sound judgement and by following federal codes is our top priority. The pipeline is reliable and no underground leaks have been detected. We use preventative measures such as routine patrols and leak surveys to keep the pipeline safe. A copy of this plan is available in our office. This program includes educating and notifying the residents about specific operations requirements and the existence of the program. These requirements include:

1. Contact CORE SOLUTIONS if you plan to excavate and/or blast on or within hundred (100) feet of our pipeline right-of-way. Company personnel will locate the pipeline for you to ensure safe excavation and/or blasting. All excavators must use West Virginia 811 (Miss Utility) program prior to digging.
2. Contact and/or advise others who you believe to be working near our pipeline to contact CORE SOLUTIONS before performing any activity that might damage our pipeline system.
3. Be aware of gas leaks and hazards and report them immediately. Signs of gas leaks include the hissing sound of escaping gas, dead vegetation, blowing earth, bubbling water, and the smell of gas. Emergencies include any gas leaks, fire or explosion, natural disasters or civil disobedience. If you suspect that the pipeline is leaking, stay away from the area, have others stay away from the area, and notify the company immediately. In case of fire/explosion or natural disaster near the pipeline, notify the company immediately. If you smell gas inside, get out immediately. If you suspect a leak outside, turn off and abandon any motorized equipment you might be using. Leave the area quickly. Gas is an asphyxiant and can be deadly since it displaces oxygen. By notifying CORE SOLUTIONS immediately upon any of the above incidents, the appropriate responders will be dispatched promptly and effectively to take care of the emergency.
4. Do not attempt to locate the gas leak with matches or other open flames. Do not remain in a building if there is a strong odor. Do not turn lights on or off or unplug electrical appliances where there is a strong odor. Do not use a telephone in the area of a strong gas odor. Don't use anything that would spark ignition such as cell phones, flashlights, motor vehicles, power tools, electrical equipment, etc.

To help us enforce our Damage Prevention and Public Awareness Program and ensure the safe operation of our pipeline system, please call these numbers to report excavation projects or suspected gas leaks:

Day time #: 304-203-1934

24 Hour Emergency: 844-267-3273

\*Identify your call as an **CORE SOLUTIONS (MORGAN PIPELINE) Emergency, Wallace, WV**

WV State Police: 911

Folsom Fire & Ambulance: 911

Wallace Fire Dept: 911

[Log on to the PHMSA.dot.gov website for additional information.](https://www.phmsa.dot.gov)

## DoHS Secretary Issues Statement on Budget Restoration

The West Virginia Department of Human Services (DoHS) Secretary, Cynthia Persily, Ph.D., today released the following statement regarding the conclusion of the special session:

"Today's restoration of more than \$183 million in funds will allow DoHS to continue to provide essential services through its Bureau for Child Support Enforcement, Bureau for Behavioral Health, Bureau for Family Assistance, Bureau for Medical Services, Bureau for Social Services, and the Office of Drug Control Policy. Of the funds, more than \$89 million will remedy the anticipated Medicaid shortfall for Fiscal Year 2025. We heard legislators' concerns about the need for transparency in the spending of funds they have appropriated and the need for essential services to be funded. The Department is committed to providing this transparency and continuing to analyze reimbursement rates for all providers of services. As appropriate and feasible, DoHS will continue to make adjustments to rates as necessary for providers as early as July. The Department appreciates the work of the Legislature and thanks each member for their time and attention to the crucial needs of West Virginia's most vulnerable residents."

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## Clarksburg History Museum Receives Historic Preservation Recognition Award

CHARLESTON, WV — Gov. Jim Justice announced today that West Virginia's Free Fishing Days will return June 8-9 and encouraged anglers and their families to take advantage of this annual opportunity to fish for free in public lakes, streams and rivers around the state.

"With school letting out for the summer and vacation season upon us, West Virginia's Free Fishing Days weekend is the perfect time to get outside and enjoy all the beauty and goodness of our great state," Gov. Justice said. "This opportunity only comes once a year, so I want to encourage everyone to take advantage of it and

see why West Virginia is surely and truly the best place in the world for families to enjoy a fishing adventure."

West Virginia's Free Fishing Days are part of a nationwide effort to make fishing more accessible to the public. During these two days, residents and nonresidents can fish for free without having to buy a fishing license.

"One of the best things about West Virginia's Free Fishing Days is that it can be enjoyed by new and experienced anglers and is designed to help current license holders introduce their friends and family to fishing," West Virginia Division of Natural Resources Director Brett

McMillon said. "We hope this opportunity will encourage folks to try fishing for the first time or rekindle their love for the sport."

Anglers who enjoy Free Fishing Days and want to continue fishing after this weekend can purchase or renew their fishing license at [WVfish.com](http://WVfish.com).

### Free Fishing Days Derbies

As part of Free Fishing Days, the WVDNR will host fishing derbies at the Bowden Fish Hatchery and Little Beaver State Park on June 8. The events are free to attend and intended for youth anglers ages 3-14. Kids must be registered by an adult in order to participate and win

prizes.

The Little Beaver State Park derby is scheduled for 9 a.m. to noon. Registration will be from 9 to 10:30 a.m., and kids should bring their own fishing gear. A limited amount of bait will be provided.

The Bowden Fish Hatchery derby is scheduled for 7:30 a.m. to 12:30 p.m. on June 8. Registration will start at 7:30 a.m., followed by hour-long fishing sessions for kids based on grade level.

Preschool and Kindergarten: 8-9 a.m.

First and Second Grade: 9-10 a.m.

Third-Fifth Grade: 10:30-11:30 a.m.

Sixth-Eighth Grade: 11:30 a.m. to 12:30 p.m.

## W.Va. WIC Cash Value Benefit for Fresh Produce Can Now Be Used at Farmers Markets

The West Virginia WIC Program monthly cash value benefits for the purchase of fresh produce will now be accepted at authorized farm stands and farmers markets in addition to WIC Farmers Market Nutrition Program (FMNP) benefits beginning on June 1, 2024. The program is made possible by the West Virginia Department of Health's Bureau for Public Health.

"The WIC Farm Market Direct mobile payment system has many benefits for both WV WIC participants and local farmers," said Heidi Staats, Director of the Office of Nutrition

Services. "It simplifies the purchasing process for participants, reduces stigma by functioning like other mobile pay options, streamlines payments to farmers and farmers markets, provides real-time data for review and analysis, and ensures efficient and secure management of federal funds and benefits."

The WIC monthly cash value benefits for fresh produce are \$26 for child participants, \$47 for pregnant and postpartum participants, and \$52 for fully and partially breastfeeding participants. The FMNP maximum benefit is \$30 for eligible WIC participants to be spent

June 1 through October 31.

WV WIC and WIC FMNP participants will have a QR Code through the WICShopper Mobile App, allowing for electronic transactions with authorized farmers market vendors. Through WIC Farm Market Direct, authorized farmers scan the QR Code to initiate the purchasing process of fresh fruits and vegetables.

Farmers will then receive payment via direct deposit, which eliminates check processing fees. There are currently 136 farmers participating in the WV WIC program. A list of participating

farmers and farmers markets is available on the WV WIC website.

For more information about the WV WIC Farmers' Market Nutrition Program, visit [dhr.wv.gov/WIC/Pages/Farmers-Market.aspx](http://dhr.wv.gov/WIC/Pages/Farmers-Market.aspx).

Farmers interested in becoming an approved WV WIC vendor may visit [dhr.wv.gov/WIC/retailersfarmers](http://dhr.wv.gov/WIC/retailersfarmers) or contact the WV WIC Vendor Unit at 304-558-1115 or [dhrwicvu@wv.gov](mailto:dhrwicvu@wv.gov). To view and apply for careers in the public health field, visit [dhr.wv.gov/Pages/Career-Opportunities.aspx](http://dhr.wv.gov/Pages/Career-Opportunities.aspx).

## Summer Concert & Speaker Series at Seneca Shadows Campground Amphitheater

Seneca Rocks, W.Va., May 24, 2024 – Join us at Monongahela National Forest's Seneca Shadows Campground Amphitheater, 7:30 p.m. to 9:00 p.m., for the Summer Concert and Speaker Series. Kick back to the sounds of local musicians or sit up and take note as subject matter experts share their knowledge.

You do not need to be a guest of the Seneca Shadows campground to attend. All programs are FREE and sponsored by the Eastern National Forests Interpretive Association in cooperation with American Land & Leisure. In the event of inclement weather, programs will be moved to the Seneca

Rocks Discovery Center Auditorium. All programs are subject to change or cancellation.

May 25: MON Mania! - Play games and test your knowledge while learning about Monongahela National Forest.

May 26: Music with Jesse & Emily - Jesse Milnes and Emily Miller perform country and old-time music, filled with beautiful harmonies and fantastic fingerpicking.

June 1: Snakes of West Virginia with Forest Service volunteer Roy Moose - Learn about these misunderstood creatures and have an opportunity to interact with live snakes.

June 8: Music with Stalnaker Hill - Hailing from the mountains of West Virginia, Stalnaker Hill covers a variety of country artists from Willie Nelson to Tyler Childers.

June 15: Music with Jason Hall -

Out of Beverly, West Virginia, Jason Hall performs a soulful blend of Americana music, including classic country and rock.

June 22: Music with Aristotle Jones Trio – In celebration of African American history and Juneteenth, listen to soulful music featuring the "Appalachian Soul Man," Aristotle Jones in a showcase of music and storytelling.

June 29: Living History with Linda Durrett – Travel back to the mid-1800s with historian Linda Durrett for a visit along the Staunton-Parkersburg Turnpike, one the many stops along the Underground Railroad.

Contact the Seneca Rocks Discovery Center at (304) 567-2827 for more information about these programs. The center is open daily from 9:30 a.m. to 5:00 p.m. The Historic Site's Wayside Inn is open Saturday and Sunday, 10:00 a.m. to 4:00 p.m.

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## Expert offers advice for beginners wanting to spend more time outdoors

The outdoors are calling as summer rolls in and the knowledgeable staff at the West Virginia University Adventure WV program know just where to find the best recreational opportunities.

Associate Director Morgan Haas provides insight on how beginners can enjoy the outdoors and what families can do in the Mountain State, including the many state parks and activities offered in a natural setting.

Quotes:  
“The beauty of the outdoors is that you can enjoy it simply by showing up. With phone apps like AllTrails and OnX, exploring and navigating nature has become incredibly accessible. Walking and hiking are excellent entry-level activities for outdoor enjoyment. Additionally, most communities have local groups dedicated to specific activities like climbing, hiking,

birding and biking, making it easy to find others that shares your interests at varying levels. Finally, when trying out new outdoor activities that require equipment, consider renting gear from a local outfitter. This makes the activity more accessible as you begin your exploration into the sport.

“Most outdoor activities are family-friendly, but some are easier than others. Activities like walking, hiking, canoeing and biking can be great entry-level options for the family, but it’s important to assess all factors when considering trying something new. As a mom of a toddler, I’ve found some activities are perfect for her age, while others require a high level of patience and commitment and really aren’t fun for any of us. As children get older, activities become more accessible and easier to participate in together while having fun.

“Some tips with younger children, such as toddlers, it’s important to focus on enjoying the activity rather than striving for a specific destination or physical goal. For example, going to a local trail system just to explore the landscape, visit the playground and maybe wander for a couple of hours is always a good, relaxing time. With older children, you can start planning activities that require covering a certain distance or effort to reach a goal, such as backpacking.

“Needless to say, when you have younger children, you don’t have to sacrifice participating in activities like biking and backpacking. It just requires specific equipment, such as bike trailers or specialized backpacks, and maybe some sleepless nights, but the memories are worth it.

“I always recommend synthetic clothing, with polyester being the most common and affordable

option. The reason for this is that it wicks moisture away and keeps you dry during hot, humid, or rainy days. While cotton is comfortable, it’s slow to dry, doesn’t insulate when wet, and lacks the moisture-wicking properties of synthetic fabrics. When building an inventory of outdoor clothing, always opt for synthetic materials.

“A quality waterproof rain jacket is essential as well. The weather can be unpredictable in the summer and having a rain jacket with you can go a long way in protecting yourself from the elements. Other recommended gear includes a day pack, one or two 32-ounce water bottles, shelf-stable snacks, sun protection, a fleece jacket, a headlamp and a first-aid kit. These items will help you feel prepared for a full day of adventuring.

“West Virginia is a wonderland for outdoor adventures. The state offers world-renowned

activities like white-water boating and rock climbing, both of which can be enjoyed in our national park, the New River Gorge, along with pristine hiking and biking trails. Beyond our National Park, West Virginia boasts amazing recreational opportunities in numerous communities throughout the state. Whether you’re seeking thrilling adventures or peaceful retreats, West Virginia has something for everyone.

“Our state’s tourism office has made it easy to discover some of the best places in West Virginia. Personally, some of my favorite things to do in the state are backpacking in Dolly Sods, fly fishing in Seneca Creek, swimming in the Cheat River and snowboarding at Snowshoe Mountain and Timberline Ski Resort.

“Embrace the excitement of being a beginner. There’s something deeply satisfying about

learning new skills as an adult, even though it can sometimes feel intimidating. I encourage you to get comfortable with being uncomfortable, that’s how we grow as outdoor adventurers.

“Seek out courses that cater to the skills you want to learn. These can range from classes offered at your local outdoor gear shop to certification programs or community workshops. Finding a supportive community is also a powerful catalyst. You’re not the only one looking to tackle more challenging activities, many others are on the same journey. Your local area likely has organized groups with missions focused on getting outside and connecting with like-minded people.” — Morgan Haas, associate director, First-Year Trips, climbing program and guided trips at Adventure WV.

## Gov. Justice announces Free Fishing Days weekend to take place June 8–9

By Beth Gain

The Clarksburg History Museum recently received a prestigious award from the DAR Daniel Davisson Chapter. During the museum’s April 23, 2024 board meeting, the Historic Preservation Recognition Award was presented to president Michael Spatafore and fellow museum volunteers by the local DAR chapter’s recording

secretary, Doris P. Dean.

The process for award determination involves many steps, including a nomination from the local DAR chapter as well as letters of recommendation from community leaders. Consideration began in July 2023 after Spatafore spoke about the work the museum was doing during the DAR’s district meeting. Subsequently, DAR Daniel Davisson chapter members agreed to begin

the application process to formally recognize the museum and its volunteers. Along with Ms. Dean, Ms. Laura Fullen (Regent of the Daniel Davisson DAR) took upon themselves the task for researching media sources such as print, social media, and online articles which were needed to support the application.

The parameters established by the National Society of Daughters of the American Revolution

ensure that nominees have completed remarkable and notable work at the community level. Some of the achievement areas that DAR members look for in potential awardees include historic preservation of buildings, landmarks, and cemeteries, statues, manuscripts, documents and archival materials, as well as compilation of oral histories, serving as historical guides or interpreters.

Ms. Dean stated in her

recommendation letter that she recognized the deep commitment of volunteers to capture the history of our area [in Clarksburg and Harrison County] which was evidenced by the museum’s growth in just 5 short years - in spite of the 2020 pandemic. Ms. Dean also recognized the work of knowledgeable volunteers who are always eager to give tours and who welcome visitors from far and wide.

### “Grapevine” From Pg 2.

It sat idle for several years and was in need of motor repairs which my son in law Andy Lang did. When it was ready to move, my brother Bill took it and detailed

it to its original self. It is now housed at my brother’s and he tells me that although Little Bill lives in Florida the car will stay in WV and be available for family use.

There are so many memories, dates, trips, and dad hovering over it like it was his baby and really next to his four children he really loved it. This sixty some year

old vehicle really is a part of our family. Dad always referred to it as the “57.”

Tears came to my eyes as I stood next to it, mostly because I was

able to help make my hard working immigrant fathers dream come true and to realize that it is still a part of our family. Hay dad. The 57 is ready to roll.”

Get ready for summer, stay happy and healthy and until next week “Now You Have Heard It Through The Grapevine.”

### “Citizen” From Pg 1.

great doctor and leader in medicine. He shared that “when I grew up in Lumberport, I was kind to everyone and did the right thing.” One could not succeed otherwise in a place where “everyone knew and took care of each other.”

That even extended, as he recalled, to “Dave at the Dairy Mart” who allowed him to make a purchase even when a little short of funds, knowing that his mother would settle up later. “I had a lot of people looking out for me,” he remembered.

Hess learned from these examples that relationships serve as the basis of success, stating that “if you don’t cultivate and keep relationships, you can’t be a good leader.

Growing up in Lumberport also provided the first push that would eventually take him into serving others

through medicine. He remembered Dr. Julian Gasataya, who later served as Chief of Surgery and President of Medical Staff at United Hospital Center. At this point, Dr. Gasataya was a family doctor serving the area.

“I was out weedeating for my Mom. I hit a hive of bees.” which resulted in painful stings and swelling. His mother promptly called the doctor’s office.

“They snuck me in the side door,” he remembered,” because I was crying. Dr. Gasataya soothed his young patient with kind words and a shot.

Hess said “in that moment, I realized that this person not only takes away pain and takes away fear, but he’s also respected.” he went on to say “My hero, my Mom, looked up to him and respected that he concluded at the time “this would

be incredible to do for other people.

His Mom, and personal hero, also provided inspiration toward a life of service. She worked as a registered nurse at United Hospital Center. “I grew up seeing patients coming up to her and thanking her.”

Lincoln High School also played a huge role in developing a powerful set of positive values, but also reinforced that tight sense of community he knew in Lumberport. “Every teacher I had growing up,” Hess said, “knew someone in my family.”

Hess remembered Tom Tucker, now on the Harrison County Board of Education, when he taught at Lincoln. He “was head of the Key Club back in the day.” Hess described Tucker as “a great man and a great human being,” but best remembered the teacher as someone

who “taught us how to be a servant leader.”

Another important part of growing up in a small town involves giving young people opportunities to try and either succeed or fail in a safe environment. At 12 years old, Hess embarked on entrepreneurship. He told of “selling bait out of an old washtub” that he filled with soil and critters for bait. Hess then took it down to Lake Stoney to earn money.

Servant leadership comes naturally from a heart of a person of faith. “I grew up in Lumberport Baptist Church. I had a lot of men that I looked up to in the church.” The fellow congregants and church experience “raised and shaped me into the man I am today.” He added “faith is at the center of what I do and how I conduct myself.”

After earning

undergraduate degrees in economics and chemistry, then a very brief dipping of his toe in the water of Wall Street, Hess went to medical school. He served as a primary care physician for 15 years before turning to administration.

Since 2014, Hess has served in the chief administration of four hospitals in the WVU Medicine system. He started at Reynolds Memorial Hospital in Glen Dale. Along the way, he also led the WVU Medicine facility in Uniontown, Pennsylvania where he established OB-GYN services.

After returning home in 2022 to lead UHC, Hess aggressively pushed to advance service and services at the hospital, establishing it as a respected and trusted regional referral hub.

That said, Hess never forgot that small

towns can produce big results. He makes a point of recruiting and recognizing talent from small towns, especially Shinnston. When reminded that he always notes during staff meetings when a person attending hails from Shinnston, Hess replied jokingly that “it may get on people’s nerves” how often he does it, but says it purposefully reminds all that everyone is someone at UHC, no matter who they are or where they come from.

Hess brought his wife Nicole, five daughters, and one son back to the area to enjoy the same quality of community life that helped him succeed and thrive in life.

He said “I wanted my kids to be raised in that same area. I love the fact that my kids will grow up in that same type of environment.”

# Begin with the Trinity

From L'Osservatore Romano

Begin with the end in mind. It is Steven Covey's second of seven habits of highly effective people. A similar idea is presented when Jesus enjoins the disciples, "Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit" (Mt 28:19). This is the official beginning of the life of the Trinity on earth because the Father sent the Son into the world and has accomplished the work of salvation, and the Holy Spirit has descended upon the apostles and believers.

Now is the beginning of the life of believers that initiates with the Trinity. The presence of the Trinity should make all things new for us (cf. Rv 21:5).

Trinitarian life changes our life and transforms it. It changes our life by becoming its new end, or, telos. We no longer live for ourselves but for God by invitation (cf. 2 Cor 15:5; Jn 17:21). Because of this new end, our life is transformed. It does not need to be mastered by desires and inordinate inclinations; instead, these are tamed by wisdom, self-control, fortitude, and according to their ability to bring us to our end.

A transformative

effect of this reality is that our desires are not negated, but find deeper meaning and give glimpses of the life to come. Desire for food no longer needs to be a temptation for gluttony, but simply gives life to the body. This alludes to the feeding of the mind with the Word (Mt 4:4) and the nourishment of the Body and Blood for the soul (Jn 6). Injustice no longer needs to be an occasion for outbursts of anger, but simply a recognition of a need for healing that can inspire personal commitment to acts of mercy (Mt 25:31-46) and increase hope for the Sun of Justice to return (Mt 4:2). These are only a few examples

of the transformative effects of the Trinity; the truth is, the Trinity encompasses all. Hadewijch of Antwerp, the 13th-century mystic, envisioned it in one of her letters, "God is in everything... God is the unitive storm that condemns or blesses each thing according to its worth. He has fruition in himself in his depth, according to the glory of the being that he is in himself". Begin with the Trinity and everything regains its appropriate dignity in the Trinity now and in the world to come.

\* Abbot of St. Martin Abbey

Lacey, Washington  
By FR MARION NGUYEN, OSB \*

## Jared Box Donation Brings Smiles to Pediatric Patients at UHC

Bridgeport, WV—Glen Falls Baptist Church in Clarksburg continues a tradition of giving back to the community by participating in The Jared Box Project with a donation to United Hospital Center (UHC). The mission of the Jared Box Project is to entertain and put a smile on children's faces.

Each box contains small gifts, toys, games, crayons, coloring books, and fun activities selected

for a specific age and gender assembled by individuals or groups. Glen Falls Baptist Church delivered more than 30 of these plastic, shoe-sized storage boxes to UHC.

"We are honored that Glen Falls Baptist Church has selected UHC for the Jared Box donation," said Kaitlyn Layman, LPN. "A stay in the hospital can be a traumatic experience for young children and these boxes will provide countless hours of fun,

as it is a great diversion from their illness."

The Jared Box Project, a nonprofit organization, started in 2001 to honor its namesake, Jared McMullen. This brave 5-year-old boy fought brain cancer and carried a backpack filled with toys to all his appointments. He gladly shared his toys with other children.

"This donation is just extraordinary," said Lauren Whitehair, LPN. "We certainly appreciate the church

group's willingness to help bring a smile to a child during their hospital stay."

Although Jared's battle ended in 2000, his inspiration lives on through the kindness and generosity of others as they make Jared Boxes in his honor. What was intended as a one-time project has grown into a nonprofit that reaches into the hearts of children with a plastic shoe box filled with well wishes, hope, and love.

## APRIL RED MEAT PRODUCTION

Charleston, West Virginia - Commercial red meat production during April 2024 totaled 900,000

pounds. This was down 1 percent from April 2023. Commercial red meat production is the carcass weight after slaughter including beef, veal, pork, lamb and mutton. Individual commodity production is total live weight of commercial slaughter.

Commercial cattle slaughter totaled 1,287,000 pounds live weight, down 3 percent from April 2023. Cattle slaughter totaled 1,100 head, down 100 head from the previous year. The average live weight was up 71 pounds from the previous year, at 1,196 pounds.

Commercial calf slaughter was not published because data were less than level of

precision shown or not applicable.

Commercial hog slaughter totaled 186,000 pounds live weight, up 2 percent from last year. Hog slaughter totaled 600 head, unchanged from the previous year. The average live weight was up 24 pounds from the previous year, at 306 pounds.

Commercial sheep and lamb slaughter was not published to avoid disclosing data for individual operations. United States - Commercial red meat production for the United States totaled 4.64 billion pounds in April, up 10 percent from the 4.20 billion pounds produced in April 2023.

Beef production, at 2.30 billion pounds, was 11 percent above the previous year.

Cattle slaughter totaled 2.73 million head, up 7 percent from April 2023. The average live weight was up 41 pounds from the previous year, at 1,395 pounds.

Veal production totaled 3.5 million pounds, 2 percent below April a year ago. Calf slaughter totaled 17,500 head, down 20 percent from April 2023. The average live weight was up 59 pounds from last year, at 338 pounds.

Pork production totaled 2.32 billion pounds, up 9 percent from the previous year. Hog slaughter

totalled 10.7 million head, up 10 percent from April 2023. The average live weight was down 1 pound from the previous year, at 290 pounds. Lamb and mutton production,

at 11.4 million pounds, was up 4 percent from April 2023. Sheep slaughter totaled 188,800 head, 2 percent above last year. The average live weight was 119 pounds, up 2 pounds from April a year ago.

January to April 2024 commercial red meat production was 18.3 billion pounds, up 1 percent from 2023. Accumulated beef production was down slightly from last year, veal was down 9 percent, pork was up 2 percent from last year, and lamb and mutton production was up 2 percent.

April 2023 contained 20 weekdays (including 0 holidays) and 5 Saturdays.

April 2024 contained 22 weekdays (including 0 holidays) and 4 Saturdays.



### Swiss Steak

Submitted By Debra Smith

Swiss steak is one of those dishes I associate with comfort; I grew up having this dinner on Sunday evenings, and it has become a family favorite dinner option.

We love the incredible flavor, and with the higher cost of food, we appreciate that an inexpensive cut of steak can become a tender and delicious meal!

I cook this Swiss steak recipe in the crock pot for about six hours, and dinner is ready to be served when I get home from work.

When preparing your Swiss steak, make sure to tenderize the steaks with a mallot style tenderizer.

#### Ingredients:

- 1 ½ pounds round steak
- ½ cup flour
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- 2 Tablespoons olive oil or as needed
- 2 onions, chopped
- 2 carrots, chopped
- 1 can diced tomatoes with juice, 28 ounces
- 1 can beef broth, 10 ounces
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon cornstarch (optional)

#### Instructions:

Preheat oven to 350 degrees F. Using a meat mallet, pound meat to ½" thickness. Combine flour, Paprika, garlic powder, pepper & salt to taste. Dredge meat in flour mixture. Heat 1 Tablespoon of olive oil over medium heat in dutch oven, or skillet. Brown steaks on each side (adding additional olive oil if needed). Set aside. Place onion and carrot in the bottom of the crock pot. (Or Dutch Oven). Top with browned steaks. Add remaining ingredients except for cornstarch. Cover and cook for about 4-6 hours.

Serve over mashed potatoes, rice, or egg noodles for a delicious comforting meal.

Note\* If you prefer a thicker tomato gravy, after cooking, remove beef from the pot. Combine cornstarch with 1 Tablespoon water. Bring to a boil, stirring constantly until thickened.

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

### "Obits" From Pg 7.

move to Myrtle Beach in 1989 that solidified his career as a Chef, Kitchen Operations Manager, and Head Cook. He supervised the Kitchen Management for a chain of Sports Bar Restaurants in a career that spanned more than 25 years. He loved introducing South Carolinians and tourists alike to WV cuisine, including great Italian recipes and world-famous Harrison County-based Oliverio's Peppers. John was a consummate host and table conversationalist in every restaurant location. His big-screen monitors in the Sports Bar restaurants were always tuned to his beloved WV Mountaineers and Philadelphia Eagles ("Go Birds!"). John was known for his love of storytelling, infectious

laugh, and West Virginia pride.

In addition to his parents, John is survived by his daughters Ashley (granddaughters Kylie Rae & Sophia), and Danielle, both of Myrtle Beach; his canine companion "Bubba"; brothers Mike Lucas (wife, Kim) and Steve Lucas of Chesapeake, VA; sister Laura Conrad (husband, Dan) of Savannah, GA; several nieces and nephews, a large extended family, and many friends in Myrtle Beach and Harrison County, WV. John will be laid to rest in a family graveside service at Hillcrest Cemetery, Conway, SC on Saturday, June 1, 2024, at 10:00 a.m. Arrangements provided by Goldfinch Funeral Home, Beach Chapel, Murrells Inlet, SC.

## Wisdom From the "Federalist Papers"

By John Jay

Among the strange things of this world, nothing seems more

strange than that men pursuing happiness should knowingly quit the right and take a wrong road,

and frequently do what their judgments neither approve nor prefer.

Distrust naturally

creates distrust, and by nothing is good will and kind conduct more speedily changed.

