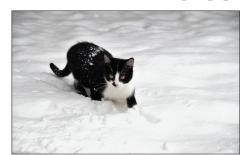
SERVING THE PEOPLE OF TUCKER COUNTY SINCE 1896

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How to Protect Pets in Winter



By: Lydia Crawley
The Parsons Advocate

With the incoming extreme cold weather once again gripping Tucker County, it is important to remember the littlest residents of the county during the Polar Vortex, as well. While we are fighting the bitter cold from the north it can be easy to forget the ones with built in fur coats also suffer during such weather extremes. Included here are some tips for helping our four legged friends through the worst of this year's winter cold.

The American Veterinary Medicine Association and the Humane Society of the United States recommend keeping pets inside as much as possible during times of extreme cold. The Humane Society says cats should remain indoors even if they roam during other seasons and dogs are happiest when taken for frequent walks. " Cats and dogs should be kept inside during cold weather," the AVMA recommends. " It's a common belief that dogs and cats are more resistant than people to cold weather because of their fur, but it's untrue. Like people, cats and dogs are susceptible to frostbite and hypothermia and generally should be kept inside."

For animals that spend more time outside, it is recommended that they be fed more food during colder periods. Animals in the cold require more food to stay warm, according to the AVMA and the Humane Society. Frequent checks on food levels and water checks are recommended by the organization. It is also highly recommended that water bowls are frequently checked to make sure that they



are clean and unfrozen to allow for ready access to water.

The Humane Society also recommends that enclosures for animals outside be large enough to allow free movement, but small enough to hold in body heat for warmth. The floors of the enclosures should also be raised a few inches and be covered with cedar shaving and straw, according to the Humane Society. Never use cloth to line an outside enclosure as it can hold moisture and freeze which can make an animal colder. The Humane Society also recommends covering the doorways with waterproof burlap or heavy plastic as a wind and weather barrier.

Even pets that are not exposed for long periods of time to the cold should have precautions taken when taken outside, according to the organizations. Short haired dogs often are more comfortable in sweaters or coats during cold weather when outdoors, even for short walks, according to the Humane Society. "No matter what the temperature is, windchill can threaten a pet's life," the Humane Society warns. "Exposed skin on noses, ears and paws are at risk for frostbite and hypothermia during extreme cold snaps."

Owners should also be aware of the dangers that rock salt and other snow and ice melting compounds can pose to pet's feet, the organizations say. It is recommended that owners wipe all paws with a damp cloth before the pet can lick them to avoid irritation to the mouth, according to the Humane Society. "Dogs are at particular risk of salt poisoning in winter due to the rock salt used in many areas – often when licking it from their paws after a walk," the Humane Society says.



If a resident should encounter an animal left in the cold, it is recommended they call 911 for assistance and immediate help for the animal.

Residents should also be aware that the Tucker County Animal Shelter has straw

available for outdoor animals at no cost to the residents while supplies last. The Shelter is also always in need of fosters for animals. For more information contact the Tucker County Animal Shelter at (304) 478-6232.

Blackwater PSD Discuss Future Sites, Plans

By: Lydia Crawley
The Parsons Advocate

The Blackwater PSD met January 14th to discuss plans for the future sewage treatment facility. In attendance were Board Members Al Tomson and Judy Cronauer. Board Member Jody Flanagan was absent. Among the topics discussed were future locations, the status of existing projects in Davis and Thomas and the scheduling of an upcoming Public Meeting.

The largest topic of discussion was that of a potential site for the new plant. Over the past several months, the body had been narrowing its list of potential sites. According to Tomson, the plant in Thomas is still being considered as a possibility for the future regional treatment facility. "Thomas is a site that is still being considered," Tomson said. "It will probably not be the most feasible alternative and we don't know what the costs are yet with that alternative."

Tomson said besides the cost issues with the Thomas site, there are other issues that arise when considering the Thomas location. "There are issues with trying to operate the current site and build a new plant there and be able to meet the treatment limitations that we have with the DEP with discharging into the North Fork," Tomson

Tomson also said there were issues in Thomas with the size not offering the ability to expand for future demands. "The other issue with the Thomas site is that it won't offer expand ability and the ability to accommodate future growth because of the constraints of the size of the land area," Tomson said.

Tomson said the most likely location would be near the landfill. "The most probable location is at the landfill," Tomson said. "There's advantages to that."

According to Tomson, the decision is for a number of factors, but mainly due to the fact that it would mean the construction of a different type of facility that would be lower cost to build than a facility at the Thomas site. "It is lower cost to build because it would be a different type of treatment facility," Tomson said. "It takes a little more space."

Tomson said it would also cost less to transport the leachate to the facility for treatment and be easier to transport, as well. "Leachate, which is a byproduct of the landfill, would either be pumped or transported a much, much shorter distance then if it had to go to Thomas," Tomson

Davis is no longer being considered for a site for the future treatment plant, according to Tomson. Several factors including aesthetics, land constraints and the health of the public were factors in the decision. "There is a problem with aesthetics," Tomson said. "There's space limitations. The land area is very small and we are also concerned with wind and the affects it could have on people that are living in close proximity to that site."

Tomson said that rates are going to be a large factor moving forward. Over the next several months, Tomson said the board will be looking at the impact the rates will have on the people of Davis and Thomas and will be releasing informa"The most probable location is at the landfill. There's advantages to that," Tomson said.

tion in the coming months. "The biggest thing that we are looking at is going to be the impact on rates to people that live in both Thomas and Davis," Tomson said. "And that is something that is going to be aggressively worked on over the next couple of months."

Cronauer said the project is phased, starting with Davis, Thomas and the Landfill and then incorporating outlaying communities. Tomson said the outlaying communities would be incorporated in a series of two to three phases, but did not give a timeline for incorporation. "Like Pierce and Benbush and the State Park, Canaan Heights," Tomson said. "There's like a ground and third phases."

second and third phase."

Tomson declined to give a price tag for the project and only mentioned that it would be quite large, but said that the board was committed to working with their partners to be as fiscally responsible as possible. "There's a really big price tag for this project," Tomson said. "And we are going to work very hard with our funding agencies to make that as favorable a situation as we can for the PSD. Right now everything is really back of the nap-kin type estimates so I'm not going to say

On the matter of ongoing wastewater projects in Davis and Thomas, Tomson said that there was no update from Thomas on the progress in the municipality on their sewer and wastewater system. "I don't have an update from Thomas," Tomson said

a number."

According to Tomson, Davis, however, is ready to break ground in the Spring on a one year project. "Davis is ready to break ground in the Spring," Tomson said. "We're looking at about a year to complete that."

The PSD will also be hosting a Public Meeting in March to discuss the project and future plans with members of the public and field the public's questions and concerns on the project. A tentative date was set for February 25th, but has been rescheduled due to conflicts with the State Legislative schedule, according to Tomson. "The biggest thing with the public meeting," Tomson said. "We had a tentative date for the 25th of February, we are going to move that Public Meeting to the first of second week of March."

Tomson said that the Tucker County Commission and both he and Board Member Jody Flanagan had conflicts stemming from the Legislative Session that necessitated the rescheduling. "That really is because the Legislature is in session and the County Commission has meetings there during that February 25th time frame," Tomson said. "And then I and Jody (Flanagan) have Municipal League right after that so we are going to look at the first or second week of March for the Public Meeting to be rescheduled and let you know."

A rescheduled date has not been formally set as of yet.

Parsons Discusses Possible DEP Penalty

By: Lydia Crawley
The Parsons Advocate

During the City of Parsons recent January 7th meeting, City Administrator Michael Simmons informed the City Council of the latest developments in the Wastewater Department. The main topic of interest was the possibility of the City still being subject to a fine from the DEP from an inspection this summer.

The City has been taking measures to remedy faults found during the inspection this summer, including the use of

additional chemicals in the plant. Simmons said that Water and Sewer Department Manager Red Lipscomb had informed him that the last of the chemicals were being utilized and it was anticipated that the City would soon be back in compliance with

DEP standards. "I did talk with Red (Lipscomb) today," Simmons said. "And we finished our last round of the special chemicals that we had ordered that were supposed to take care of a lot of this algae stuff and bring us back into compliance."

Simmons said that water samples had been getting better and the City had been close to compliant. "So our next water sample will tell us, tell the numbers been getting better," Simmons said. "We'd been getting close to compliant before."

Simmons also informed the Council that the City's Environmental Attorney informed him that a packet of paperwork from the DEP had been received

and was currently being completed. "Mark Bryce from Steptoe and Johnson, our Environmental Attorney, is telling me there's some paperwork," Simmons said.

According to Simmons, in the packet was a form indicating the City's ability to pay which would infer that there may still be a penalty to be paid by the City in the matter. "DEP is asking for in the packet of stuff, is our ability to pay," Simmons said. "So there is still going to be a penalty of some kind."

Simmons said he reached out to Eric Sherrard at Thrasher, the City's Engi-

neering Firm and that Sherrard said he was willing to write a letter outlaying discussions his firm has had with the City about the issues and steps the City plans to take to remedy the issue and upgrade systems. Simmons said the hope was that the DEP would

take into consideration that the City of Parsons understands the issues it faces and is taking steps to remedy them. "I talked to Eric Sherrard and he said if we wanted, he would draft a letter for us to send to DEP saying that we are looking at, we already consulted with them as our engineers on this project, we're looking at options to upgrade or to replace and that that may go a long ways with them, as well," Simmons said. "That we acknowledge we've got some issues and we are doing everything we can, please work with us because any penalty may delay action."

There is no word on if a penalty is still formally levied or will be dismissed.





News of Record

The following criminal complaints have been filed in the Tucker County Magistrate office:

- Irvin G. Gaitan Del Cid: of Winchester, Va. was charged with Engaging in business without a business franchise registration certificate. The criminal case was opened with the West Virginia State Tax Division on November, 8, 2024 as a result of a labor inspection performed by Randy Utt, (Inspector of WV Labor Department) on October 30, 2024 at 170 Fourth Street in Davis.
- During the labor inspection on Oct. 30, 2024 performed by Randy Utt, he contacted the defendant, Foreman of IGDC Services LLC, along with three employees doing demolition work on a building. It was determined that there was not proper documentation for the employees on site for IGDC Services LLC or a West Virginia Business License. Randy Utt provided a copy of the labor report.
- Steven Schellhaus enlisted the assistance of Valerie Lamp, Intelligence analyst, West Virginia Tax Department Criminal Investigation Division, to find additional information on the business and the owner of the business mentioned.
- Upon review of the tax accounts in West Virginia, it was determined that the owner of IGDC Services LLC is not licensed to do business in West Virginia.
- The defendant pled guilty, paid a \$1,000 fine

- and court cost.
- Edwin Enrique Romero: of Winchester, Va. was charged with Engaging in business without a business franchise registration certificate. This criminal case was opened with the West Virginia state Tax Division on Oct. 15, 2024 as a result of a labor inspection performed by Randy Utt, (Inspector of West Virginia Labor Department) on September 26, 2024 at 737 William Avenue in Davis
- During the labor inspection on Sept. 26, 2024 performed by Randy Utt, he contacted the owner of Celestial Construction LLC, along with two employees installing a metal roof and trim on a building. It was determined that there was no proper documentation for the employees on cite for Celestial Construction LLC or a West Virginia Business License. Utt provided a copy of the labor report.
- Steven Schellhaus enlisted the assistance of Valerie Lamp, Intelligence analyst, West Virginia Tax Department Criminal Investigation Division, to find additional information on the business and the owner of the business mentioned.
- Upon review of the tax accounts in West Virginia, it was determined that the owner of IGDC Services LLC is not licensed to do business in West Virginia.
- The defendant pled No Contest, paid a \$1,000

- fine and court cost.
- The above crimes occurred in Tucker County.
 The following property transfers have been recorded in the Tucker County Clerk's office:
- Ann Marie Strickler, Dry Fork District, Interest in Unit G5 Week 20 Land of Canaan Vacation Resort Inc. to Land of Canaan Home Owners Association, Inc. \$577.50.
- Nee Camara, Susan L. Phares, Lee B. Sherline, Dry Fork District, Interest in Unit E2 Week 9 Land of Canaan Vacation Resort Inc. to Land of Canaan Home Owners Association, Inc. \$525.
- Freedom Bank Inc., Parsons Corporation, Lots 107, 108 and part of Lot 106 to Johnathan Bush AKA Jonathan Bush; Bush Jonathan AKA Johnathan Bush, \$55,000.
- Greylock Pipeline LLC, Black Fork District, Parsons Corporation, All RTI in 2 parcels to Oak Midstream LLC, \$29,600.
- Joseph Hansen, Dry Fork District, Unit/Lot#73, 0.386 acres, Winterhaven to Charles A. Bright, \$207,500.

The following marriages have been filed in the Tucker County Clerk's office:

- Joshua Harman Tompkins to Lurenda Carlett Allison on Friday, January 10, 2025.
- Haden Seth Nestor to Brianna Renee Ruhlen on Friday, January 10, 2025.3

2025 AARP Community Challenge Grant Program Accepting Applications Through March 5

Grant awards supports quick-action projects that make communities livable for people of all ages –

CHARLESTON – AARP West Virginia invites community organizations and local government across the Mountain State to apply for AARP's 2025 Community Challenge grant program. The grant program, now in its ninth year, is part of AARP's nationwide Livable Communities initiative, which supports the efforts of cities, towns, neighborhoods and rural areas to become great places to live for all residents, especially those age 50 and older.

The Community Challenge is open to eligible local 501(c)(3), 501(c)(4), and 501(c)(6) nonprofit organizations and government entities. Other types of organizations will be considered on a case-by-case basis. Grants can range from several hundred dollars for small, short-term activities to several thousand dollars for larger projects.

In 2025, the AARP Community Challenge is accepting applications across three different grant opportunities. All projects must be consistent with AARP's mission to serve the needs of people 50

and older along with other eligibility criteria, and must be completed by December 15, 2025.

Capacity-building microgrants are paired with additional resources, such as one-on-one coaching, webinars, cohort learning opportunities and more for improving walkability, bikeability and implementing safe, accessible home modifications, and disaster preparedness training.

Demonstration grants fund projects that encourage replication of exemplary local efforts. This year's focus is on improving pedestrian safety with funding support from Toyota Motor North America; expanding high-speed internet access and adoption with funding support from Microsoft; reconnecting communities divided by infrastructure; and implementing housing choice design competitions.

Flagship grants support projects that improve public places; transportation; housing; digital connections; and community resilience.

Since 2017, AARP has awarded \$20.1 million in

Community Challenge Grants to nonprofit organizations and government entities representing every state and U.S. territory, including 28 West Virginia community projects in Braxton, Brooke, Clay, Fayette, Greenbrier, Jefferson, Kanawha, Lewis, Lincoln, Marion, Monongalia, Ohio, Pocahontas, Preston, Putnam, Summers, Taylor and Tucker counties. The application deadline is 5:00 p.m. ET, Wednesday, March 5, 2025. To submit applications, or for more information on the program, visit www.aarp. org/CommunityChallenge.



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Keep Letter Carriers Safe by Clearing Paths of Snow and Ice

The United States Postal Service is reminding customers of the importance of keeping walkways, sidewalks, and areas around mailboxes clear from snow and ice so letter carriers can provide safe and timely mail delivery.

Snow and patches of ice in front of mailboxes can make it difficult for letter carriers to safely deliver the mail. Residents maintaining a clear path to the mailbox — including steps, porches, walkways, and street approach — will help letter carriers maintain consistent delivery service. Customers receiving curbside delivery should also ensure clear access to their mailboxes for letter carriers who deliver from the street.

Postal employees make every reasonable effort to deliver mail in many difficult weather conditions. With everyone's help, letter carriers, neighbors, and one's property can be kept safe. The postal service appreciates everyone for protecting the letter carriers as they continue to bring packages and correspondence to one's door each day.

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The **following merchants** urge you to attend your chosen house of worship this sabbath. **Parsons Advocate** Parsons, WV • 304-478-3533 Kingsford Manufacturing Co. Parsons, WV • 304-478-2991 The Grant County Bank Davis, WV • 304-259-5201 Mountain Valley Bank, NA Parsons, WV • 304-478-2461 www.mountainvalleybank.com Member FDIC Jim's All Star Foods Parsons, Wv 304-478-3248 WV Paving Company "Builders of Highways & Byways" Parsons, WV • 304-478-2400 **Stevens' Florist** 120 Poplar St., Parsons, WV 26287 304-478-2161

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PARSONS ADVOCATE LETTERS TO EDITOR POLICY

The Parsons Advocate encourages letters to the editor. Letters can be mailed to P.O. Box 345, Parsons, WV 26287 (envelopes must show a return address), faxed to 304-478-1086, e-mailed to mikie@parsonsadvocate.com or dropped off at our office at 219 Central Ave.

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.

Loved Ones Lost in 2024

January

Aaron Banks Lester, 87; Rosemary Leone, 78; Rose Lee Shaffer Scalf, 85; David Frederick "Boney" Strahin, 98; C. Ethen Judy, 74; Roger Lee Wolford, 68; Robert Cecil Hull, 58; Ralph J. Poling, 87.

February

Mary Virginia Crowl, 69; Peter E. "Pete" Barmer, 79; Robert "Bob" Lee Collette, 78; Wilda Marie Bohon Kaiser Strahin, 90; Pamela June "Pam" McKinney Poling, 55; Phyllis Maurene Evans, 88; Arlene Marie Bodkins Bunnell Deets, 96; Carol Jean Foster Thompson, 91; Olive Pearl Kisamore, 69; Janet J. Barr, 82.

Kenneth Lacy Moody, 84; Phyllis Faye Carr, 88; Frank Gordon Dotson, Sr. 72; Penny Sue Hill Auvil, 60; Barbara Janet Ridenour, 85; Arther Matthew "Matt" Quattro, ?; Frank Joseph Perrozziello, 87;

April

Randall Bruce Layman, 71; Carol Ann Shahan Moore, 64; Kathie Elaine Carr, 58; Joyce Ann Retcofsky Carrico, 73; Cherie Anne Filler, 48.

Crystal Elaine Pennington, 43; Thomas E. Lewis, 76; Marcia Lee Hunt Evans, 57; Paul Wojtkowski, 77; Betty Jean Whitehead, 68; William Berry, 75; Chad Whitney

Smith, 51; Vickki Pittman Mowery, 61; Richard Bruce Ours, 83; Donna Jo Walker, 73; Mary Mildred "Moosie" Roberts Winton Bowley, 86; Edward M. Kennard, Jr. 73.

Prima Lee Wotring Kines, 88; Miloslav Milan Nypl,

75; Henry Loin Thompson, Jr. 74; Hugh Rogers Kendall, 85; Matthew Shane Dillinger, 23; Glen Franklin Knotts, 76; Walter "Junior" Helmick, Jr. 75, Patricia Jean "Patty" Bohon, 84.

July

Roberta Ann Simmons Knotts, 69; Virginia Ruth Robinson Bohon, 89; Ronald Clifton Brubaker, 95; Linda Yvonne Hedrick Carr Canfield, 77; Michael David "Mike" Lamb, 69; Clint Gale Jones, 80; Marsha Lynn Raines Lipscomb, 75; Dennis "Denny" Reid Pifer, 85; James Dale "Jim" Parsons, 78; Larry Eugene Knicely, 89; Katherine Louise Poling Pine, 82; Shirley Simmons Wilson, 80; Melvin Richard Phillips, Sr. 89.

James Leroy Buddingh, 90; Sharon June Oxley, 79; Luke Ray Knotts, jr. 73; Kenneth Willard Hardy, 85; Lola M. Stover Plumley, 93; Staci Diane Smith, 41; Curtis Glenn Wimer, 78; George David Mehaffie, 86; Kathy Jean Villalobos, 64; Joyce Gale Youtzy Metheny, 81; George Kenneth Nine, 73.

Pamela Dawn Frye, 63; Alan Kenneth Smith, 86; Mary Ann Dickerson Phillips, 91; Mary Virginia Lewis Anderson, 91; Charles William Fox, 94; David Lee Hull, 53; Robert Kenny (Bob) Hedrick, 102; Carol A. Phillips, 78.

Dorothy Jean White Simpson, 87; Victor "Vic" Glen Shaffer, 87; Billy Jean Ketterman, 75; Rev. Keith Wayne Carr, 81; Margurite Ruth Nine, 82; Velma Lorena Moreland Hebb, Linda Joyce Guerrieri, 79; Ruby Catherine Feather Judy, 93.

November

Charles William Shannon, Jr., 71; Naomi Jean Keith, 86; Richard Carter McDowell, 92; Edward M. Sedmock, 96; Virginia "Louise" (Froman) Lipscomb, 93; Linda Lou Bright Helmick, 79; Rodney Dale "Sug" Rosier, 76; Eileen Linda Gray Poling, 72; Edward M. Sedmock,96; Emily Grace Lambruno,83; Billy Allen Carr, 80; Ronald Joseph Wotring,73; Joan Rose Liller, ?.

December

Allen Keith Burns, Sr., 74; Ronald Joseph "Ronnie" Wotring, 73; Barbara A. (DiBacco) Sedmock, 96; Annabel Price Moore, 94; Betty Jane Henline Moran, 87; Carol Parsons Henline, 90; Marilyn Crites Thompson, 71.

ONTANI SEMPER LIBER

DiBacco Presented Appreciation Plaque After 45 Years of Service

Judge Courrier and Judge Ryan presenting Jerome "Butch" DiBacco, Jr. with a plaque paid for by the Tucker County Commission in appreciation for 45 years of service to the judicial system of Tucker County. DiBacco retired from his position as Chief Probation Officer for the 21st Judicial Circuit on December 27, 2024.

Two Men Sentenced for Roles in **Drug Trafficking Organization**

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MARTINSBURG, WEST VIRGINIA – Two men have been sentenced today for their leadership of a drug trafficking operation in the Eastern Panhandle of West Virginia.

Dorian Scott Burks, age 29, of Jeannette, Pennsylvania, was sentenced today to 262 months in federal prison. John William Malcolm, 57, of Clarksburg, West Virginia, was sentenced to 300 months in prison.

According to court documents and statements made in court, Burks, also known as "Cash," and Malcolm worked with others to sell methamphetamine, fentanyl, heroin, cocaine, and cocaine base in Berkeley, Morgan, and Hampshire Counties. Burks would travel from Pittsburgh, Pennsylvania, to Clarksburg, West Virginia, and Bunker Hill, West Virginia, to deliver large quantities of methamphetamine and cocaine to other conspirators, including Malcolm, for resale in the Eastern Panhandle. During a traffic stop, officers found 333 grams of methamphetamine and drug paraphernalia in Malcolm's vehicle.

U.S. District Court Judge Gina M. Groh noted during sentencing that Burks was a dealer's dealer due to the substantial quantities of high-purity crystal methamphetamine.

At the hearing, evidence was presented that Burks supplied over 32 pounds of crystal methamphetamine from January 2023 through July 2023.

Burks had firearms and maintained a property for drug distribution, something the judge took into consideration during sentencing. Malcolm is a career criminal, with a history that includes grand larceny, assault, drug trafficking, and firearms violations.

Burks and Malcolm will each serve five years of supervised release following their prison sentences.

Assistant U.S. Attorney Lara Omps-Botteicher prosecuted the case on behalf of the government.

The Potomac Highlands Drug Task Force, a HIDTA-funded initiative, investigated.

This effort is part of an Organized Crime Drug Enforcement Task Forces (OCDETF) operation. OCDETF identifies, disrupts, and dismantles the highest-level criminal organizations that threaten the United States using a prosecutor-led, intelligence-driven, multiagency approach. Additional information about the OCDETF Program can be found at https://www.justice.gov/OCDETF.

HELP WANTED PART-TIME OFFICE ASSISTANT

The City of Parsons is seeking a part-time office assistant for City Hall. This position will assist with general office duties and also utility billing, receiving, and recording during the week. Applicants must be at least 18 years of age and consent to a criminal background check. The pay rate for this position is \$10.00 per hour with no fringe benefits.

INTERESTED INDIVIDUALS MAY PICK UP AN APPLICATION AT THE Parsons Business Office, located in the Charles W. "Bill" Rosenau Municipal Building, 341 Second Street, Parsons, West Virginia, from 8:00 A.M. to 4:00 P.M. (EDT),

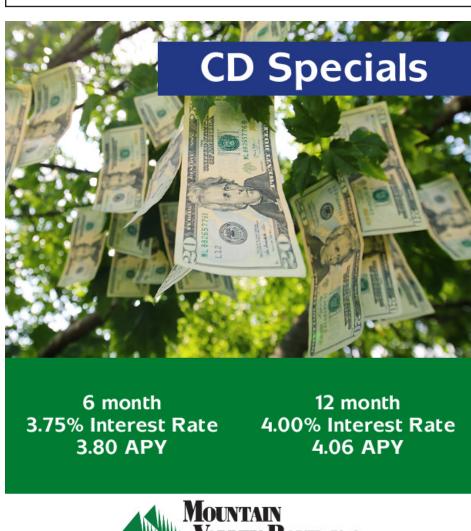
Applications will be accepted until January 24th, 2025 by 4:00 P.M. (EDT).

Monday through Friday, except holidays.

The City of Parsons is an Equal Opportunity Employer. In compliance with the Americans with Disabilities Act, the City will provide reasonable accommodation to qualified individuals.

"This is an Equal Opportunity Program. Discrimination is prohibited by Federal Law." To file a complaint of discrimination write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington. DC 20250-9410 or call (800) 795-3272 (Voice) or (202) 720-6382 (TDD).







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www.mountainvalleybank.com

WVU Medicine United Hospital Center joins partners in statewide initiative promoting Cervical Cancer Screening and HPV Vaccination

Bridgeport, WV—The WVU Cancer Institute, the West Virginia Mountains of Hope State Cancer Coalition, and WVU Medicine are promoting Cervical Health Awareness Month and an HPV Vaccination campaign during the month of January to raise awareness about the importance of cervical cancer screening in the Mountain State.

The Cecil B. Highland, Jr., & Barbara B. Highland Cancer Center at WVU Medicine United Hospital Center (UHC) recognizes January as Cervical Cancer Awareness month. Cervical cancer occurs most often in those over age 30. Almost all cervical cancers are caused by human papillomavirus (HPV), a common virus that can be passed from one person to another through close physical contact. Screening tests and the HPV vaccine can help prevent cervical cancer.

When it is found early, cervical cancer is highly treatable and associated with long survival and good quality of life. The West Virginia Cancer Burden Report identifies that annually about 89 West Virginia women were diagnosed with cervical cancer, and 32 die as a result. Anyone with a cervix, aged 25-65, should be screened for cervical cancer. Pap tests and HPV tests are the two screening tests that can help prevent cervical cancer or find it early. The Pap test looks for precancers which are cell changes on the cervix that might become cervical cancer if they are not treated appropriately.

The HPV test looks for human papillomavirus, which can cause these cell changes. The main risk factor for developing cervical cancer is having an HPV type that causes cervical cancer, but other factors can increase your risk, particularly smoking. To prevent cervical cancer, the most important actions include HPV vaccination, regular cervical cancer screenings and HPV testing, and not

To start the year right, UHC encourages women to contact their healthcare provider to discuss current recommendations for a cervical cancer screening. "Outcomes for cervical cancer are improved, if the disease is detected early," said Meredith Williams, MPH, RN, OCN, director of Cancer Services at UHC. "Screening is a crucial part of a women's healthcare regimen, yet one that many

Those interested in cervical cancer screening and HPV vaccination should talk to their healthcare providers about risk factors and which screening test is appropriate. If you are uninsured or underinsured, you may qualify for free or low-cost cervical cancer screenings through the West Virginia Breast and Cervical Cancer Screening Program (WVBCCSP). WVBCCSP provides free or low-cost breast and cervical cancer screenings and follow-ups to eligible women. To learn where WVBCCSP services are provided, call 1-800-642-8522 or visit www.wvdhhr.org/ bccsp/.

Those interested in cervical cancer screening and HPV vaccination should talk to their healthcare providers about risk factors and which screening test is appropriate. For more screening information visit: https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/cervical-cancer-screening https://www.cdc.gov/vaccines/vpd/ hpv/hcp/recommendations.html UHC's Community Cancer Program has been approved by the Commission on Cancer of the American College of Surgeons since 1989. For more information on the UHC Cecil B. Highland, Jr. & Darbara B. Highland Cancer Center, please call 681-342-1800 or visit www.wvcancercenter.com.

State-Funded Mental Health Resources Highlighted

The West Virginia Department of Human Services, Bureau for Behavioral Health joins national efforts to recognize January as Mental Wellness Month, promoting mental health awareness, emotional well-being, and encouraging West Virginians to seek help when needed.

Mental Wellness Month highlights the importance of maintaining good mental health by raising awareness, reducing stigma, and sharing practical strategies for self-care and support those who may be struggling. Mental wellness involves recognizing your emotional health, building strong relationships, and developing resilience to face life's challenges.

"As we observe Mental Wellness Month, we encourage all West Virginians to take active steps toward prioritizing their mental health and overall well-being," said Nicholas Stuchell, DoHS Bureau for Behavioral Health interim commissioner. "Mental wellness is just as vital as physical health, and reaching out for help is a powerful act of selfcare and strength."

DoHS funds and promotes several programs to assist individuals and families in maintaining mental wellness:

•HELP4WV: A 24/7 helpline providing support for individuals struggling with mental health or addiction. Funded by DoHS, HELP4WV connects callers to treatment options and community resources tailored to their needs, including referrals to crisis counseling services. Call, text, or chat at 1-844-HELP4WV or visit help4wv.com.

•988 Suicide & Crisis Lifeline: This national lifeline offers 24/7 access to trained crisis counselors who assist individuals in emotional distress or facing mental health or substance use crises. Call or text 988, or visit wv988.org for online chat support. Veterans can press option 1 for specialized assistance. WV988 is funded by DoHS's BBH with a federal grant from the Substance Abuse and Mental Health Services Administration.

•Community Behavioral Health Resources: DoHS's BBH funds numerous local initiatives and programs to support mental wellness across the state. Visit dhhr.wv.gov/bbh

"Our mental health is a cornerstone of overall wellness, and prioritizing it should be part of our everyday lives," said Christina Mullins, DoHS deputy secretary for Mental Health and Substance Use Disorders. "We are committed to ensuring that every West Virginian has access to the tools and resources they need to navigate life's chal-

Safety Tips Shared for Residents Awaiting Power Restoration

As a severe winter storm impact the region, thousands of residents may be without power in freezing temperatures. The West Virginia Department of Health is urging residents to take immediate steps to stay warm, healthy, and safe while waiting for power to be restored.

For those who lose power, the safest place to be is inside their home. Gather in one or two rooms and close off any unneeded spaces to conserve heat. Use blankets, sleeping bags, or clothing to stay warm. For those with a fireplace or wood stove, use it cautiously and ensure proper ventilation. Never use a gas stove, charcoal grill, or portable heater indoors, as these can cause dangerous carbon monoxide poisoning.

Layer clothing to trap body heat and insulate against the cold. Wearing a hat and warm socks can help prevent heat loss, while mittens or gloves will keep hands warm. These simple steps can go a long way in maintaining body temperature during prolonged exposure to the cold.

Anyone with access to a generator or space heaters should make sure they are placed in a well-ventilated area, and far from any flammable materials. Always follow the manufacturer's instructions carefully. Never run a generator indoors or in an attached garage, as this can lead to carbon monoxide exposure.

Close any windows and doors, even if storm windows or plastic are already in place, to prevent drafts. Placing towels or blankets under doors and around windows can help minimize heat loss. With a fireplace, it is important to make sure the damper is closed when not in use to pr vent cold air from entering the home.

For those with access to a gas stove or who can safely use a portable stove, consider heating up soups, stews, or hot drinks. Eating snacks like nuts, granola bars, or dried fruit can be an effective way to maintain body temperature.

Even in cold weather, it's essential to stay hydrated. Drink plenty of fluids, especially if you are exerting energy outside in the cold. Be aware of the signs of frostbite, hypothermia, and dehydration. Symptoms of frostbite include numbness, tingling, or pale skin in exposed areas.

Hypothermia can cause confusion, slurred speech, and extreme shivering. Anyone showing any of these signs should seek medical attention immediately.

In addition, please make an effort to check on elderly or infirm neighbors, particularly those who live alone. They may be more vulnerable during power outages. For those who are able, offer assistance with food, heat, or transportation to a warming center. Ensure they have blankets, warm clothing, and access to emergency supplies.

It's also a good idea to be prepared for an extended power outage. Make sure there are enough emergency supplies on hand, including flashlights, batteries, water, nonperishable food, medications, and other necessary items.

"Safety and preparedness are critical when facing extreme winter conditions," said Sherri Young, cabinet secretary of the West Virginia Department of Health. "We urge everyone to take these precautions seriously and help look out for those in our community who may need assistance during this difficult time."

Residents in need of emergency assistance should call 911.

For updates on the availability of warming centers, they can also contact their county's non-emergency line at https:// emd.wv.gov/About/News/Pages/WV-Counties-Non-Emergency-Assistance.

For residents seeking additional resources, please contact West Virginia's 2-1-1 hotline, hosted by United Way, by calling 2-1-1 or visiting https://wv211.

Tips for Safer Generator Usage Listed

If the electricity goes out, a generator can keep power flowing to a person's home or business. The Outdoor Power Equipment Institute, an international trade association representing manufacturers and suppliers of outdoor power equipment, small engines, battery power systems, portable generators, utility and personal transport vehicles, and golf cars, reminds home and business owners to keep safety in mind when using generators this winter.

"Not having power when you need it is frustrating, so a generator can provide emergency backup power at a reasonable cost," says Kris Kiser, president and CEO of OPEI. "It's important to follow all manufacturer's instructions, and never place a generator in your garage or inside your home or building. It should be a safe distance from the structure and not near an air intake."

More tips include:

•Take stock of the generator. Make sure equipment is in good working order before starting and using it. Do this before a storm hits.

•Review the directions.

IN THE MATTER OF:

A.F. - DOB: 04/09/2023

ADULT RESPONDENTS:

Jennie Long - Biological Mother

Unknown - Biological Father
ORDER OF PUBLICATION

tional hearing could immediately follow thereafter.

Virginia 26547, and his phone number is (304) 602-7702.

LEGAL

IN THE CIRCUIT COURT OF TUCKER COUNTY, WEST VIRGINIA

You have been named as the putative father of a child who is the

subject of the above-styled matter involving a petition alleging the abuse

and neglect of the child, whose mother is Jeanie Long. It appears af-

ter due diligence the Petitioner has been unable to locate your current

whereabouts. You are hereby notified of the above styled action pending in the Circuit Court of Tucker County, West Virginia, that can result in

the permanent termination of your parental, custodial and/or guardian-

This case is scheduled for an Adjudicatory Hearing relative to the Respondent Unknown Father, before the Circuit Court of Tucker County,

West Virginia, on February 12, 2025, at 9:15 a.m. This Hearing will be

held in the Tucker County Circuit Courtroom located at 211 First Street.

4th Floor, Parsons, Tucker County, West Virginia, 26287, and a disposi-

You must appear at the hearing set forth above to protect and defend

Aaron Yoho, a competent local attorney, has been appointed as your

You can obtain a certified copy of the Abuse and Neglect Petition

attorney in this matter. His address is P.O. Box 233, Reedsville, West

and Order in this matter and further information about this case from

the Tucker County Circuit Clerk's Office at 211 First Street, 4th Floor,

Parsons, West Virginia 26287 or by calling the Tucker County Circuit

Follow all manufacturer's instructions. Review the owner's manuals (look manuals up online if a person cannot find them) so equipment is operated safely.

•Install a battery operated carbon monoxide detector in one's home. This alarm will sound if dangerous levels of carbon monoxide enter the

•Have the right fuel on hand. Use the type of fuel recommended by the generator manufacturer to protect this important investment. It is illegal to use any fuel with more than 10 percent ethanol in outdoor power equipment. (For more information on proper fueling for outdoor power equipment visit https:// www.opei.org/programs/ethanolwarning/). It's best to use fresh fuel, but if a person is using fuel that has been sitting in a gas can for more than 30 days, add fuel stabilizer to it. Store gas only in an approved container and away from heat

•Ensure portable generators have plenty of ventilation. Generators should never be used in an enclosed area or placed inside a home, a build-

Case No. 23-JA-5

Hon. Hilary Bright

ing, or a garage, even if the windows or doors are open. Place the generator outside and away from windows, doors, and vents that could allow carbon monoxide to drift indoors.

•Keep the generator dry. Do not use a generator in wet conditions. Cover and vent a generator. Model-specific tents or generator covers can be found online for purchase and at home centers and hardware stores.

•Only add fuel to a cool generator. Before refueling, turn the generator off and let it cool down.

•Charge and use batterypowered generators/inverters properly. Recharge only with the charger specified by the manufacturer. A charger that is suitable for one type of battery pack may not be compatible with another battery pack. Follow all charging instructions and do not charge the battery pack or equipment outside the temperature range specified in the instructions. Charging improperly or at temperatures outside the specified range may damage the battery. •Plug in safely. If a person

doesn't yet have a transfer switch, one can use the outlets on the generator. It's best to plug in appliances directly to the generator. If a person must use an extension cord, it should be heavy-duty and designed for outdoor use. It should be rated (in watts or

amps) at least equal to the sum of the connected appliance loads. Make sure the cord is free of cuts, and the plug has all three prongs.

•Install a transfer switch. A transfer switch connects the generator to the circuit panel and lets a person power hardwired appliances. Most transfer switches also help avoid overload by displaying watt-

age usage levels. •Do not use the generator to "backfeed" power into one's home electrical system. Trying to power one's home's electrical wiring by "backfeeding" - where the generator is plugged into a wall outlet – is dangerous. Utility workers and neighbors served by the same transformer could be hurt. Backfeeding bypasses built-in circuit protection devices, so a person could damage electronics or start an electrical fire.

LEGAL

I have before me the accounts of the Executor or Administrator of the estates of the following deceased persons:

Personal Representative(s) Billy Allen Carr Madeline Cale 1st publication 1/22/25 305 Chestnut St.

2nd publication 1/29/25 Parsons, WV 26287 Claims against any estate must be filed within sixty days of the date of first publication. Any person seeking to impeach or establish a will must make a complaint to the Tucker County Commission, Tucker County Clerk, 211 First St., Suite 205, Parsons, WV. Any person objecting to the qualifications of the personal representative or the venue or jurisdiction of the court must be filed with County Commission within sixty days after the date of first publication or thirty days of service of the notice,

ATTEST: SHERRY SIMMONS, TUCKER COUNTY CLERK

LEGAL

2025 BOARD OF EQUALIZATION & REVIEW The Tucker County Commissioners will sit as the Board of Equalization & Review during the following dates:

Wednesday, January 29, 2025 **Monday, February 3, 2025 9:00 AM - 11:00 AM 2:00 PM 5:00 PM - 7:00 PM Monday, February 10, 2025 Thursday, February 13, 2025 2:00 PM - 4:00 PM Tuesday, February 18, 2025 1:00 PM Sine Die

**Natural Resource and Industrial Hearing Only Date and Time Subject to Change pending State Approval The purpose of these meetings is to listen to persons who appear before the COMMISSION and EQUALIZATION of their assessments for the tax year and to transact any other complaints concerning taxes, as-

In no case shall any question of classification or taxability be consid-

ered or reviewed. Each person requesting an appointment will be granted 15 minutes in which to present their case, and all must have an appointment. Taxpayers appearing before the Board of Equalization and Review will be given a written answer to their inquiry by no later than February 28, 2025. However, no decisions will be made on the day of the review. The burden of proof is the taxpayer's responsibility. To make an appointment, you must contact the County Commission Office at 304-478-2866

LEGAL NOTICE OF PUBLIC SALE

Pursuant to section 46-9-504 of the West Virginia Uniform Commercial

Code, Mountain Valley Bank, N.A. will sell to the highest cash bidder on Friday, January 31, 2025, at 11:00 a.m. at Mountain Valley Bank, Parsons Office, Parsons, WV, the following repossessed vehicles: 2002 CHEV SUBURBAN

VIN: 3GNFK16ZX2G183221

2008 SUBARU LEGACY WAGON VIN: 4S4BP61C187357119

The sale of the above-described vehicles will be made WITHOUT WARRANTY, and the Bank reserves the right to (1) bid at the public sale, (2) to reject bids at the public sale and (3) to continue such sale to any other time and place by announcement of such continuance at the time and place set forth herein.

The vehicles to be sold may be inspected at Mountain Valley Bank, Parsons Office, Parsons, WV.

The terms of the sale shall be cash in hand at the time of sale. Dated at Elkins, West Virginia, this 15th day of January, 2025. Mountain Valley Bank, N.A.

Its: Vice President of Retail Lending

LEGAL

Notice of Public Comments for the 2025 Tucker County Comprehensive Plan Tucker County Planning Commission

The Tucker County Planning Commission will host two public meetings to present the revised Tucker County Comprehensive Plan. The first meeting is scheduled for 6 p.m. Tuesday, Feb. 25, 2025, in the Davis Town Hall (505 William Avenue) in Davis. The second meeting is scheduled for 6 p.m. Thursday, Feb. 27, 2025, in the Old Courthouse Courtroom (211 First Street) in Parsons.

A copy of the full text of the proposed 2024 Comprehensive Plan is available for review at no charge at Five Rivers Public Library in Parsons, the Mountaintop Public Library in Thomas, and the County Clerk's office in the Tucker County Courthouse in Parsons.

The revised Tucker County Comprehensive Plan is designed to provide information and to serve as a resource to plan for the future of Tucker County. The Comprehensive Plan is Tucker County's official guide for land use, housing, transportation, economic development, infrastructure, public services, connectivity, tourism, and county demographics. The Plan will serve as the County's guiding document for 10 years into the future, protecting and enhancing the unique character of

Clerk's office at (304) 478-2606. West Virginia Department of Human Services, by Savannah Hull Wilkins, Prosecuting Attorney Tucker County, West Virginia





Jan. 19, 1820: Fairmont was established by the Virginia legislature on the farm of Boaz Fleming. The original name of Middletown was changed to Fairmont in 1843.

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.

Jan. 19, 1818: The Virginia General Assembly established Preston County from part of Monongalia County. The new county was named for James Patton Preston, then governor of Virginia.

Jan. 19, 1844: The Virginia General Assembly established Taylor County from parts of Barbour, Harrison and Marion counties. The county was named in honor of U.S. Sen. John Taylor, a soldier-statesman from Caroline County, Virginia.

Jan. 19, 1848: Wirt County was created by the General Assembly of Virginia from portions of Wood and Jackson counties. It was named for William Wirt, Virginia statesman and a presidential candidate in

Jan. 19, 1894: Railroad worker John Hardy was hanged for killing a man in a drunken gambling dispute. The episode inspired the widely popular ballad "John Hardy."

Jan. 19-20, 1978: An overnight snowstorm paralyzed Charleston. Unusual in that more snow fell in the capital city than in Randolph County, total snow depth in Charleston averaged 24 inches, the deepest on record for the city. January 1978 became the snowiest month for both Huntington and Charleston, and extended cold kept the snow cover on the ground into March, the longest known continuous snow cover for most towns in West Virginia.

Jan. 20-21, 1824: West Virginia's most famous soldier, Thomas Jonathan Jackson, was born near midnight in Clarksburg. When Virginia left the Union in 1861, Jackson went with his native state. He commanded the strategically important post at Harpers Ferry until being appointed a brigadier general of infantry. In the opening battle at Manassas on July 21, 1861, he won the name "Stonewall" for steadfastness at a critical point in the engagement.

Jan. 21, 1906: The first passenger train ran from Elkins to Charleston following completion of the Coal & Coke Railway. The new railroad, a project of former senator Henry Gassaway Davis, provided a much-needed north-south route through the heart of West Virginia.

Jan. 22, 1927: Confederate General John McCausland died. After the fall of the Confederacy, McCausland fled the country. He returned in 1867 and spent the remainder of his life on his large farm in Mason County.

Jan. 23, 1888: Union leader Fred



Jan. 24, 1968: Mary Lou Retton was born in Fairmont. She made history at the 1984 Olympic Games in Los Angeles when, at 16, she became the first American woman ever to win a gold medal in gymnastics and the first native West Virginia woman to win a gold medal in Olympic competition.

Mooney was born in a log cabin on Davis Creek in Kanawha County. He was secretary-treasurer of United Mine Workers of America District 17 from 1917 to 1924 and was a radical leader in the West Virginia Mine Wars.

Jan. 23, 1890: The United Mine Workers was organized at a meeting in Columbus, Ohio. Three months later, in Wheeling, UMWA District 17, encompassing most of West Virginia, held its first meeting, elected M. F. Moran as district president and launched what became a struggle of more than 40 years to unionize the state's coal mines.

Jan. 23, 1903: The great rhododendron was designated the official state flower of West Virginia.

Jan. 25, 1814: Francis Harrison Pierpont was born near Morgantown. On June 20, 1861, Pierpont was unanimously elected as governor of the unionist Reorganized State of Virginia, which sat at Wheeling until West Virginia entered the Union two years later.

Jan. 25, 1878: Activist Lenna Lowe Yost was born in Basnettville in Marion County. She held key leadership roles in the woman's suffrage and temperance movements.

Jan. 25, 1889: Anna Johnson Gates was born in Kanawha County. The state's first female state legislator, Gates was elected to the House of Delegates in 1922 and served a single term.

By Teri Cayton

The Parsons Advocate

Winter is well on its way to being like the old days. We have not seen this much snow in so short a time in I don't know how long. I don't really mind it, the dogs love it and the best part is NO MUD! Until all of this starts to melt I am in heaven. I saw some artificial turf for sale on Marketplace the other day and I really was contemplating buying enough to cover the back yard. It would work until Raven finds out she could tear

I have to commend the State Road workers for their tireless work during these storms. I know they are working long hours and making the roadways safe to travel. Momma Said, "It is a thankless job but without them we would be at a standstill." There are other parts of the country getting more snow than us and I am sure



their state workers are working just as

I am sure the ski resorts are happy to see this much snow and with the cold temperatures we have been having they can make snow around the clock if they want. I don't know if it gets too cold to make snow but I am sure they have enough of the real stuff to keep them going for some time. I was only skiing once and it is not the sport for me. Give me water skiing any day at least the weather is warmer.

Grilled Shrimp and Citrus Salad

INGREDIENTS

- 2 TABLESPOONS olive oil
- 1 lime juiced
- 1 TABLESPOON honey
- ½ TEASPOON ground coriander
- 1/2 TEASPOON salt
- freshly ground black pepper
- 1lb large shrimp peeled and deveined • 1 head Boston Bibb or butter lettuce
- ½ head green leaf lettuce
- 1 BULB fennel quartered and sliced 1/4-inch thick
- 2 oranges
- 2 ruby red grapefruits
- 1/4 CUP fresh mint chopped **HONEY LIME DRESSING:**

• 2 tbsp white balsamic vinegar

- 1 lime zest and juice
- 2 TABLESPOONS honey
- 1 TABLESPOON Dijon mustard
- 1 TEASPOON salt
- 1/4 CUP extra virgin olive oil
- freshly ground black pepper

INSTRUCTIONS

ACROSS

1 Horse house

7 Talked about

16 iPhone buys

20 Medieval

76

87

102

108

112

122

125

103

1. Combine the olive oil, lime juice, honey, coriander, salt and freshly ground black pepper in a medium bowl. Add the shrimp and toss to evenly coat. Let the shrimp marinate for 30 minutes.

2. While the shrimp is marinating, supreme the oranges and grapefruits.

60 Classic

brand

63 Org.

toothpaste

103 Comedian

who did

plumbing

work?

Slice off the top and the bottom of the fruit first to create a flat surface. Then run your knife down the sides of the orange, curving with the shape of the orange, to cut away all the peel. Carefully, make slices on either side of the membranes separating the orange segments, loosening the segments from the orange. Be sure to do this over a bowl to catch all the juices (which you can transfer to a glass and enjoy!).

3. Make the dressing by combining the white balsamic vinegar, lime juice, lime zest, honey, Dijon mustard and salt. Whisk in the olive oil, drizzling slowly to emulsify and thicken the dressing. Season with freshly ground black pepper.

4. Tear the Boston Bibb lettuce and green leaf lettuce into bite-sized pieces and place them in large salad bowl. Add the fennel and citrus segments.

5. Pre-heat an outdoor grill, electric grill or stovetop grill pan to mediumhigh heat. Grill the shrimp for 2 to 3 minutes on each side, seasoning with

6. Drizzle some of the dressing on the salad and toss to coat. Place the grilled shrimp on the salad and drizzle a little more of the dressing on top. Finish with the fresh chopped mint leaves and serve immediately.

56 ID for the IRS

95 Withdrawal of

the E.U.

the U.K. from

61 Rejections

62 Keenness

64 "Lah-di- -!"

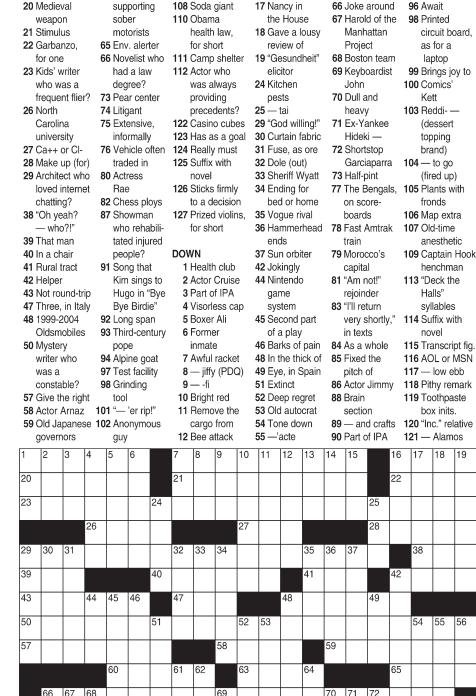
Super Crossword **EXPANSION TEAM**

13 Moral lapse

14 Actress Best

15 French article

16 Slightly



Weather Totals

Jan. 7 - Jan. 14, 2025

Nursery Bottom Parsons

<u>Temperature</u> Max Min

Precipitation

0.35'January 1.85" 2025 1.85"

Snowfall

New Snow 9" Snow on ground Winter Total 21.5"

U.S. Forest Service

Weekly **SUDOKU**

	7		3					
8	3		9			5		
	6		7				8	
6		9	2	3	7			4
		3	6	5	4	9	7	
		7			9		3	6
		6	1		2		4	
	5	2			8		1	
	1			6	3		2	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging ♦ ♦ ♦ HOO BOY!

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116 117 118

110

113 114 115

123

126

100

105 106 107

127

101

119 | 120 | 121

₽

Lady Wildcats Get in the Win Column Over Philippi



Maci Owens gets in position for the rebound By: Adam Freeman

The Lady Wildcats of Tucker Valley got their first win of the season last Friday in Parsons over the visiting Bulldogs of Philippi Middle. Tucker jumped out in the first quarter holding the Bulldogs scoreless through one quar-



Mia Lambert goes in for the layup

ter and taking a 9-0 lead. However, Philippi would battle back, outscoring the Wildcats 6-2 in the second quarter, and the score was 11-6 at halftime. Tucker would fight through the third quarter and hold a 17-11 lead heading into the final quarter of play. Tucker would slam the door on Philippi in the fourth quarter outscoring them 10-0 to



Amesley Channell fights off the defender (Photos by: Brittany Channell)

end the game and giving Tucker Valley their first victory of the season. The Lady Wildcats will return to action on Thursday, January 23rd at Tygarts Valley for a 6pm tipoff.

Owens 10 points; Channel 6 points; Wright 6 points; Evans 3 points; Phillips 2 points



Lady Bears get set for tipoff.

Lady Bears Split with Moorefield and South Preston

By: Adam Freeman

The Davis Thomas Lady Bears split a pair of games with Moorefield and South Preston Middle Schools. DT fell to Moorefield Middle in what was a tightly contested matchup throughout. Neither team held a lead larger than 1 point at the end of any quarter, and that would follow suit clear through to the final with a score of 35-34 in favor of the Lady Jackets.

Johnson 19 points; Simmons 11 points; Wilt 3 points; Thompson 1 point

The second contest of the week for the Lady Bears was not nearly as in question as the first as DT would lead from the tip to the final whistle against South Preston and take the win 52-11.

Johnson 15 points; Simmons 14 points; Thompson 7 points; Wolfe 6 points; Wilt 4 points; Goosby 2 points; Wolfe 2 points; Nestor 1 point

The Lady Bears will travel to Central Preston on Monday, January 20th at 6:15pm and return home against Petersburg on Thursday, January 23rd at 7pm.

Tucker Boys Pound Pendleton, Trounce the Tigers



Sam Marks splits the defense.

By: Adam Freeman

The Tucker County Boys Basketball team had a big week that included a regional opponent in Pendleton County, longtime rival Elkins and a new addition to the prestigious 1,000 Points Club. Heading into the matchup on Wednesday, January 15th against Pendleton County, senior guard Trevan Bonner was just 14 points shy of 1,000 for his career. Fans did not have to wait long as Bonner hit an and one layup late in the first quarter that put him at 999 points. Bonner would sink the and one free throw, and he would have his 1,000 points. Tucker dominated the first quarter 22-6 over Pendleton. The Wildcats would make a run in the second quarter, but Tucker would hold a 20-point margin, 41-21 at the break. Tucker would hold Pendleton to single digits in the third while scoring 25 of their own to take the advantage, 66-30, into the fourth. Tucker would take the win with the eventual final 73-40.

Bonner 28 pts, 7 reb, 4 ast, FT 3-4; Wilfong 11 pts, 22 reb, 11 ast, FT 3-7; Mitchell 10 pts, 2 stl; Lambert 8 pts, 6 reb; Arnold 8 pts, 3 reb, 3 stl, FT 2-2; Marks 7 pts, 3 reb; Dearborn 1 pt, 1 reb, FT 1-2



Trevan Bonner

3 Point Goals 6-23: Bonner (3) Mitchell (2) Marks (1)

Tucker would then travel the 25 miles South to play a historic rival in the Elkins Tigers. The contest through one quarter was by a narrow margin with Tucker holding the lead 14-10. The second quarter would prove to be where the separation was made, as Tucker would go on a 26-2 run and take a 40-12 lead into halftime. Elkins would regain some offensive momentum in the third quarter, but Tucker's lead was still at 22 points going into the final quarter. The Mt. Lions would take home the inevitable win over Elkins with a final score of 70.36

Bonner 25 pts, 7 reb, FT 2-6; Marks 12 pts, FT 2-6; Mitchell 12 pts, 5 reb; Wilfong 8 pts, 9 reb, FT 1-4;

Dearborn 8 pts, 1 reb; Arnold 4 pts, 2 reb, FT 2-2; Lambert 1 pt, 2 reb, FT 1-2

3 Point Goals 8-15: Dearborn (2) Marks (2) Mitchell (2) Bonner (1) Wilfong (1)

Tucker will return home on Tuesday, January 21st to play Grafton, tipoff is set for 6pm. They will then travel to Magnolia High School on Friday, January 24th, tipoff at 7:45pm, and Saturday January 25th also at Magnolia High School to take on Williamstown at 2:45pm.

TC Lady Mt. Lions Stomp Union, Hammer Hampshire

By: Adam Freeman

The Lady Mt. Lions of Tucker County High School had two contests this past week at their home gym. They began the week on Tuesday, January 14th by playing host to the Union Tigers. Tucker led for the entire game and the outcome was inevitable and never in doubt. With 10 players scoring, forcing 15 steals, and hitting 8 three-point shots, the Lady Mt. Lions cruised to victory 73-20.

Matthews 16 pts, 6 reb, FT 2-2; Pase 15 pts; Moats 10 pts, 2 reb; Gross 8 pts, 4 reb, FT 1-2; Herron 8 pts, 5 reb; Kitzmiller 5 pts, 1 reb; Evans 5 pts, 4 reb, 5 ast; Shaffer 3 pts, 5 reb, FT 1-2; Helmick 2 pts, 2 reb, FT 0-2; Cross 1 pt, 4 reb, FT 1-2

3 Point Goals 8-19: Pase (3) Moats (2) Gross (1) Kitzmiller (1) Evans (1)

The Lady Mt. Lions second home matchup was against a formidable foe in the 10th ranked (AAA) Hampshire County Lady Trojans. Tucker started the contest with a blazing hot scoring first quarter, taking a 24-3 lead at the end of one. The Trojans would make a surge in the second quarter outscoring the Lady Mt. Lions 15-9 in the period, making the score 33-18 at the break. Tucker would regain



Peyton Hicks looks to drive to the bas-

control to start the second half and lead 48-29 at the end of the second. The Lady Mt. Lions would maintain play through the fourth and cruise on to a major win over a solid opponent, 56-33.

Matthews 17 pts, 11 reb, FT 6-10; Gross 17 pts, 11 reb, FT 4-5; Evans 8 pts, 6 reb, FT 2-6

Moats 6 pts, 1 reb; Pase 4 pts; Snyder 2 pts; Herron 2 pts

3 Point Goals 4-13: Moats (2) Gross (1) Matthews (1)

The Lady Mt. Lions will be back in action Tuesday, January 21st visiting the Pendleton County Wildcats with tipoff set for 6:15pm and will return home Wednesday, January 22nd hosting Grafton at 5:45pm.

DT Boys Fall in Tough Battle with Moorefield 41-21

By: Adam Freeman

The Davis Thomas Bears Boys Basketball team played host to the Moorefield Yellow Jackets last week. The Bears would come out a little slow only managing 2 points in the first quarter to Moorefield's 10 points. DT would get things on track in the second quarter garnering 8 points to pull the score to 22-10 at halftime. The Bears would struggle on offense to begin

the second half only managing 2 more points in the third quarter and the score was pushed out to 33-12. Davis Thomas made a valiant effort in the final quarter outscoring the Yellow Jackets 9-8 for a final score of 41-21.

O'Brien 11 points; Luzier 5 points; Sisler 2 points

Davis Thomas' next game will be this Monday January 20th, tipoff for 5pm.





The Parsons Advocate

rsons, WV 26287 304-478-3533

Notary Services Available

OFFICE HOURS 8 a.m. - 4:30 p.m Monday thru Friday

Classifieds

DEADLINE 3PM FRIDAY

Tucker Valley Boys Put It on Philippi 55-46

By: Adam Freeman

The Tucker Valley Boys Basketball team played host to Philippi Middle on Tuesday, January 14th. The Wildcats jumped on the Bulldogs early taking a 13-9 lead. Philippi would pull within a single possession before the half and Tucker Valley was up 24-22 at the break. Tucker would take control in the third quarter behind three of Isaiah Boyles's four triples in the contest and the Wildcats were up 41-27 going into the final quarter of play. Tucker would survive a late surge from Philippi who notched 19 points in the final quarter, but the Wildcats would match the intensity and take home the victory 55-46. Tucker Valley will be home on Tuesday against Pendleton at 6pm and at Kasson on Wednesday at 5:45pm.

Wilfong 16 pts 10 reb; Boyles 14 pts; Titus Bowley 12 pts; Hyre 8 pts; Tuttle 5 pts

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Landon Wilfong walks the ball up to scan the floor.

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Moodr Health Welcomes Amy Evans as New Chief Executive Officer

Moodr Health is delighted to announce Amy Evans as the company's Chief Executive Officer, effective immediately. With an extensive background in executive leadership and an impressive track record in executive leadership for B2B tech companies, Amy brings unparalleled expertise to Moodr Health during this exciting time of growth and innovation.

Amy's professional journey includes leadership roles at worldclass organizations such as Salesforce, Wolters Kluwer, OneSource Virtual, and ADP. She is celebrated for her ability to exceed revenue targets, build high-performing teams, drive go-to-market strategies, and optimize customer experiences. As a respected Senior Executive Leader, Amy has consistently delivered leading-edge technology solutions to Fortune 500 clients, focusing on SaaS, BPaaS, Cloud, and CRM platforms.

"Moodr Health delivers on the promise of proactive healthcare and unlocks a \$750B problem that providers, payors and the communities they serve struggle with every day. I am honored to be leading our passionate and high calibre team of business, industry and clinical experts to execute on our vision of making the new Gold Standard of healthcare a reality for our customers and the people they serve," stated Amy Evans.

Moodr Health, founded in West Virginia, sets the gold standard for remote patient management by combining predictive AI to flag high-risk individuals, wearable technology, and meaningful human connections. The platform empowers early preven-

tion, timely intervention, and effective treatment of mental health challenges, focusing on underserved populations facing challenges such as substance use and perinatal mental health. Moodr Health's innovative, human-centered approach ensures proactive, scalable care that transforms health outcomes and fosters connections in all communities.

Ataes Aggarwal, Co-founder of Moodr Health, shared his enthusiasm for Amy's appointment, stating, "Amy Evans brings an unmatched combination of confidence, expertise, and alignment with Moodr's philosophy. Her dedication and commitment to our mission have made her the clear choice to lead our initiative and be a voice for patients and people effectively. Her ability to scale organizations and her strategic insights will be instrumental in advancing our mission to deliver cutting-edge, patient-centered solutions and open new opportunities for innovation and growth."

Drew Lytton, Board Member, highlighted the significance of Amy joining the team, remarking, "Amy's leadership, vision, and experience in driving growth and innovation make her the ideal person to lead Moodr Health at this pivotal time. Her track record of success and passion for transforming healthcare will undoubtedly help Moodr achieve its mission of improving lives and fostering connections across communities."

Moodr Health is proud to welcome Amy Evans to the team and looks forward to a bright future under her leadership.



Amy Evans







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Just what is The Parsons Advocate's WARM THE CHILDREN FUND?

The Parsons Advocate's WARM THE CHILDREN FUND is neighbors helping neighbors in Tucker County. The Parsons Advocate is asking readers to donate to the fund and the proceeds will be used to buy new warm winter clothing for local children. There are no administrative fees. All the money donated is used to buy new clothing.

How will the children's clothing be purchased?

The Advocate's WARM THE CHILDREN coordinator has made arrangements with a local store and assigns volunteer shoppers to take the children and their parents shopping. Shoppers will be people like you, anyone in the community willing to help by donating a little of their time to this worthwhile cause.

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MountainHeart Child Care Resource and Referral is a program of MountainHeart Community Services, Inc. This program is being presented with financial assistance as a grant from the West Virginia Department of Human Services.







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