

## St. George Canaan Valley Clinic Hosts Open House

By: Jennifer Britt  
*The Parsons Advocate*

The new St. George Canaan Valley Clinic and St. George Canaan Valley Pharmacy hosted an open house to welcome invited guest and staff to the new facility. Chief Operations Manager Julie Strawderman welcomed everyone and said, "This is an exciting time for St. George Medical Clinic. We are very excited to be in the valley now." Strawderman had everyone stand for the National Anthem and the introduced Chief Executive Officer Paul Wamsley, Jr.

Wamsley welcomed everyone to the dedication and said, "This has been three



Ribbon cutting ceremony with CEO Paul Wamsley cutting ribbon for the new St. George Canaan Valley Clinic and Pharmacy

years in the making with lots of difficulties, but we made sure it happened. We really pulled together. The staff pulled together. The board pulled together. We made it happen."

St. George Medical Center, Inc is vastly adding ways to serve the residents of Tucker County and surrounding counties and Wamsley gave a background of St. George Clinic. St. George started in 1979

as just a trailer with three exam rooms, and one provider. In 2007 they had 12 employees. In 2014 with the help from the Sisters of St. Joseph they opened a school-based

See ST. GEORGE page 6A

## Levy for EMS on Fall Ballot



State of West Virginia Director of OEMS Joseph "Jody" Ratliff advising the Ambulance Authority and the TC Commissioners.

By: Jennifer Britt  
*The Parsons Advocate*

Tucker County Commissioner, Mike Rosenau, made a motion to send a proposed levy to the state for approval to be placed on this fall's ballot. The motion was approved with two yes votes from Rosenau and Lowell Moore. Commissioner Fred Davis was not be present due to work schedule conflicts.

The levy proposed to the state reads as follows:

"Election to authorize levies for the years beginning July 1, 2023; July 1, 2024; July 1, 2025; and July 1,

2026, for the purposes of providing operational and maintenance support for the Emergency Ambulance

Service. The approximate amount to be raised is \$401,000 per year according to the order of the Tucker

County Commission entered on the 17<sup>th</sup> day of August 2022.

The levy shall be on Class 1 property 1.94 cents per \$100 of assessed value; on Class 2 property 3.88

cents per \$100 of assessed value; on Class 3 property 7.76 cents per \$100 of assessed value; and on

Class 4 property 7.76 cents per \$100 of assessed value. The increases to current property tax amounts

will be between 3.9 percent and

7.8 percent. For property with an appraised value of \$150,000 and assessed value of \$90,000, the ambulance levy will be \$34.92.

In the event the separate and aggregate assessed valuation of each class of taxable property within the

County of Tucker changes during the term of the special levy, the levy rate in any class of property may

be adjusted so that the projected tax collection will remain approximately \$401,000 capped amount in any fiscal year.

The total capped amount of this tax may be adjusted downward on an annual basis only if other state tax authorities to support EMS are enabled and utilized by the County to permit these tax offsets. This

determination shall be made by the County Commission on a fiscal year basis."

The ball is now in the Ambulance Authority's court to inform the residents of Tucker County of the facts and let the residents decided once again whether they want a levy to keep two ambulances or run at the current state of just one ambulance crew. Public meetings will be held, and everyone is encouraged to attend and listen to the facts and base their decision off of those facts. Those

See LEVY page 2A

## Hamrick PSD Receives Gold Award

By: Jennifer Britt  
*The Parsons Advocate*

The West Virginia Bureau of Public Health in conjunction with the Office of Environmental Engineering Division has awarded Hamrick Public Service Department water treatment plant with the Gold Award based upon meeting treatment turbidity of 1.0 percent NTU for settled water and 0.10 percent for filtered water 95 percent of the time. The award was presented to Jason Lipscomb.

Turbidity is described as the opaqueness of a fluid due to

the presence of suspended solids and is measured in terms of nephelometric turbidity units (NTU).

In other Hamrick PSD news:

According to the legal announcement in *The Parsons Advocate* in March Hamrick PSD filed a Rule 19A application to increase both water and sewer rates. The district provides water service to approximately 774 customers and sewer service to approximately 460 sewer customers in Tucker County, West Virginia.

See HAMRICK PSD page 3A



Jason Lipscomb receives the Gold Award from the West Virginia Bureau of Public Health for the Hamrick PSD Water Treatment Plant

## Recreational Rentals and Sales, LLC Open in Parsons



Fire Pit and picnic table for guests stay at site.

By: Jennifer Britt  
*The Parsons Advocate*

Lifetime Tucker County resident Nancy Oldaker has embarked on a new adventure. Oldaker has beautifully put together, with the help of her husband Tim, a RV rental spot called *Recreational Rentals and Sales, LLC*. The RV camping spot that was once a garden spot is located in a

quiet and serene area just a stone's throw from the river.

Oldaker said, "We had a garden down here and never had time to work it, so we said let's do something with it. The idea was to help the guys working on the crews for Kokosing Construction Company to have a spot where they could hook up their homes away from home with everything they needed."

The *Recreational Rentals and Sales, LLC* is a newly constructed RV Park in the city of Parsons, West Virginia. They offer full-service hook ups to all 11 sites that include water, electric, sewer and trash pick-up. The park offers RV parking spot rentals for \$20 a day and monthly rentals for \$450.

Currently there are three spots with crusher run for parking of the RVs, but Oldaker has plans to add more gravel spots in the near future. The lots are capable of holding a 50-foot camper with ease. Oldaker also has plans to expand the existing park by adding other amenities at a later date. Oldaker said, "I still have some ideas of things I want to add eventually."

See RECREATIONAL page 4A

## FFA State Convention

Tucker FFA member wrapped up the 2021-2022 year by attend State Convention July 6 - 9 at Cedar Lakes conference center in Ripley.

Cedar Lakes Conference center is owned and operated by the West Virginia Department of Agriculture making it the perfect spot for statewide FFA chapters to meet for the state convention.

Members traveled with TCHS Ag. Advisor D. Paul Pennington and chaperone, Angie Neff to attend the four day event.

Tucker County was represented, in state completion, by Mark Philipps, he qualified at the regional level, in large tractor completion and Haley Tuttle in the zero-turn tractor. They had to complete a written exam on parts, maintenance and safety. The large tractor had to complete the driving por-

tion of the contest, maneuver the tractor through a course with a wagon or spreader attached. The zero-turn had to complete a driving course including backing and turning throughout a course. The chapter also had an entry in the scrapbooking division, compiled by Kylee Neff, where they placed 2<sup>nd</sup> overall.

Regional office elections were held, H. Tuttle ran for a state office. Her bid was unsuccessful, but the experience, gained skills with public speaking, and interviewing. H. Tuttle received her State FFA Degree on Saturday, morning at the closing section for this year convention.

Member returned to the county on Saturday afternoon excited to start the new year at Tucker County High School. The new office team for the Tucker



Attending: Kylee Neff, Laney Burns, Hannah Cussins, Emily Snider, Alicia Barb, Zada Carr, Nick Lawrence, Mark Philips, Jaden Stanley, Haley Tuttle.

County FFA Chapters for the 2022-2023 year will be Kylee Neff, Laney Burns, Hannah Cussins, Mark

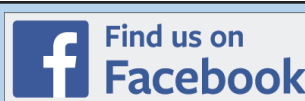
Phillips, Kiley Hebb, Alicia Barb, Nick Lawrence, Emily Synder, and Alyssa Darby.

If anyone is interested in joining the Tucker County FFA Chapter at the beginning of the school year

stop by and speak with Mr. Pennington or any current member of the Tucker County chapter.



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## News of Record

The following property transfers have been recorded in the Tucker County Clerk's office:

- Philip E. Martin and Angie Franks Martin, Davis Corporation, 0.97 and .099 acres more or less to Brian Cholewa, \$36,000.
- Alex E. Wolfe, Clover, 1.55 acres Life Time Rights to Reside to Garry R. Moore and Donna S. Moore, \$0.
- Garry R. Moore and Donna S. Moore, Clover, .38 acres to Rose Holdings LLC, \$0.
- Land of Canaan Home Owners Association Inc., Dry Fork, Unit D3 Week 27 to Edward B. Shuck, Bonnie Shuck, Justin M. Shuck and Joshua S. Shuck, \$750.

- Jason R. Lee and Carrie M. Lee, Dry Fork, .11 acres Northpoint to John Fiumara and Sandra Fiumara, \$289,000.
- MH & EF LLC, Thomas Corporation, Lots 6 and 9 to Nature Tucker LLC, \$220,000.
- George L. Daelemans III and Linda K. Daelemans, Dry Fork, 1.73 acres more or less to Thomas Kenney and Mary Dauphinais, \$72,000.
- Round House Ventures LLC, Dry Fork, Unit C Herwood Condo to Steven F. White/Trustee, \$0.
- Lynnelle Noll, Dry Fork, Lot 28 Yoakum Run to Western Hills Realty LLC, \$0.
- Kristie Owens, Thomas, Lot 91 to Dylan Johnson, \$36,500.

## Levy

Cont. From Front Page

public hearing dates will be announced at a later date.

The Ambulance Authority has enlisted the help and guidance from several entities including Clinton Burley, president and chief executive officer of Health-Net Aeromedical Services. Burley is highly involved in the emergency medical services and provides services to rural EMS through EMSAC.

EMSAC, or Emergency Medical Services Advisory Council, is a legislative body created by West Virginia government whose fundamental purpose is to provide guidance to the Office of Emergency Medical Services (OEMS) involving all aspects of EMS.

West Virginia Director of OEMS, Joseph "Jody" Ratliff spoke to the Ambulance Authority and commissioners providing guidance from the state level. Ratliff's number one advice is to make sure EMS covers the county the best that they can and for all entities involved to set down at one table and share data with each other. Ratliff said, "Without the data it is hard to make a good solid decision."

Trust is another key goal for the Ambulance Authority and the county commission. Ratliff said, "When EMS and the county commission work together there has to be a level of trust. If it is not there, then nothing works."

Ratliff said, "There is a lot of challenges with EMS, and the question is always where we are going to get funding. Well, there is a misconception, and that misconception is because we bill on insurance, we get paid for what we bill for. That is highly wrong. It is not how it works. It is not even close to how it works. And how we get the bill is one way also. When hospitals do their billings,



Ambulance Authority President Dennis Filler speaking to audience and the TC Commissioners

they get to itemize every little thing. The ambulance does not. EMS only gets to bill for load fee and mileage fee and only when we transport. If we do not transport, then all those things that we do we do not get to bill for."

President of the Ambulance Authority, Dennis Filler explained to the commission that without the EMS ordinance money they were collecting EMS would be running in a deficient by end of May 2023. Filler said, "I have faith in our accountant and all information pertaining to the budget is open for viewing by the commission." Filler went on to say that their budgets have come a long way compared to what they use to be and with current projections they would be out of money before the new fiscal year in 2023.

Even if the levy passes this fall proceeds from that levy will not be available until September of next year due to the fact the levy would go out with the property taxes in July. Running just one crew will not be sufficient to make it to the end of the fiscal year either based on the fact with just running one crew there is less billing going out and being collected than with two crews.

Commissioner Fred Davis said, "The thing is you have enough money to last to May, but you do not the staff to run two crews." Diane Hinkle said, "We had enough to run two crews but have lost several since we lost the ordinance." Davis asked,

"You have the money, but do not have enough people to work, is that correct?" Filler answered that they did not have enough money to hire new crews. Davis said, "But the money is there if you wanted to run two crews?" Excitedly Filler explained that no it could not run two crews at the moment.

After hearing comments from the audience Davis said, "You do not need to sit here and laugh at me when I am asking questions. That is what the hell goes on when people do not get along and try to talk. I am trying to ask questions and you guys are making fun of me. I do not think that is very good. I will help you, but you guys have not come to ask us for money."

Filler responded with, "How many times have we came and asked you?" Chris Davis jumped in and said, "We have worked hard directly with our accountant, so we know exactly where our finances are now. He is doing a great job. He is getting all the expenses, and everything lined up, so we know exactly what our expenses are. We have our year end expenses. Our budget was taken from that year end from last year. We have trickled everything down we could. We got rid of our escrows which put us at that \$1 million mark.

Now obviously with one crew that stuff is going to drop. The idea of our

budget with that \$1.5, we have taken away our escrow account. Without the escrow and having less people out working we will not have as many reimbursements from the actual runs.

Without our escrow there was about a \$300,000 deficient to get to the end of the year, but with using that escrow account that is what is going to get us to May."

Filler also requested help from the spokesman from Timberline Ski Resort and Canaan Valley Ski resort. While Matt Baker from Canaan stated he was not in the position to offer that assistance himself, Tom Price from Timberlake said, "We would be happy to help in any way that we can. I am learning more and more each time I sit through one of these meetings. We looked through our numbers from the ski area and there are very few. We do understand that they bring families in, and they are staying in the valley. So, the impact of people getting injured in the ski area verses the total impact is not apples to apples. But we know it is very important for the safety of our guests, and the safety of our employees is paramount."

The final recommendations and data collected from Burley and his crew with EMSAC will be finalized in the upcoming days and shared with the commissioners.

## Davis Medical Center Meet & Greet is August 25

Elkins, WV – Davis Medical Center (DMC) will host a Meet and Greet for the community to attend on Thursday, August 25 from 4:30 to 5:30 p.m. at the DMC MarketPlace, and from 6 to 7 p.m. at the Elkins Depot.

The event is an opportunity for the public to welcome new providers to the community and to meet existing Davis Medical providers representing a host of medical specialties.

"We're really excited about the many new providers who have joined, or will soon join the Davis Medical Team," said Chief Medical Officer Mindy Chua, DO. "It's a perfect opportunity to learn about all that our community hospital has to offer."

Providers on-hand for the event include those from women's and children's, family practice, specialty, and medical services.

The Meet and Greet will move to the Elkins Depot at 6 pm and will run in tandem with the Our Town Summer Concert Series. The DMC marketplace will give out different varieties of Starbucks WPS tea beverages, and other light refreshments.

"Recruitment is a vital part of the DHS strategic plan, and on average, it takes 24-36 months to successfully recruit for a specialty medical service like podiatry or OB/GYN. To welcome more than 10 new providers is truly a celebration," said Chua. "The charm of Randolph County, its friendly people and the beautiful landscape are certainly selling points for most who choose to practice medicine here and make it their home."

The public, healthcare and business communities are all welcome to attend one or both of the Meet and Greet events.

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## HARPER REUNION

The 56th annual Harper Family Reunion: Relatives of the late Anzina and Daniel B. and Frank and Effie Harper will be held from 1 – 5 p.m. on Sunday, Aug. 28 at Mill Race Park. Bring a covered dish and join us.

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Submissions must include a daytime telephone number, name and address. This is for verification purposes.

Letters can be submitted only once each 30 days and can not exceed 500 words.

Submitting a letter does not guarantee it will be published. All letters become prop-

erty of The Parsons Advocate. The Parsons Advocate reserves the right to edit and/or reject letters. Personal attacks, lies, and etc. will not be published.

The views expressed in letters are not necessarily the views of the Parsons Advocate.

Thank you notes and advertising are not considered as letters to the editor. When submitting letters do not use all caps, italics or bold. Use punctuation, upper and lower case letters and indent for paragraphs.

If you have any questions, please call us at 304-478-3533.

## The Parsons Advocate

Editor and Publisher Michael Showell  
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# OBITUARIES

## Lela Lorraine Phillips Sponaugle

Lela Lorraine “Pinky” Phillips Sponaugle, age 82 (16, if anyone asked), a resident of River Bend Estates in Parsons, WV, entered into Heaven on Friday, August 19, 2022, at Ruby Memorial Hospital in Morgantown surrounded by her loving husband, children and grandchildren. She had been in declining health, but death was unexpected after suffering a fall earlier in the week.



Lela was born on August 7, 1940, in Hambleton, WV, the daughter of the late Sylvester George and Buena Vesta Pennington Phillips. Preceding her in death are four brothers: Leroy L. Phillips, Leonard L. Phillips, Lester L. Phillips, and Lonnie L. Phillips; one sister: Lorene L. Phillips Arnold; her eldest child, Robert Paul Sponaugle; several brothers- and sisters-in-law; and several dear friends.

On April 20, 1957, in Red House, MD, she was married to Paul W. “Coon” Sponaugle, who survives. They celebrated 65 years of marriage. Also surviving are one daughter: Judy (William) Stansberry of Fort Defiance, VA; one son: Steven Allen (Connie) Sponaugle of Parsons; a daughter-in-law, Minnie Mae Sponaugle; six grandchildren: Fallon (Josh) Henline of Hendricks, Brittany (Jeremy) Carper of Falmouth, VA, Holly (Jared) Burner of Luray, VA, Kandice Sponaugle of Parsons, Steven Paul (Danielle) Sponaugle of Parsons, and Katelyn Sponaugle of Davis; 9 great-grandchildren: Joshilyn and Zaken Henline, J.W. and Dorothy Grace Carper, Brynlee Kennard, and Ryder, Charlie, Chase, & Oliver Sponaugle; several dearly loved nieces and nephews; and special friends: Jennings Randolph Lipscomb, Frank & Sharlene Carr, Joanne Carr, Missy Hardy Jones, Stephanie Lambert, and Beverly Bennett.

Lela attended Parsons High School where she was a Majorette. She earned her Bachelor of Science degree from Davis & Elkins College and her Master’s degree from West Virginia University. She taught in Tucker County schools for more than 30 years. She also taught Sunday School for many years. She attended Riverview Chapel in Porterwood where she loved to sing in the Christmas and Easter cantatas. She enjoyed canning, camping, sewing, bowling, playing cards, singing, spending time with her grandchildren, watching westerns, an avid reader of novels, watching the birds and deer from her porch, and caring for her “critters”. She was a proud Mountaineer, who had an impressionable sense of humor, a strong will, and a fierce love for her family.

The family will receive friends at the Lohr & Barb Funeral Home of Parsons, WV on Wednesday from 4 to 7 p.m. Final rites will be conducted at the funeral home on Thursday, August 25, 2022, at 11 a.m. The Reverend Bill Parsons will officiate and interment will follow at the Brights Chapel Cemetery at Dry Fork, WV. The Lohr & Barb Funeral Home is in charge of the arrangements for Lela Lorraine Phillips Sponaugle. Condolences may be expressed to the family at; [www.lohrbarbfuneralhome.com](http://www.lohrbarbfuneralhome.com).

## Debra Ann Phillips Jones

Debra Ann Phillips Jones, 59, a resident of Hambleton, passed from this life on Tuesday, August 16, 2022, at her home. She was in her usual health and death was sudden and unexpected.



Debbie was born Friday, January 25, 1963, in Youngstown, OH, a daughter of the late Charles Thomas Phillips and Gertrude Frymyer Phillips who survives in Ripley. On June 13, 1981, in Oakland, MD, she married Roger Lee Jones, who survives. They had celebrated forty-one years of marriage.

Also left to cherish Debbie’s memory besides her husband and mother, is daughter, Jessica Kisamore and husband, Cody of Limestone, a sister, Marie Turley of Ripley, a brother, Larry Phillips and wife, Linda, of Hambleton, five grandchildren, Brandon Knotts of Parsons, Megan and husband, Vibhat Seth of Illinois, Jasmine, Trevor, Trenton Jones, all of Pheasant, and several nieces and nephews.

Preceding Debbie in death besides her father, was a son, Thomas Jones, a brother, Charles Phillips, and sister, Dessie Darlene Phillips.

Debbie attended the schools of Tucker County, and at the time of her death was employed at Cortland Acres Nursing Home where she had worked for the past six years and also did in home care. The love of her life was her husband and grandchildren. She loved them more than life and there was nothing she wouldn’t do for them. She also enjoyed fishing with her husband. She was loved by many and will be sadly missed.

Visitation was held at Hostetler Funeral Home on Sunday from 6 until 8 p.m. Funeral services were held on Monday, August 22, 2022, at 11 a.m. Rev. Greg Smith officiated, and interment followed in Parsons City Cemetery. The Hostetler Funeral Home was entrusted with the arrangement for Debra Ann “Debbie” Phillips Jones. Send online condolences to the family at [www.hostetlerfuneralhome.com](http://www.hostetlerfuneralhome.com).



## Hamrick PSD

It is a wide area with have 64 miles of water lines that serve those in Hendricks, Hambleton, Bretz, Blackman Flats, Holly Meadows, St. George and Leadmine.

Upon review of the application, staff recommended water rates which would generate an increase of \$87,815 annually, or a 19.09% increase over revenue and the Cash Working Capital Reserve (CWCW) under current water rates. Staff recommended sewer rates which would generate an increase of \$4,793 annually, or a 2.59% increase over revenue and the CWCW increment under current sewer rates.

Under the staff-recommended water rates, the average monthly residential usage of 2,700 gallons would increase by \$7.68, or 19.09%, over

current rates; the average monthly commercial usage of 5,000 gallons would increase by \$12.24, or 19.09%, over current rates; and the average monthly public authority usage of 17,400 gallons would increase by \$35.36, or 19.10%, over current rates.

Under the staff-recommended sewer rates, the average monthly residential usage of 2,700 gallons would increase by \$0.59, or 2.07%, over current rates; the average monthly commercial usage of 1,500 gallons would increase by \$0.68, or 3.24%, over current rates; and the average monthly public authority usage of 18,800 gallons would increase by \$4.14, or 2.07%, over current rates.

Residents had ten days from the time of the publication of the legal ad to send in a protest to the Public Ser-

vice Commission in Charleston and without any protect or callings for a hearing the Commission will affirm the proposed recommended rates with a hearing.

Lipscomb said, “It was my recommendation to increase the rates slowly over the next couple of years, but the Commission set forth with the current rate increase recommendations.” Because Hamrick PSD is regulated by the Commission, they have to follow their guidelines. The new rates will take effect with the September billings.

The next Hamrick PSD meeting will take place on September 12, 2022, at 4 p.m. and located at the Hamrick PSD office in Hendricks.

Cont. From Front Page

## Dear World...



MY YOUNG SON starts to school today...It’s going to be sort of strange and new to him for awhile, and I wish you would sort of treat him gently.



You see, up to now he’s been king of the roost...He’s been boss of the backyard...His mother has always been near to soothe his wounds and repair his feelings.

But now things are going to be different. This morning he’s going to walk down the front steps, wave his hand, and start out on the great adventure...It is an adventure that might take him across continents, across oceans...It’s an adventure that will probably include wars and tragedy and sorrow...To live his life in the world he will have to live in, will require faith and love and courage.



So, World, I wish you would sort of look after him...Take him by the hand and teach him things he will have to know.

But do it gently, if you can. He will have to learn, I know, that all men are not just, that all men are not true.

But teach him also that for every scoundrel there is a hero...that for every crooked politician there is a great and dedicated leader...Teach him that for every enemy, there is a friend.



Steer him away from envy, if you can...and teach him the secret of quiet laughter. In school, World, teach him it is far more honorable to fail than to cheat...Teach him to have faith in his own ideas, even if everyone says they are wrong...Teach him to be gentle with gentle people and tough with tough people.

Try to give my son the strength not to follow the crowd when everyone is getting on the bandwagon...Teach him to listen to all men but teach him also to filter all he hears on a screen of truth and take just the good that siphons through.



Teach him, if you can, how to laugh when he’s sad...Teach him there is no shame in tears...Teach him there can be glory in failure and despair in success.

Treat him gently, World, if you can, but don’t coddle him...Because only the test of fire makes fine steel...Let him have the courage to be impatient...Let him have the patience to be brave.



Let him be no man’s man...Teach him always to have sublime faith in himself. Because then he will always have sublime faith in mankind.

This is quite an order, World, but see what you can do...He’s such a nice little fellow, my son!

By DAN VALENTINE



H. Nicholas Barb, Funeral Director & L.I.C.

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# Clover Bud camp held in July

The four-day Clover Bud camp was held from Monday, July 25 through Thursday, July 28 at Camp Kidd. There were 19 campers and eight councilors which included the 4H Teen Leaders. The camp was made possible by our supportive community and the Clorox company for the \$2500 grant.

On day one there was magnetic slime, ceramics, cookies, and lots of gaga balls.

Day two continued with more fun the campers tie-dyed their own camp shirt, fishing, and an educational story about birds and made bird feeders, they played the parachute game and more gaga ball. The Tucker County Sheriff's Department Chief Sigley brought his cruiser for the kids to see and talked about the role of a police



officer.

3, they made pool noodle rockets and did yoga, Kingsford Charcoal employees came and gave a demonstration Day on how charcoal is made as well as gave the history of Kingsford and there were prizes won. They ate corndogs, made trail mix, and made paracord bracelets.

On day four they made homemade individual pizzas, thermom-

eter crafts, paracord bracelets, and more gaga ball. The Parsons VFD came to set up the fire truck for a demonstration as well as set up what we call "Parsons VFD Splash Zone." Where campers had fun playing in the water.

The day came to an end with a walk to the council circle, where the camp was closed with songs and reflections.

# Eastern hosts agriculture teachers for CASE training

**MOOREFIELD, W.Va.** – Eastern West Virginia Community and Technical College and its Agriculture Innovation department recently hosted a unique educational experience – the CASE AgXplore Middle School Course – that is designed for agriculture teachers

CASE stands for Curriculum for Agriculture Science Education and is an initiative of the National Council for Agricultural Education and managed by the National Association of the Agricultural Educators (NAAE). CASE educators are also agriculture teachers, and they travel around the country during the summer and on school-year weekends to lead other teachers through CASE lessons and hands-on labs, so teachers can implement the lessons into their own classrooms.

Agriculture teachers in attendance at Eastern's CASE session,

which was held Aug. 9-10 at the college's campus in Moorefield, represented many county school systems in West Virginia. They also were joined by teachers traveling from New Jersey, Ohio, and Illinois.

The lessons in this AgXplore course were designed to demonstrate how agriculture plays a daily role in students' lives, whether they live on a farm or not. Topics covered the history of agriculture, how resources are used in agriculture and then agriculture produces resources used in other products, how food moves from the farm to the table, how to determine the nutritional value of foods, and more.

The participating agriculture teachers were the students for both days of the training, going through each lesson, filling in worksheets as they completed lab activities, making observa-

tions, measuring out ingredients, and working in teams to complete multi-step experiments.

Carol Webb, an agriculture science teacher at the Mineral County Technical Center (MCTC) in Keyser praised the workshop. "The CASE training hosted by Eastern provided teachers with a nationally recognized curriculum to enable middle school students to become further engaged in agricultural science, strengthening STEM skills through a variety of meaningful agricultural labs and activities. The class was very beneficial," she said.

Additional support for the CASE workshop was provided by the West Virginia Department of Education and Farm Credit of the Virginias.

"It was a pleasure to be able to host the CASE AgX Training at Eastern," said Carissa Beard, Eastern's director of agriculture inno-

vation. "Bringing trainings and opportunities like CASE to our community to help benefit local teachers is what our program is all about. Eastern is a great doorway for our community to have these types of wonderful learning opportunities."

## Recreational Cont. From Front Page



**Recreational Rental and Sales, LLC RV parking spots with full hookups that include water, electric, sewer, and trash.**

Conveniently located within walking distance to parks including the play park, basketball court, and baseball field. There is a boat ramp access to Shavers Fork River as well as a pond for catch and release fishing located in the historic Pulp Mill Pond.

New restaurant *The Grand Slam* is a five-minute walk away as well as the local pharmacy, a farmers' market, a general store and the historic Train Depot and *Depot Restaurant*.

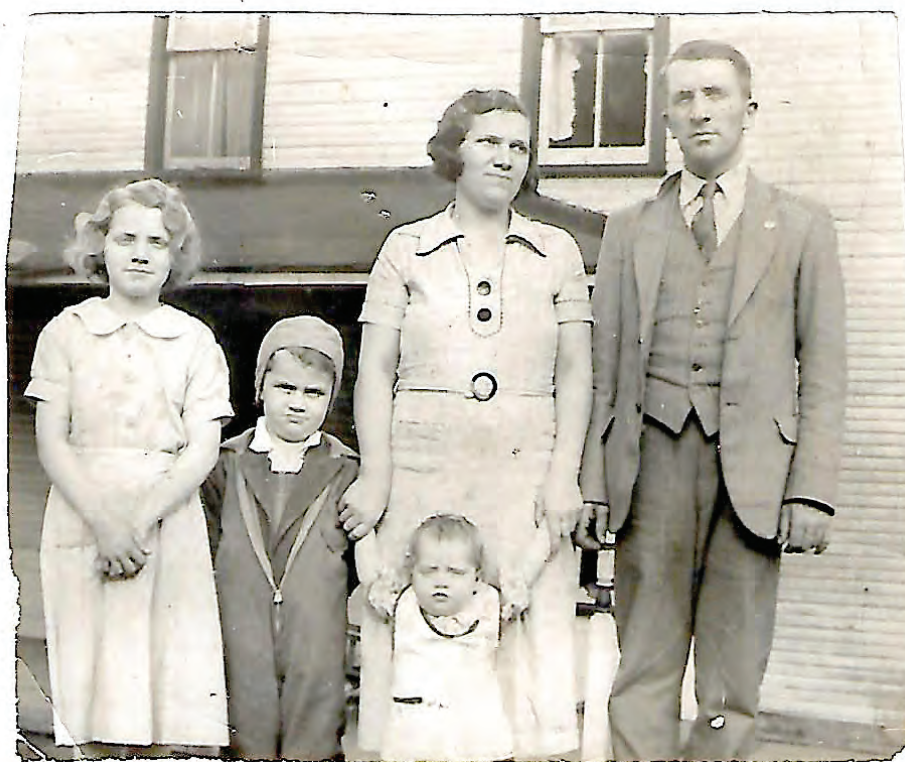
The Rails and Trails bike and walking trails are within walking distance

from site. Downtown Parsons with its many other local attractions like the Pocket Park and the float rentals can be found by taking a two-minute drive.

Currently tents are not allowed due to there being no bath houses. Pets are welcome though as long as renters abide by the City of Parsons leash laws. There is a shared picnic table and bonfire pit for use as well.

Recreational Rentals and Sales, LLC is located on Kohler Street, Parsons. Oldaker can be reached at 304.614.8901 or 304.614.8902.

## Peter T. Poling family reunion



**Dad – Parker K. Poling, Mom – Ethel Keller Poling, Sister – Dorothy Poling Simons, Brother – Franklin P. Poling, Little Sister – Betty S. Poling Kist.**

The Annual Peter T Poling family reunion was recently held on Aug. 13 at the Methodist Church in St George. All attendees had a great time enjoying the delicious food and fellowship. Next year the reunion will be held on Aug. 12 at 1 p.m. at the same location.

## Mullenax joins Eastern as CDL instructor

**MOOREFIELD, W.Va.** – Eddie Mullenax first climbed into a big rig as a small child and was entranced by the power of the machine.

The truck belonged to his uncle, who owned a trucking company, and the experience ended up shaping Mullenax's life. "It was the sound of the truck and how high I was sitting. It made an impression on me," Mullenax said.

Mullenax fell in love with trucks from that point on, and as soon he was old enough, he climbed into the cab as an over-the-road driver in 1979.

Mullenax's time as a driver would eventually cover more than four million miles, he estimates, and covered 45 states. His career would span employment with several trucking companies, taking him far from his native Petersburg.

With his new position as Eastern's Commercial Driver's License (CDL) instructor, Mullenax believes this job might be the perfect way to balance his love for driving and his love of his home and family, while helping others who might feel the same pull to drive large trucks



and see the country.

Drivers need quality training, he said, to help them adapt to different driving conditions. Over the years that he drove, he saw steady growth in traffic on interstate highways, and that changed how he had to drive, and the types of things he had to watch for. "That's what CDL training is about," he said. "It's about keeping a driver and the truck in compliance with regulations and keeping safety top of mind. At the end of the day, the job is going to get done, and we need to do it in as safe a manner as we can."

Driving gave Mullenax the

opportunity to see the country in ways that he would have missed in other jobs, he said. "I spent a lot of time on I-81, I-95, I-40, I-10. I made a lot of trips to Texas, and to the Midwest. I've traveled into New York City, Chicago, and just about every other major city. Every trip has its own challenges and excitement, and I learned from all of it."

Mullenax said he is looking forward to sharing his many years of experience with students in Eastern's CDL training program, which is designed to meet all federal training requirements. "It will be a bit of a learning experience for me, too," he said, because I know how to do all these things, don't even have to think about them, but I've got to go back and remember how I learned it, and then share that with my students in the way that I once heard it or saw it done."

Eastern's CDL program will start classes again in September. To learn more about the program, contact Eastern's Workforce Education Department at [WorkforceEd@easternwv.edu](mailto:WorkforceEd@easternwv.edu), or visit the CDL information page at <https://easternwv.edu/workforce-education/cdl-training/>

## Outdoor Adventure, Live Music & More on Tap for Labor Day Weekend at Canaan Valley Resort



Davis, W.Va. – Featuring live music, scenic chairlift rides and a host of activities for the whole family, Canaan Valley Resort offers the perfect escape from the late summer heat and a great opportunity to celebrate the end of summer this Labor Day Weekend, September 2-5.

"While it's oppressively hot across West Virginia and the surrounding region, it's typically ten degrees cooler in Canaan Valley," said Matt Baker, general manager at Canaan Valley Resort. "Escape to the mountains this Labor Day weekend and explore all the natural wonder our area has to offer."

On Friday evening, live music will be offered on the Quencher's Plaza, slope side at the ski area. Free to the public, the band "B Sharpe" will perform from 6-9pm.

Rising nearly 1,000 feet from the base of the ski area and offering breathtaking views of the surrounding valley and mountains, chairlift

rides will be available throughout the weekend. Guests can choose to ride up and back down the mountain on the lift or get off at the top of the mountain, check out the scenery from the paraglide launch and overlook, and hike the beautiful, two-mile Bald Knob Trail back to the ski area.

Throughout the weekend, guests can enjoy the swimming pool, which offers expansive views of the valley. For kids, a variety of lawn games will be offered daily, to include ladder ball, cornhole and more, and wagon rides will be offered on Friday and Saturday evening. Additionally, the European links-inspired, 18-hole championship golf course is in great condition and tee times are available.

For additional information, or to make reservations, contact the resort at 1-800-622-4121 or visit the website at [www.CanaanResort.com](http://www.CanaanResort.com).

**DEADLINE 8AM MONDAY**



clinic in Hambleton with 26 employees.

In 2016 they added the St. George Medical Clinic Dental Services adjacent to the school-based facility. Wamsley said, "Dental was such a huge asset to the curriculum of St. George Clinic and to the community that we serve." They quickly outgrew that space in that facility and added a separate dental facility in 2018.

Also, in 2018 St. George added the behavior health wing called the "Woody Nester Health Wing" and has grown three-fold. Wamsley said, "It was at that dedication that Diane Hinkle said this was great but do not forget about Canaan. Diane was very persistent and every time we met her; she said do not forget about us. We did not forget you, Diane."

The pandemic hit in 2020, and after the declaration of the pandemic St. George decided to form an administration team due to the quickly growing number of patients and 56 employees on staff. Wamsley said, "We developed an administration team that could not only protect the patients and staff during the pandemic but also kept the mission of St. George Clinic at heart."

The administrative team was present at the open house and introduced themselves to the guests. Those team members consisted of Physician Assistant and Chief Medical Officer Solena Roberts, Chief Operations Manager Julie Strawderman, Quality Improvement Manager Chantel Jones, Chief Informational and Compliance Officer Dani Lambruno, RN and Nurse Manager Emily Ramsey, Psychologist and Director of Behavior Health Amber Gump, and Director of St. George Dental Clinic Dr. Christopher Payne, DDS.

Wamsley said, "It is the team members beside me that actually has provided the grounding for the clinic itself. We also say we start the day with a blank puzzle. And as the day progresses the pieces of the puzzle get put together. And it is each of these team members that makes up those pieces of that puzzle. Different shapes; different sizes; different colors. They always seem to make the puzzle piece fit.

There might be a piece of that puzzle missing but it's always the team members that actually finds the puzzle piece



New staff members for the St. George Canaan Valley Clinic and Pharmacy

and puts the puzzle back in its place. At the end of the day with the team we have established nothing gets dismantled, nothing gets by them, and actually it is creating a masterpiece of a puzzle. The next day we start blank again with new hurdles and new goals."

The construction of the clinic became a reality because of the American Rescue Plan that made it possible to apply for a grant. Wamsley said, "Senator Manchin has been a huge supporter of community health centers throughout the time I have been in service here. And community health centers always experience a bipartisan support politically. It does not come easy. Obviously when you are in the political world you have to write letters first and continuously address our Senators and our politicians to make sure our funding continues, and they always hear us." Wamsley then introduced Senator Manchin's representative, Frank Jezioro.

Jezioro said, "As I look around, I see some of the people I have seen before and some of you that I know. When Senator Manchin was Governor, I went in as Director of DNR (Director of Natural Resources) and for ten years did a lot of work in this area. But I have watched it grow all my life. This a special place and I know a lot of you are aware of that and that is why you are here. When I first came up here in High School in 1962 there was one gas station in Canaan Valley. That was it. There was nothing else here and I have watched it grow over the years as the population grew and the people became aware



St. George CEO Paul Wamsley and Frank Jezioro (Representative for Senator Manchin) of what a beautiful place it was and now you have services here.

You have an older population in Thomas, Davis, and around the area. And you have transit people coming in and Senator Manchin realized the importance of this. Maybe a little bit of self-serving because he has a house right down the road."

Jezioro went on to read a greeting from Senator Manchin to the St. George Medical Clinic. In his greeting Manchin thanked the St. George Clinic for opening the newest clinic in Canaan. Jezioro read, "Tucker County is truly a beautiful place and when West Virginians work together for the good of their neighbor there is nothing that can get in the way. I sincerely thank everyone that made today's event possible. As well as many administrators, staff, and support-

ers for providing excellent care. The work that you are doing is truly impactful and you make our state an even better place to work, live, and raise a family one project at a time."

Wamsley finished by thanking everyone involved in helping make the completion of the clinic possible and welcomed the new staff of the St. George Canaan Valley Clinic and Pharmacy. Following a ribbon cutting ceremony guests were invited to dine on lunch served by local restaurants and food vendors. The new clinic is located at 6368 Appalachian Highway, Davis and is open Monday through Friday 9:30 a.m. to 6 p.m. and Saturday 9 a.m. to 2 p.m. The pharmacy will be open Monday through Friday 9 a.m. to 7 p.m. and Saturday 9 a.m. to 2 p.m.

## State of WV's Kids Summit and Awards Luncheon



This year's State of WV's Kids Summit and Awards Luncheon is October 4, 2022 at Edgewood Country Club in Charleston, WV. Join child and family research scientists, board members and Champion

of Children award winners at noon as we roll out the 2022 WV KIDS COUNT Data Book!

Like you, we believe in the power of data-driven decision making. By sharing

data about West Virginia's kids, we encourage others to act on their behalf. Data about children's education, health, family and community, and economic well-being provides community leaders, state legislators, public officials and child advocates with reliable data, policy recommendations and tools needed to advance sound policies that benefit West Virginia's children and families.

The State of West Virginia's Kids Summit & Awards provides us a platform where we release our annual WV KIDS COUNT Data Book, recognize champions of West Virginia's children, and raise money to support our work. Last year, Jennifer Garner was honored as our 2021 Champion of

Children, and, because of you, we raised \$30,000. This year, we are hoping to raise even more at our in-person luncheon.



### Thank You

The family of "Dode" Hart, gratefully appreciate the outpouring of prayers, sympathy, and condolences upon the death of our much loved and sorely missed family member.

We especially acknowledge the love, comfort, compassion and special attention to detail that helped us during this most difficult and unexpected loss:

- Lohr & Barb Funeral Home
- Reverend Neil Parsons
- Pastor Sue Metzner
- The Women's Society of Hambleton United Methodist Church
- Steven's Florist

Remember "Dode" with laughter, smiles and joyful memories. Her pain is over; while we are left with a hole in our hearts that will never quite heal.

*"When I come to the end of the road,  
and the sun has set for me.  
I want no rites in a gloom filled room,  
why cry for a soul set free?  
Miss me a little—but not too long and  
not with your head bowed low.  
Remember the love we once shared.  
Miss me—but let me go.  
This is a journey we all must take,  
and each must go alone.  
It's all a part of our Master's plan,  
a step on the road to home.  
When you are lonely and sick of heart,  
go to family and friends we know.  
And bury your sorrows in doing good deeds.  
Miss me but let me go."*

ROMANS 14-8: If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord.

PSALMS 73-26: My flesh and my heart may fail, but GOD is the strength of my heart and my portion forever.

JOHN 16-22: Therefore you have grief now; but I will see you again, and your heart will rejoice; and no one will take your joy away from you.

You are invited to a

# MEET

and

# GREET

8/25/22 • 2 Locations  
Davis Medical Center MarketPlace 4:30 to 5:30 pm  
The Elkins Depot 6 to 7 pm

Get to Know Your Community Healthcare

Davis Medical Center

*And the survey says...*

## BUSINESS OPPORTUNITIES

# 49 POTENTIAL PROSPECTS

Q: Are you interested in expanding your existing downtown business, in moving your business to Downtown Parsons, or in opening a new business in Downtown Parsons?

Interested in expanding my downtown business	11
Interested in moving my business to downtown	2
Interested in opening a new business in downtown	36

Parsons is DARRE-ing to be a leader in downtown revitalization in West Virginia.

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2022 Jeep Renegade Altitude **0% FINANCING ON SELECT MODELS**

**\$31,990**

**10 DAYS TO DEAL!**

# SPORTS

## Tucker County Football opens season Friday at Home

By Dave Helmick  
TuckerCountySports.Com

HAMBLETON – The Mt. Lions Football team will open their season this Friday at home against Pocahontas County at 7pm in Parsons. Tucker County returns a host of experience from last year's team that ended the season with a 3-7 record. Coach Rapp is excited about the amount of kids out for football this year with a total of 35 players to start the season. The breakdown of this year's team by class is 10 freshmen, 7 sophomores, 10 juniors and 8 seniors. Rapp is also happy with the young talent on this team and he is also looking forward to the season as he returns some players with varsity experience. Rapp said, "Preseason scrimmages have been good we have made some mistakes, but I really like where we are right now as a team."

The offense should be improved this season as junior quarterback Ethan Rosenau returns to lead this team. Joining Rosenau in the backfield will be fellow junior Blaike Adams and sophomore Jared Reall. The talent at the receiver positions is also a true benefit for this team according to Coach Rapp, "This may be the most athletic receivers we have had in several years." The receivers sure to make an impact on



Photo by Brittany Channell  
Tucker County's Maddox Anderson catches a pass in the scrimmage game against Trinity on Aug. 12th.

this year's team are as follows. Senior Trenton Wilfong, junior Maddox Anderson, senior Will McCalister, junior Ashton Lycliter, junior Racer Channell and senior

Jakob Barrett will provide plenty of targets for Rosenau on offense. The offensive line will also return experience as senior Dom Mullenax returns to lead the line at the center position. Tucker County will also have junior Gavin Mullenax, junior Owen Knotts, senior Hayden Smith and sophomore Markey Phillips at the line positions. Other players that will look to help out on the line will be sophomores Gavin Nestor and Blake Helmick to name a few.

The schedule for the Mt. Lions will be the same as last season as the PVC Conference provides some tough matchups for Tucker County year in and year out. The first game of the season will be a home contest with rival Pocahontas County on Friday August 26th. The Mt. Lions will then travel to Tygarts Valley on September 2nd and Tucker County will then host PVC foe East Hardy on September 9th. The open week will be week 3 this season as September 16th will be an off night. The Mt. Lions will then host Berkeley Springs on September 23rd. Tucker County will then travel to PVC opponent Pendleton County on September 30th and then they are scheduled to host another PVC rival Moorefield on October 7th. A road contest at Southern, MD awaits Tucker County on October 14th and then the

Mt. Lions will host Gilmer County for Senior Night on October 21st. The last 2 weeks of the season will be road games for Tucker County as they will travel to Petersburg on October 28th and South Harrison on November 4th. All games are scheduled for kickoff at 7pm.

Tucker County Head Coach AJ Rapp was asked about this year's team compared to last year, Rapp said, "Last year we lacked numbers and no subs to give players breaks and we just got wore down throughout the game, that did not allow us to finish the games, we just ran out of gas in the second half." Rapp added, "Hopefully this year with what we have we can rotate some kids out this year we can give players a breather here and there and not get wore down as much." When Rapp was asked, "What was the key to having a successful season. Rapp said, "The key to this season is going to be developing our offensive line and keeping them healthy throughout the season."

All Tucker County Football home games will be Broadcasted on YouTube Live with play by play audio provided by TuckerCountySports.Com. For more info and links to the broadcasts go to TuckerCountySports.Com.

## Tucker County Cross Country opens season at St. Marys

By Dave Helmick  
TuckerCountySports.Com

ST. MARYS – The Mt. Lions Boys' and Girls' Cross Country team opened the season on Saturday August 20th as they competed at the Autumn Classic at St. Marys High School.

In the Girls' race 156 runners competed in the event. Erin Chambers was the top finisher for the Lady Mt. Lions with an 8th place finish and a time of 20:24.00. Katie Hicks(21:10.03) finished 15th, Addie Moats (22:27.66) placed 32nd, Hannah Hardy(23:19.50) was 47th and Brianna Hardy finished in 104th place. The Tucker County Girls' team finished 5th overall out of 17 teams.

The Tucker County Boys' team took to the



Photos by Addie Hicks  
Tucker County's Erin Chambers (left) finished 8th in the Autumn Classic at St. Marys on August 20th. Cameron Judy (right) was the top finisher for the Tucker County Boys' on August 20th at the Autumn Classic in St. Marys.

course next as the Boys' race featured 143 runners overall. The top runner for the Mt. Lions was Cameron Judy with 25th place finish and a time of 19:00.07. The remaining Tucker County runners finished as follows: 37th-Nate Ricottilli(19:30.51), 60th-Alex Boyles(20:45.15), 68th-

Allan Boyles(21:07.05) and 99th-Lynk Suesli(23:11.95). The Mt. Lions finished 5th overall out of 17 teams.

The Tucker County Girls' and Boys' Cross Country teams will return to action on Saturday September 3rd at Buckhannon-Upshur. For more

info go to TuckerCountySports.Com.

## AREA SCHEDULE:

### Wednesday August 24th

- Tucker Valley Football Scrimmage vs Trinity @ Home 6pm

### Friday August 26th

- Tucker County Football vs Pocahontas County @ Home 7pm

### Tuesday August 30th

- Tucker County Volleyball - Trimatch @ Union 5pm

### Friday September 2nd

- Tucker County Football at Tygarts Valley 7pm

### Saturday September 3rd

- Tucker County Girls' & Boys' Cross Country @ Buckhannon

TUCKER COUNTY FOOTBALL SCHEDULE			
8/26/2022	7PM	HOME	POCAHONTAS COUNTY
9/2/2022	7PM	AWAY	TYGARTS VALLEY
9/9/2022	7PM	HOME	EAST HARDY
9/16/2022			OPEN
9/23/2022	7PM	HOME	BERKELEY SPRINGS
9/30/2022	7PM	AWAY	PENDLETON COUNTY
10/7/2022	7PM	HOME	MOOREFIELD
10/14/2022	7PM	AWAY	SOUTHERN GARRETT, MD
10/21/2022	7PM	HOME	GILMER COUNTY
10/28/2022	7PM	AWAY	PETERSBURG
11/4/2022	7PM	AWAY	SOUTH HARRISON

TUCKER COUNTY JV FOOTBALL SCHEDULE			
9/5/2022	6:30PM	AWAY	EAST HARDY
9/12/2022	6:30PM	HOME	SOUTHERN GARRETT, MD
10/3/2022	6PM	HOME	PETERSBURG
10/17/2022	6PM	AWAY	PHILIP BARBOUR
10/24/2022	6PM	AWAY	EAST FAIRMONT

TUCKER COUNTY VOLLEYBALL SCHEDULE			
8/30/2022	5PM	AWAY	TRI @ UNION, W/PAW PAW
9/8/2022	6PM	HOME	UNION
9/13/2022	6PM	AWAY	PRESTON HIGH SCHOOL
9/15/2022	6PM	AWAY	PENDLETON COUNTY
9/20/2022	6PM	HOME	ELKINS
9/21/2022	6PM	AWAY	PETERSBURG
9/22/2022	6PM	AWAY	TYGARTS VALLEY
9/29/2022	6PM	HOME	MOOREFIELD
10/4/2022	6PM	HOME	PRESTON HIGH SCHOOL
10/5/2022	5PM	AWAY	MOOREFIELD
10/6/2022	6PM	AWAY	TRI @ UNION, W/EAST HARDY
10/11/2022	6PM	HOME	TYGARTS VALLEY
10/13/2022	6PM	AWAY	PENDLETON COUNTY
10/19/2022	6PM	AWAY	ELKINS
10/20/2022	6PM	HOME	PETERSBURG

TUCKER COUNTY CROSS COUNTRY SCHEDULE			
8/23/2022	4:30PM	AWAY	KEYSER
9/3/2022	4:30PM	AWAY	BUCKHANNON-UPSHUR
9/10/2022	9:00AM	AWAY	FRANKFORT
9/13/2022	4:30PM	AWAY	BROADFORD(OAKLAND, MD)
9/20/2022	4:30PM	AWAY	SOUTH HARRISON
9/24/2022	10:00AM	HOME	RUN FOR IT - DAVIS
10/8/2022	10:00AM	HOME	TUCKER COUNTY INVITATIONAL @ CAMP KIDD
10/11/2022	TBA	TBA	PVC CHAMPIONSHIP - TBA, DATE MAY CHANGE
10/13/2022	TBA	TBA	REGIONALS - TBA
10/29/2022	12:00PM	AWAY	STATE MEET CABELL MIDLAND

TUCKER VALLEY FOOTBALL SCHEDULE			
9/7/2022	6:30PM	AWAY	LINCOLN MIDDLE
9/14/2022	6:30PM	HOME	MOUNTAINEER(M) MIDDLE
9/21/2022	6:30PM	HOME	ROBERT L BLAND MIDDLE
9/29/2022	6:30PM	AWAY	BUCKHANNON-UPSHUR
10/5/2022	6:30PM	AWAY	PHILIPPI MIDDLE
10/12/2022	6:30PM	AWAY	WASHINGTON-IRVING MIDDLE
10/19/2022	6:30PM	HOME	ELKINS MIDDLE

TUCKER VALLEY VOLLEYBALL SCHEDULE			
9/6/2022	6PM	HOME	EAST PRESTON
9/8/2022	6PM	HOME	DAVIS-THOMAS
9/12/2022	6PM	AWAY	KASSON
9/19/2022	6PM	AWAY	UNION
9/22/2022	6PM	AWAY	BELINGTON
9/26/2022	5PM	AWAY	PHILLIPI
9/27/2022	6PM	HOME	KASSON
10/3/2022	6PM	HOME	UNION
10/10/2022	5:30PM	AWAY	TRI @ WEST PRESTON
10/17/2022	5PM	HOME	PHILLIPI
10/18/2022	5:30PM	AWAY	TRI @ SOUTH PRESTON
10/20/2022	6PM	HOME	BELINGTON
10/25/2022	6PM	AWAY	DAVIS-THOMAS

DAVIS-THOMAS VOLLEYBALL SCHEDULE			
9/8/2022	6PM	AWAY	TUCKER VALLEY
9/12/2022	5PM	AWAY	UNION
9/14/2022	5:30PM	AWAY	CENTRAL PRESTON
9/19/2022	6PM	HOME	TERRA ALTA
10/3/2022	5:30PM	AWAY	BRUCETON
10/25/2022	6PM	HOME	TUCKER VALLEY



**Your community.  
Your healthcare.**

*Good Luck!*

Tucker County High Mt. Lions  
Tucker Valley Wildcats  
Davis Thomas Bears



**St. George**  
MEDICAL CLINIC, INC.  
stgeorgeclinic.org







# Canaan Valley Running Company to Host Second Annual Moonlight on the Falls Marathon



Last year, 600 runners participated in the Moonlight on the Falls Marathon. Don't miss out on registering for this unique experience in the heart of Blackwater Falls State Park.



Prior to the race, runners and visitors will enjoy live entertainment and local food trucks.

## Limited Runner Registration Slots Remain Available

DAVIS, W. VA (August 11, 2022)- Due to limited remaining availability, the Canaan Valley Running Company has issued a call to runners to register for their second annual Moonlight on the Falls Marathon. The race will be held at Blackwater Falls State Park, and will begin at 10 p.m. on August 27 and will go until 7 a.m. on August 28.

"We are excited to be hosting the Moonlight on the Falls Marathon for the second consecutive season," said Robby McClung, owner and founder of the Canaan Valley Running Company. "We look forward to catching up with the friends we made last year and

make new friends as we expand on our success. We are also excited to provide our runners the opportunity to qualify for the Boston Marathon."

The Moonlight on the Falls Marathon, which will take place on Pendleton Point, is an approximate 6.5-mile-long looped course. Runners will have the option to run a 26.2-mile marathon, a 13.1-mile half marathon, a 6.55-mile quarter marathon, a relay and an ultramarathon distance challenge. The course is a USA Track and Field certified course, and runners who compete in the full marathon will have an opportunity to qualify for the

world renowned Boston Marathon.

Runners and spectators will also have the opportunity to enjoy a festival-like atmosphere with live music, vendors, and more.

The 2022 race season is presented by Mountain Top Realty & Rentals and Canaan Valley BBQ. The season is also sponsored by Appalachian Timing Group, Tucker County CVB, and Highland Outdoors.

Runners who are interested in participating in the Moonlight on the Falls Marathon are encouraged to visit [canaanvalleyhalfmarathon.com](http://canaanvalleyhalfmarathon.com) to register.

## About the Canaan Valley Running Company:

Founded in 2018, the Canaan Valley Running Company is an outdoor adventure and lifestyle company located in Tucker County, West Virginia. The Canaan Valley Running Company hosts several annual events, which include the Moonlight on the Falls Marathon, Canaan Valley Trail Run and the Canaan Valley Half Marathon, 10K and 5K, to introduce individuals to the beauty of West Virginia. They also provide runners and outdoor adventurers resources and information on their blog. In addition, the Canaan Valley Running Company is in the process of producing a premium apparel line, which will fit the needs of runners and casual hikers alike. For more information, visit [canaanvalleyhalfmarathon.com](http://canaanvalleyhalfmarathon.com).

## TURNER'S TIDBITS



This is a painting by Colleen Ford Hinkle. She completed many pieces of art and was quite accomplished. Colleen (1901-1988) was married to Paul R. Hinkle. They had one child Paul S. Hinkle who was married to Pauline Wanda Miller Hinkle. Ideas, comments, suggestions, items to share contact Tim Turner (304) 478-3389.

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# New employees support residents, families at Cortland Acres

Cortland Acres welcomes three new employees whose roles are to help residents and families navigate the admissions and discharge processes and provide emotional, psychological, social, and practical support.

Admissions Clerk Rhonda Ends and Social Workers Leann Jones and Lizz Frost Yocum joined the Cortland Acres team this past year. These skilled professionals bring with them a wealth of knowledge, experience, and compassion, said Beth Clevenger, administrator at Cortland Acres.

"Rhonda, Leann, and Lizz are outstanding people and are a great addition to our talented team," Clevenger said. "Having a skilled admissions clerk and two professional licensed social workers at Cortland Acres will ensure we provide the best resources for our residents and families on a daily basis."

Admitting a loved one to a skilled nursing facility can be stressful. Ends works closely with the resident and family to complete the application by gathering referral information and documentation about the resident's health history and daily needs.

"I also follow-up with the health insurance company, ensuring it will cover the resident's stay," Ends said. "If not, we go above and beyond and look at other financial assistance options. Once the application is complete, we have a care team that discusses the residents and makes sure they are a good fit at Cortland Acres."

The Cortland Acres care team consists of physicians nurses, CNAs, therapists, social workers, admissions clerk and administrative staff.

"This group works together to create a care plan for each resident," Frost Yocum explained. "We sit down and talk with the family and the resident to get a full picture of what the resident will need during their stay at Cortland Acres."

Frost Yocum said that residents' care plans are revisited periodically. "If a resident's situation changes, their daily needs change, or their medical status changes,



Licensed Social Worker Lizz Frost Yocum, Admissions Clerk Rhonda Ends and Licensed Social Worker Leann Jones enjoy working together to provide support for residents and their families.

then the care plan gets revised and updated too," she said.

Learning about a resident's life before Cortland Acres, their preferences and dislikes are essential in helping the resident get settled.

"We figure out ways to help make the transition smooth and the resident feel comfortable," Jones said. "We recommend bringing in familiar things from home to put in the room, and we can put the resident in contact with people they normally talked with at home. We try to create the best environment for success."

Throughout a resident's stay at Cortland Acres, the care team knows families experience feelings of guilt or sadness because they could not care for their loved ones at home.

"We support the resident and their family by facilitating conversations, providing useful resources, and answering questions," Frost Yocum said. "We listen and help ensure the right questions are asked and addressed."

During a resident's stay at the skilled nursing facility, they are encouraged to continue some of their outside activities as they are able. They can also participate in various daily activities offered at Cortland Acres, such as gardening, singing, bingo, theme dinners, reading the newspaper, or putting together a puzzle.

"Many of our residents were very active in their local community before they came

here," Ends said. "We encourage them to stay active. Residents can leave the facility, and continue their involvement in community activities. Families can also take their loved ones to dinner, spend time with them at home, or take them on a trip."

Jones added, "We want the residents to have a fulfilling experience and continue to enjoy life as they did before."

A resident's discharge goal is identified during the admission process, and the social workers also assist residents in transitioning back home.

"We are constantly reassessing our short-term and long-term residents, examining the feasibility of them returning home,"

Jones said. "We want them to succeed upon discharge and always make referrals for assistance community organizations, home health, senior center, or Meals on Wheels."

"Employment at Cortland is one of the most rewarding opportunities for people who want to work to make a difference in the lives of others."

The Cortland Acres campus includes a 94-bed long-term care facility, inpatient and outpatient rehabilitation, and programs, rental apartments in Pineview, and garden and patio homes in The Pines. For more information on the employment opportunities or programs and services offered at Cortland Acres visit [www.cortlandacres.org](http://www.cortlandacres.org).

**TUCKER COUNTY ANIMAL SHELTER**  
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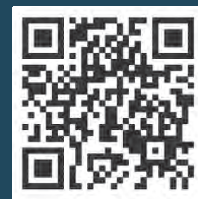


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