SERVING THE PEOPLE OF TUCKER COUNTY SINCE 1896

Wednesday, March 5, 2025 Volume 130 No. 10 \$1.00 (tax incl.)

# **Commission Approves \$37,000 in Funding Requests**

By: Lydia Crawley The Parsons Advocate

Several organizations requested funding from the Tucker County Commission during their February 26th meeting. In total, the Commission approved over \$37,000 in funding requests during the session to various entities.

First to appear before the Commission Karen Carper from the Highlands Trails Foundation. "We are here to request support from the Commission," Carper said.

Carper said her organization was fundraising for a grant match for a \$250,000 grant to improve 19 miles of the Allegheny Highlands Trail from Elkins to Parsons. The project, according to Carper, is a continuation of a grant funded project that has already seen some work done along the trail and includes an improvement project in Parsons to be determined.

The Commission approved a \$5,000 donation from Hotel/Motel funds in a motion made by Tucker County Commission President Mike Rosenau with a request that Carper return with an update to the Commission at a later

Next Angie Johnson and Debbie Williams appeared on behalf of the Five Rivers Public Library and Mountain Top Library. Johnson and Williams updated the Commission on the latest developments at the libraries including the availability of mobile hot spots at the Five Rivers Public Library in Parsons. The hot spots, Johnson said, were available for three week check out at the library and could also be used for wifi calling on cell phones to save minutes, according to Rosenau. "We have hot spots now so that people in the community if they don't have internet, they can check out the hot spots and take to their house," Johnson said. "This is wifi if you don't have wifi."

In motions made by Rosenau, The Five Rivers Public Library was approved \$13,000 in funding and Mountain Top Public Library was approved for \$14,500 in funding. The approvals, Rosenau said were to assist the libraries with facilitating state funding as the libraries required local funding in order to be eligible for state funding.

Angie Pase next represented Run For It in requesting funding. "Tucker County is no stranger to Run For It," Pase said. "You have faithfully pledged funds and have been a partner in this program since it started in 2007."



Angie Johnson, left, and Debbie Williams, right, addressed the Tucker County Commission for funding for the Five Rivers Public Library and Mountain Top Library February 26th.

Run For It, Pase said was a 2K/5K that is held in conjunction with the Leaf Peepers Festival each fall in Davis. This year's event, according to Pase is scheduled for Saturday, September 27th at 11 a.m. in front of the Fire Hall in Davis.

Pase said that since the event's inception, it has brought \$3.2 million back to it's 9 county service area. Tucker County, according to Pase, has brought back from an investment of \$80,000 since 2007 non profits and charities have brought back a total of \$1,340,253. Pase said that last year, Tucker County donated \$5,000 and over \$75,000 was brought in for Tucker County.

In a motion made by Rosenau, a donation for Run For It in the amount of \$5,000 was approved by the Commission.

The Appalachian Forest National Heritage Area requested a donation of \$5,000. The organization provides AmeriCorps and grants to Tucker County, according to their representative. The Commission made no determination on the request, but said they would keep it under consideration.

Candi Travis appeared for the Tygart Valley United Way. Travis said she was requesting funding for the organization's 211 program. The program provides information on such resources as food, housing, jobs, substance abuse and aging and disability.

Travis was requested to make an appointment with the



Angie Pase requested funding from the Tucker County Commission on behalf of Run For It. The Commission approved a donation of \$5,000 for the organization February 26th.

Commission to further discuss and research the request. The matter was tabled pending further research into the

# Blackwater PSD Makes Plans for **Public Meeting**

By: Lydia Crawley The Parsons Advocate

The Blackwater Public Service District discussed plans for a public meeting on the PSD's waste water treatment plant project at their February 25th meeting at the Davis Town Hall. At the meeting, Board Member Judy Cronauer was present with Al Tomson attending via phone and Jody Flanagan was absent.

Tomson said a lot of the public meeting discussion would be based on the proposed rates for the municipalities of Davis and Thomas. "In the public meeting, we would like to have a discussion with regards to potential rates for Davis and Thomas," Tomson said. "And part of being able to reach that point, is to know first of all, what your options are and the options are heavily dependent upon money so it effects the decision making with regards to

> which course of action we want to pursue going forward." Tomson said that one of the larg-

"On the federal side we are kind of in a quandary," Tomson said

est sources of funding for projects such as a new treatment plant for the PSD, would be Congressionally Directed Funding or Earmarks from the Federal Government. Tomson said that there is a lot of confusion right now surrounding federal money that has affected the project and their decisions moving forward. "Once we have picked a course of action, then we have to figure out how do we fund that particular solution which is very difficult right now because we don't know...particularly what is going

on with federal money," Tomson said. Tomson said the Board was "in a quandary" on the subject of federal funding and what the future of federal funds would be for municipal improvement projects such as the PSD's. "On the federal side we are kind of in a quandary," Tomson said. "We really have little idea or speculation about what the future holds with the major components of funding."

Tomson said that the PSD is attempting to get to a place where they can narrow down a range for rates to release to the public at a public meeting. According to Tomson, it will likely be a general statement with not specific details available. "So we are trying to get to a position where we can say something about rates," Tomson said. "It may be that it is a very general statement. I don't think its going to be specific in nature. We're not going to be able to say the rate is going to be X amount of dollars."

Tomson said that the lead engineers on the project, RK&K are working on phasing the project further to lower the overall cost. The measure will also bring component parts of the phases closer together further helping the board to make informed decisions on the project that focus on factors such as location, transportation of leachate and not simply on money.

The Blackwater Public Service District said they are looking at a time frame of April for a public meeting on the project.

**Special Olympics** 



The Tucker County Commission received a plaque in recognition of their continued support of the Special Olympics in the County. Representatives from the organization presented the Commission with the award during the Commission's February 26th meeting in Parsons.

## Davis Discusses Unimproved Town Lots

By: Lydia Crawley

The Parsons Advocate

The Town of Davis Council was approached by Gina Puskas and her husband about a property the couple are looking to purchase in the Town. The property comes with eight unimproved lots along 7th and 8th Streets. "There are six lots on the unimproved portion of 8th Street, that are behind the address 429 7th Street," Puskas said, "and we are wondering if infrastructure could be brought to those lots."

When asked what she intended to do with the lots, Puskas said she planned to sell them. "We're hoping to sell them, if infrastructure is available," Puskas said.

There is currently no infrastructure to the area, according to Puskas. Council Member Doug Martin said that water would be available from 7th Street, however, sewer was not available to the area. The house currently in the area is the only in the area on septic, but septic would not be an option to any new construction in the area due to Town Code, the Council said. The current house was grandfathered in for septic, but Town Code did not allow for septic in Town limits.

There was also discussion of the need for investigation

as to any mine locations in the area prior to any development. Discussion also revealed that should the Puskas pursue sale of the lots, they would be responsible for development of the area in much the same fashion that the Riverwalk Development had been with water and sewer installed prior to the sale of the lots. "If you're going to develop that land you just bought, you're going to have to put infrastructure all the way in," Martin said.

Puskas was also informed that she would be required to put her own road into the area should she sell the lots. "See, that's why it all gets expensive," Puskas said.

Martin said sewer to the area would be determined on what the capacity of the treatment plant would be following completion of the Town's sewer improvement project. A final determination on capacity would not be available for two years. "We ain't going to know that for I'm going to say two years," Martin said. "Then after the first couple good rains we'll know exactly how good that did for the town. If not we'll have to go to Plan B."

Puskas said she had reached out to Western Pocahontas to see if they would be interested in the lots, should they purchase the property. According to Puskas, she anticipated a response in a couple of weeks. The Puskases have not yet purchased the property.



### **News of Record**

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

- Eli N. Knighton and Carol L. Knighton, Thomas Corporation, Enhanced Life Estate Deed: Western Section of Northern half of Lot 25 to Christina Knighton Botteri.
- Eli N. Knighton and Carol L. Knighton, Thomas Corporation, Enhanced Life Estate Deed: Part of Lots 204 and 205 to Christina Knighton Botteri.
- John Hambrick and Lydia B. Hambrick, Dry Fork District, Lot 2, containing 1.908 acres, Phase III, Windwood Fly-In Resort to John Dehn and Jessica Dehn, \$799,000.
- Janis L. Ulsch, Clover District, 39 acres, 6 chains, 15 poles, mineral interest to Shiloh Quarry LLC, \$2.500.
- Shiloh Quarry LLC, Clover District, 39 acres, 6

- chains, 15 poles, mineral interest to Rose Holdings
- Jeri Rae Lamm, Clover District, 39 acres, 6 chains 15 poles, mineral interest to Shiloh Quarry LLC, \$5,000.
- Lewis and Clark Adventures LLC, Dry Fork District, 3.00 acres, 300 feet from WV Secondary Rt. 35, to John Hambrick and Lydia Hambrick.
- **Rita M. Jones**, Black Fork District, Parcel One: 7,400 square feet, Smokey Hollow and Parcel 2: 1.3 acres to Lisa A. Jones.
- **Potomac Developments Group LLC**, Dry Fork District, One-half interest, 3.77 acres to Workman Land & Livestock LLC and Jeffery C. Kiess.
- Ted E. Senator, Davis Corporation, Part of Lots 270 and 271 and Northern Part of Lots 270 and 271 to Ted E. Senator; Ted Evan Senator Revocable Trust.
- Melody Phillips Williams and Hayward L. Phillips, Sr., Black Fork district, Parcel 1: 5 acres and Parcel 2: 0.34 acres to Hayward L. Phillips, Jr. and Jane M. Phillips, \$50,000.
- **Dawn Smith**, Dry Fork District, Lot #6, Windwood Phase I, 0.333 acres to Tota Family Revocable Living Trust, Blendar Tota Co-Trustee and Evelina Tota Co-Trustee, \$400,000.
- **Ruth Ann Cooper,** Dry Fork District, Revoke transfer on Death Deed: 60.27 acres, 10.89 acres and 2.50 acres to Steven H. Cooper, Jr. and Stephanie A. Simmons.
- Patrick Stodel, Davis Corporation, Lot 7, Davis Riverwalk, Phase 2 to Riverview 66 LLC, \$69,000.
- Brendan Miller and Brandi Miller, Black Fork District, Lot #11, containing 2.21 acres, River Bend Sub-division, Hile Addition, Section 1 to Brendan Miller.

# Coplin Health Systems Welcomes Dr. Richard E. Cain

PARKERSBURG, WV (February 27, 2025) — Coplin Health Systems is pleased to welcome Richard E. Cain, M.D., to its team at River Valley Family Care in Ravenswood, W.Va. Cain brings to the practice more than 30 years of experience as a primary care physician.

A native of Grantsville, W.Va., Cain is a 1988 graduate of the Marshall University School of Medicine. He earned a Bachelor of Arts degree in biology from West Virginia University in Morgantown, W.Va., and an Associate of Arts degree in biology from Potomac State College in Keyser, W.Va. He completed his residency at United Hospital Center in Clarksburg, W.Va., where he served as Chief Resident from 1990 to 1991.

Cain comes to Coplin Health Systems from the physicians' office of Vandalia Health (formerly PARS Healthcare) in Belpre, Ohio. He also previously practiced at Minnie Hamilton Health Care Center in Grantsville, W.Va., Marietta Health Care Physicians in Marietta, Ohio, and Cornerstone Health Care and Parkersburg Family Practice, both in Parkersburg, W.Va.

Rob Dudley, CEO of Coplin Health Systems, said Cain's addition will further support the system's mission to serve the health and wellness needs of its communities.

"We're thrilled to have Dr. Cain as a member of our primary care team at River Valley Family Care," Dudley said. "He's an experienced, caring physician and throughout his career he's distinguished himself as a leader, holding various offices and serving on professional committees. He embodies excellence in rural healthcare."

Dr. Darrin Nichols, Chief Medical Officer of Cop-

lin Health Systems, added, 'Having practiced his entire career in this region, Dr. Cain has a deep understanding of the needs of residents and their families and consistently delivers compassionate, high-quality care."

While Dr. Cain will be seeing patients at River Valley Family Care, he encourages his patients who are unable to make the trip to Ravenswood to see the quality Coplin Health Systems providers at either Wirt County Family Care or Parkersburg Family Care on Camden Avenue, both of which are accepting new patients.

For information about River Valley Family Care or to schedule an appointment, call

304-273-1033. To contact Parkersburg Family Care (Camden Ave.), call 304-917-3733. To contact Wirt County Family Care, call 304-275-3301. To learn more about Coplin Health Systems visit coplinhealth.com.

About Coplin Health Systems

In 1978, Wirt County Health Services Association (d.b.a. Coplin Health Systems) was established as a non-profit healthcare organization. Since our beginnings in Elizabeth, WV, we have grown into 13 service centers, an administrative center, and a mobile health unit with locations in Wirt County, Jackson County, Wood County in West Virginia, and Meigs County in Ohio

For over two decades, Coplin has served as a federally qualified health center (FQHC). As an FQHC, Coplin Health Systems offers a variety of healthcare services to the community. These healthcare services include primary care services, acute/urgent care services, pediatric healthcare services, behavioral health services, SUDs services, dental services, and discount



pharmacy through 340b programing. As an FQHC, Coplin Health Systems offers these services regardless of a person's ability to pay through our sliding scale program. Coplin Health Systems exists to serve the health and wellness needs of our communities. Visit www.coplinhealth.com to learn more.

# 42 Students to Compete in West Virginia Poetry Out Loud State Finals on Feb. 28 and March 1

CHARLESTON, W.Va. – Forty-two students from across West Virginia will recite poems by Nikki Giovanni, Robert Frost, Willie Perdomo, Emily Dickinson, and many others during the 2025 Poetry Out Loud state finals competition set for Friday, Feb. 28 and Saturday, March 1, 2025, at the Culture Center, State Capitol Complex, in Charleston. All sessions are free and open to the public.

The semifinal competition begins with Division I at 9:30 a.m. on Friday, Feb. 28, followed by Division II at 2:30 p.m. Saturday's final competition begins at 1 p.m.

For the final round of competition on Saturday, the master of ceremonies will be storyteller, author and recording artist Bil Lepp, whose humorous, family friendly tall-tales and stories have earned the appreciation of readers and listeners of all ages.

In addition to the championship round of recitations, Saturday's program will feature greetings from 2024 WV Poetry Out Loud state champion Willow Peyton, a performance by musician Mary Linscheid, and remarks from West Virginia poet laureate Marc Harshman.

Harshman will serve as a judge for the competition, alongside writers and poets Torli Bush, Abbey Delk, Sara Henning, Joel Peckham, Doug Van Gundy, and Randi Ward.

The state champion receives \$200, and the school or organization represented by the champion receives \$500 to purchase poetry books and materials. The runner-up receives \$100 while the school receives \$200 for poetry books and materials. The state champion will also represent West Virginia at the 2025 national Poetry Out Loud competition to be held in Washington, D.C. on May 5-7.

Participating students and teachers receive original works created by West Virginia artists. The state champion and runner-up also will receive trophies handcrafted by West Virginia artist Matt Thomas.

Poetry Out Loud is sponsored by the National Endowment for the Arts and the Poetry Foundation, publisher of Poetry Magazine, the oldest English-language monthly publication dedicated to verse. The program is designed to encourage high school-age students to learn about great poetry through memorization, performance and competition.

For more information, contact Jim Wolfe, arts in education coordinator, at (304) 558-0240 or email him at james.d.wolfe@wv.gov.

ALPHABETICAL SCHOOL LIST WITH STUDENT COMPETITORS:

**COMPETITORS:** Berkeley Springs High School - Hunter Hook Bridgeport High School - Jay Scott Cabell Midland High School - Maxwell Harris Capital High School - Alexandria Plear Charleston Catholic High School – Danny Linton Clay-Battelle High School - Whitley Hardin East Hardy High School - Kaelynn Reigel Fairmont Senior High School – Shaila King George Washington High School - Malia Saar Gilmer County High School - Paisley Hamrick Grafton High School - Alexa Swyck Greenbrier East High School - Gracie Campbell Lewis County High School - Isaac Minigh Lincoln High School – Marissa Barajas Logan High School - Emily Porter Magnolia High School - Vanessa Cogar Meadow Bridge High School - Alexiana Brunty Moorefield High School - Jedidiah Blizzard Morgantown High School - Gulse Polat Nicholas County High School – Jasmine Hopson Nitro High School – Langston Kardos Notre Dame High School - Audrey Kosydar Oak Glen High School – Corbin Deremer Oak Hill High School - Jordyn Floyd Parkersburg High School - Brittany Ward Paw Paw High School - Donovan Tanouye Philip Barbour High School - Thomas Sanetrik Preston High School – Julya Johnson Richwood High School - Kailyn Williams Saint Albans High School – Tamara Gregory Scott High School – Emma Beasley Shady Spring High School - Nicholas Lilly Sissonville High School – Danielle Frame South Charleston High School – Mattie Vandale Spring Mills High School - Grace Fling St. Marys High School - Emma Weikart Weir High School - Sienna Finsley Wetzel County Technical Education Center – Brenna Clark Wheeling Park High School - Ava Mick Winfield High School - Braylie Smolder Woodrow Wilson High School - Carson Misch Wyoming East High School – Audrey Steele

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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.

#### Ashley Nicole (Currence) Pedro

July 30, 1987 – October 16, 2024

Albion, Nebraska (formerly of Thomas, WV)

It is with great sadness that the loving family of Ashley Nicole (Currence) Pedro announce her passing at the age of 37. For the past three years, she fought a brave and relentless fight against Stage IV Colon Cancer. She will be fondly remembered for her loving ways, loyal friendship, love of adventure, creativity, and strong work ethic. She was the kindest human on the planet.

Ashley is survived by her loving husband Josh Pedro and his two children, Kolby and Alexis (Albion, NE). She is the daughter of Lisa Roth (Thomas, WV). Her three siblings include sisters: Amber Fisher and Alexis Carr (Brandon) and younger brother Nicholas. She so loved her niece Aubrey Draper from Virginia and her two nephews, Lincoln and Rhett Carr, from West Virginia. Ashley is survived by numerous Aunts, Uncles and Cousins as well as her grandparents Jean & Monty Christo from Mesa, AZ. She also had hundreds of supportive friends from all over the globe.



Ashley was a graduate of WVU Potomac State College earning an Associate Degree in Criminal Justice in the Class of 2022 (Amazingly, her degree was completed post colon cancer diagnosis) and graduated from Tucker County High School Class of 2005. Born in Morgantown, West Virginia, Ashley had a childhood surrounded by a large family and many friends in the beautiful WV Mountains. She was preceded in death by her biological father in

Ashley will be remembered for her commonsense approach to life (optimistic and realistic), her bravery and her loving ways. Her family and friends can take comfort in knowing she fought the colon cancer fight with every fiber of her being.

Colon cancer is one of

the toughest cancers in existence. In her passing, Ashley wanted to urge everyone to get timely colonoscopies and never forget that many victims do not survive five years post diagnosis. Colorectal cancer can only be identified with regular colonoscopies.

Source Website 'Ashley's Story:'

https://fightcolorectalcancer.org/story/ashley-pedro/

Ashley's wishes were to be cremated. A Celebration of Life will take place at Mt. Grove (William Slaubaugh Memorial Building), 1671 Slaubaugh Road, Eglon, WV on March 8, 2025, at 1:00 p.m. Please bring a covered dish and join us as we share our favorite stories and memories.

In lieu of flowers, donations may be directed to the family at P.O. Box 153, Thomas, WV 26292. Any donations made to the family will be forwarded to Fight CRC in loving memory of Ashley.

In memory of Ashley, please wear blue on March 7, 2025. "Wear Blue Day" is observed on March 7, 2025 to raise awareness and support of those affected by Colorectal Cancer.

Our dear John Martin McTheny II, age 66, passed away on January 15, 2025 in Grants Pass, Oregon after a short illness. His son, John McTheny III was by his side. John was born in Morgantown, West Virginia on May 18, 1958. He was the son of the late Margaret Anne Kochenderfer and late John Martin McTheny. John's roots were in West Virginia. He spent the early years of his childhood hiking in the woods and fishing with both his uncle Jim Kochenderfer and the late Miles "Koch" Kochenderfer. This is where he began his love of nature and the outdoors. He often spent summers in Tucker County, WV with his grandparents Martha Kochenderfer (predeceased) Miles Kochendefer (predeceased), and had

Horseshoe. John was the oldest of 3 children. He has 1 brother, Patrick Flanagan (predeceased) and one sister, Jennifer McTheny. John was a wonderful big brother! As the oldest of the family, he took his job seriously and was always looking out for family. He actively supported them in their endeavors.

many fun times at Camp

John attended St Louis Catholic School and Mt. Vernon High School in Alexandria, VA. Shortly

#### John Martin McTheny, II



after high school, John travelled the country and eventually settled on the west coast. He ended up calling California his home where he started a family and worked as an electrician for several years.

John's honesty, integrity and a deep love for family were priorities in his life. His greatest joy was being a father to his son, John McTheny III. John was loyal, kindhearted, and a good soul who was always willing to lend a helping hand. Everyone who knew him would say that he would give you the shirt off his back. His kindness also extended to his love of animals. John often took in many abandoned, neglected, and unwanted animals and gave them a good home.

In his spare time, he enjoyed restoring his vintage motorcycles and cars. He treasured going

for long rides through the mountains of California and Oregon. John was witty, with a great sense of humor. He loved to laugh and was an animated storyteller. He had a lively personality and would have everyone in the room filled with laughter as he told a

John is survived by his son, John McTheny III, his sister Jennifer McTheny, his nieces, Shannan Flanagan and Meghan Flanagan, aunts and uncles, and many cousins. John was a devoted father, son, grandson, brother, uncle, nephew and friend. He was well loved by many and will be dearly missed by his family, friends and all those whose lives he touched.

The Funeral Liturgy will be celebrated at 11:00 AM, Tuesday, March 4, 2025 at Our Lady of Mercy Catholic Church at Parsons, WV. The Rev. Father Martin J. Smay will be the Presider and interment will follow at the Bethel Cemetery at Holly Meadows. The Lohr & Barb Funeral Home is honored to be in charge of the arrangements for John Martin McTheny, II. Condolences may be expressed to the family at www.lohrbarbfuneralhome.com

# Social Security Announces Expedited Retroactive Payments and Higher Monthly Benefits for Millions

Actions Support the Social Security Fairness Act

Social Today, the Security Administration announced it is immediately beginning to pay retroactive benefits and will increase monthly benefit payments people whose benefits have been affected by the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO). These provisions reduced or eliminated the Social Security benefits for over 3.2 million people who receive a pension based on work that was not covered by Social Security (a "non-covered pension") because they did not pay Social Security taxes. The Social Security Fairness Act ends WEP and GPO.

"Social Security's aggressive schedule to start issuing retroactive payments in February and increase monthly benefit payments beginning in April supports President Trump's priority to implement the Social Security Fairness Act as quickly as possible," said Lee Dudek, Acting Commissioner of Social Security. "The agency's original estimate of taking a year or more now will only apply to complex cases that cannot be processed automation. American people deserve to get their due benefits as quickly as possible."

People who will benefit from the new law include some teachers, firefighters, and police officers in many states; federal employees covered by the Civil Service Retirement System; and people whose work had been covered by a foreign social security system.

Many beneficiaries will be due a retroactive payment because the WEP and GPO offset no longer apply as of January 2024. Most people will receive their one-time retroactive payment by the end of March, which will be deposited into their bank account on record with Social Security.

Many of these people will also receive higher monthly benefits, which will first be reflected in the benefit payment they receive in April. Depending on factors such as the type of Social Security benefit received and the amount of the person's pension, the change in payment amount will vary from person to per-

Anyone whose monthly benefit is adjusted, or who will get a retroactive payment, will receive a mailed notice from Social Security explaining the benefit change or retroactive payment. Most people will receive their retroactive payment two to three weeks before they receive their notice in the mail, because the President understands how important it is to pay people what they are due right away. Social Security is expediting payments using automation and will continue to handle many complex cases that must be done manually, on an individual case-by-case basis. Those complex cases will take additional time to update the beneficiary record and pay the correct benefits.

Social Security urges beneficiaries to wait until April to ask about the status of their retroactive payment, since payments will these incrementally process

into March. Since the new monthly payment amount will begin with the April payment, beneficiaries should wait until after receiving their April payment, before contacting Social Security with questions about their monthly benefit amount.

Visit the agency's Social Security Fairness Act webpage to learn more and stay up to date on its progress. Visitors can subscribe to be alerted when the webpage is updated.

To get more Social Security news, follow the Press Office on X @ SSAPress.

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## 40 & 8 Hardy County Voiture 1623 Members Presented Four Eastern College Nursing Students with Scholarships

MOOREFIELD, W.Va. – Representatives from 40 & 8 Hardy County Voiture 1623 awarded four \$500 nursing scholarships to Eastern West Virginia Community and Technical College students on February 18, 2025. The scholarship recipients were Kelsie VanMeter, Brittany Goldizen, Madison Miller, and Tara LeeAnn Aylor. This is the second time these students have been awarded this scholarship and their second semester in the nursing program at Eastern. Joe Delawder, Steve Vaughn, Ken Bransky, Kris Jenkins, Leon Wolfe, and Robert Cross of 40 & 8 presented the checks.

For these students, the support of 40 & 8 is more than just financial assistance—it's an investment in their future. "I am so grateful for 40 & 8 supporting my dreams of becoming a nurse," said Aylor. "With the help of 40 & 8, I am able to focus more on schooling rather than financial strain. I appreciate the opportunity I have been given."

"I am incredibly grateful for the 40 & 8 scholarship that I was granted! With this scholarship, I am blessed to be moving forward with my career," said Kelsie Van-Meter. "Thank you to all who choose to help me move forward and those who dedicate their generosity to my future! I'm beyond thankful for all those who believe in me."

"I am honored to receive the 40 & 8 scholarship this semester. Receiving this scholarship will help with my nursing school expenses, allowing me more time to study," said Madison Miller. "The 40 & 8 has helped relieve some financial burden this semester to help pursue my education career. This scholarship will help allow me to continue pursuing my dreams of coming back to my community to provide quality health care."

"The 40 & 8 scholarship has been a source of motivation and encouragement. It has allowed me to focus on my academics, dedicate myself to my clinical training, and develop the skills necessary to provide compassionate and competent care to all patients," said Brittany Goldizen. "Without this scholarship, balancing school, work, and personal responsibilities would have been much more difficult. I am one step closer to achieving my dream of becoming a registered nurse and making a difference in the lives of patients and their families. With this scholarship, I promise to work hard, give back to my community, and one day support future nursing students."

The 40 & 8 was founded in 1920 by American Veterans returning from France after World War I. In 1955, they began their support for nursing education. Voiture 1623 of the 40 & 8, based in Moorefield, has been a longtime advocate and supporter of Eastern's nursing students with this scholarship. "We enjoy the camaraderie (at 40 & 8) and making sure we have future nurses—it's part of our mission," said Joe Delawder. "Everything in our group is about getting nurses trained because that's one of our priorities here. The Forty and Eight was founded for that very reason, to sponsor nurses after World War I, ensuring that no soldier would ever die from inadequate medical care again. The name itself comes from the French railcars that carried our troops—40 men or 8 horses—to the front lines. That tradition has carried on for over 100 years, and today, we continue working to support the next generation of nurses and medical professionals."

Delawder also brought up concerns for the future of Forty and Eight, as they have seen an overall decrease in members over the years, even with new members joining. "The sad thing is, the Forty and Eight is dwindling because people don't want to join and volunteer, just like the VFWs and other organizations," Delawder explained. "It's always the same few people wearing different hats, doing the work. But we keep trying, we keep going, and we're even seeing some new members. There seems to be a shift happening in America, and I think we could see an improvement in volunteerism. We just have to keep pushing forward."

In support of their nursing scholarship program, members of the 40 & 8 hold several fundraising events each year. Over the years, Voiture 1623 has awarded scholarships to numerous Eastern students, easing financial burdens and enabling them to pursue careers in nursing.

"We are proud to announce that four of our nursing students have been awarded scholarships through the generous support of the Forty & Eight. This scholarship opportunity plays a critical role in helping to offset some of the financial burdens associated with nursing school, enabling students to focus more on their education and clinical training," said Alicia Van Meter, Eastern's Nursing Program director, "Nursing programs are essential in preparing well-rounded, empathetic, and critical-thinking professionals who are equipped to provide excellent patient care. By supporting nursing education, the Forty & Eight are contributing to the development of healthcare professionals who possess the knowledge and compassion necessary to improve patient outcomes. These scholarships not only support students financially but also ensure that they are trained to be the next generation of nurses who will make a lasting impact in the healthcare field."

Eastern West Virginia Community and Technical College is deeply grateful for the Forty & Eight's ongoing support, which plays a vital role in ensuring that the next generation of nurses is well-equipped to serve their communities and improve healthcare outcomes for years to come.

About the 40 & 8

La Société des Quarante Hommes et Huit Chevaux (The Society of Forty Men and Eight Horses) membership is by invitation and open only to honorably discharged veterans and honorably serving members of the U.S. Armed Forces. The society was created in 1920 in the wake of World War I, and the name comes from the French railway boxcars that carried most of the soldiers to the front lines. The boxcars featured a sign indicating the boxcar's capacity: 40 men/8 horses. The national organization's mission to support nursing education began in 1955.

About Eastern's Nursing Program

The nursing program at Eastern dates back to 2006 when Southern West Virginia Community and Technical College launched a nursing program division in Moorefield. With Southern's permission, Eastern later adopted the program's curriculum and earned independent program accreditation from the WV Board of Examiners for Registered Professional Nurses. The two-year RN program, which admits new students every other year, is also accredited by the Accreditation Commission for Education in Nursing (ACEN).

Eastern also offers the new LPN to RN Hybrid Bridge Program, which aims to prepare students for completion of the Associate in Applied Science Degree in Nursing in preparation to sit for the NCLEX examination. This program is to be completed over one year (three semesters) with graduation in the fall. The coursework is online, with clinicals combining virtual, simulation, and in-person experiences. For more information, visit https://easternwv.edu/academics/nursing-program/. Conservation groups condemn recent mass firings at US Forest Service, US Fish and Wildlife Service and National Park Service

ELKINS, W.Va.—The West Virginia Highlands Conservancy, the Allegheny-Blue Ridge Alliance and Friends of the 500th have condemned the Trump administration's decision to terminate thousands of U.S. Forest Service, United States Fish and Wildlife Service and National Park Service employees across the country. The layoffs affect crucial staff-including many who live and work in West Virginia and Virginia—who have long served as stewards of our shared natural heritage.

According to recent reports, approximately 3,400 U.S. Forest Service employees (10% of the workforce) and 1,000 National Park Service staff (5% of the workforce) have been fired, many while still in their probationary period. The Monongahela National Forest—which was already chronically understaffed—now faces even greater challenges. The George Washington and Jefferson National Forests, which stretch into parts of West Virginia and Virginia, face the same crisis.

In 2024, the New River Gorge National Park and Preserve generated over \$96 million in tourism dollars and helped support more than a thousand local jobs in West Virginia, according to the National Park Service In 2023, tourism to Shenandoah National Park contributed \$114 million to the local economy in Virginia. That spending supported 1,351 jobs in the local area and had a cumulative benefit to the local economy of \$156 million. Record visitation at our national forests and state parks is breathing new life into small towns once overshadowed by a century of resource extraction.

Statement by Marilyn Shoenfeld, President, West Virginia Highlands Conservancy and Friends of the

"It is with great sadness and mounting frustration that I report the sudden firing of U.S. Fish and Wildlife Service Ecological Services staff stationed at Canaan Valley National Wildlife Refuge on Friday, February 14. This arbitrary decision, made without notice, or plan, further compounds devastating layoffs of our U.S. Forest Service, U.S. Fish and Wildlife Service and National Park Service employees. Who will now pro-

#### LEGAL

#### LEGAL NOTICE STOCKHOLDERS' MEETING

A meeting of the Stockholders of Miners & Merchants Bank of Thomas, West Virginia will be held at the Bank's Main Office Building located at 16000 Appalachian Highway, Thomas, West Virginia on Tuesday, March 25, 2025, beginning at 1:00 p.m., for the purpose of electing a Board of Directors for the ensuing year and transacting any other business that may properly come before the meeting.

Given under my hand this 4th day of February 2025. Jennifer Newland

tect and preserve our public lands-including our wetlands, streams, and unique ecological systems—that keep our water drinkable, our air breathable and our wildlife safe? We must act now and stand together to put an end to this madness."

Statement by Olivia Miller, Program Director at the West Virginia Highlands Conservancy:

"We are deeply concerned by this attack on our National Forest system, national parks, and their employees—and we're dismayed by the apparent silence from so many of our state's leaders. Last Friday, hard-working West Virginians who have been working tirelessly to keep our forests healthy and our parks thriving went to work only to discover they were out of a job by day's end. Where is the dignity in that?

"Our national forests and parks aren't just scenery—they're woven into the fabric of who we are as Americans. They provide us all with clean water, clean air and irreplaceable opportunities for hunting, fishing, hiking and family recreation. Our Forest Service employees not only protect these natural treasures but also keep our trails well maintained, safeguard wildlife and ensure that our campgrounds and forests remain free of litter. We are proud to have worked alongside these professionals over the years, many of whom have served on our board. Our missions go hand in hand.

"Many communities throughout West Virginia's highlands have proud, generational ties to the U.S. Forest Service, and this wave of layoffs risks derailing local initiatives focused on conservation, recreation and economic development. Watching so many dedicated professionals lose their jobs is devastating. We call on every West Virginian to contact their representatives and demand immediate action to halt these layoffs and reinvest in our forests and parks. Our public lands deserve robust, long-term investment that will sustain our communities and protect our natural heritage for generations to come."

Statement from Andrew Young, Staff Attorney at the Allegheny-Blue Ridge Alliance:

"It's no secret that conservationists and federal land managers don't always agree on every project. Yet we share a core mission: to safeguard the public interest, protect our treasured landscapes, and preserve our natural heritage for the generations who will follow us. The skilled civil servants now losing their jobs have spent their careers working toward those same ideals even when we debated the details, our commitment to the land itself was mutual.

"Instead of tearing down the workforce that keeps our lands healthy and accessible, we should be growing sustainable outdoor economies—especially in regions like rural Appalachia, where responsible recreation and conservation jobs can genuinely lift up communities. I urge everyone who values our public lands to stand up and demand accountability: reach out to elected officials, join grassroots efforts, and stand alongside the people who steward these resources in the public trust. Don't let these selfish men skin our country of its riches. These workers need to know we have their

About the West Virginia Highlands Conservancy:

Founded in 1967, the West Virginia Highlands Conservancy is one of the state's oldest environmental advocacy organizations, dedicated to protecting the natural resources and beauty of the West Virginia high-

About the Allegheny-Blue Ridge Alliance:

The Allegheny-Blue Ridge Alliance is a 501(c)(3) non-profit organization dedicated to promoting and protecting the environmental integrity of the Allegheny-Blue Ridge region and the surrounding Central Appalachian Highlands of Virginia and West Virginia. About the Friends of the 500th:

The Friends of the 500th, established in 1996, is a nonprofit dedicated to supporting the Canaan Valley National Wildlife Refuge, the nation's 500th National Wildlife Refuge.

#### LEGAL

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

Deceased Carolyn D. Knotts 1st publication 3/5/25 2nd publication 3/12/25 James Dale Parsons 1st publication 3/5/25 2nd publication 3/12/25 Mark Bailey 1st publication 3/5/25

Personal Representative(s) Sandra Owens 3650 Limestone Rd. Parsons, WV 26287 Sherry Ramsey 3213 Lemley Street Morgantown, WV 26508 Marthanne Bailey 7037 Debold Rd Sabillasville, MD 21780

2nd publication 3/12/25 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, whichever is later.

ATTEST: SHERRY SIMMONS, TUCKER COUNTY CLERK

#### LEGAL

#### AIR QUALITY PERMIT NOTICE Notice of Application

Notice is given that Rose Holdings DBA Ace Aggregates, LLC has applied to the West Virginia Department of Environmental Protection, Division of Air Quality, for a general permit modification for a nonmetallic minerals processing facility located off Mountaineer Highway near Parsons, in Tucker County, West Virginia. The latitude and longitude coordinates are 39.19283 and -79.82297.

The applicant estimates the potential change in discharge for the following Regulated Air Pollutants will be:

Pollutant	Tons/yr
PM	-15.17
PM10	-9.10
NOx	6.31
CO	42.71
VOC	1.48
SO2	2.35
Total HAPs	0.03

Modification of operation is planned to begin upon permit issuance. Written comments will be received by the West Virginia Department of Environmental Protection, Division of Air Quality, 601 57th Street, SE, Charleston, WV 25304, for at least 30 calendar days from the date of publication of this notice. Written comments will also be received via email at DEPAirQualityPermitting@WV.gov.

Any questions regarding this permit application should be directed to the DAQ at (304) 926-0499, extension 41281, during normal business

Dated this the 5th day of March 2025.

Rose Holdings LLC DBA Ace Aggregates Alex Wolfe 70 Columbia Blvd. Clarksburg, WV 26301

#### LEGAL

(Cert. No. 47391 Riverview Chapel Church)

To: DEBORAH KAY KISAMORE MILLER, MARY GRACE KISAMORE, MADONNA LYNN KISA-MORE, or heirs at law, devisees, creditors, representatives, successors, assigns, all known heirs, guardians, conservators, fiduciaries, administrators, lienholders, co-owners, other parties having an undivided interest in the delinquent property, and other parties that may have an interest in the subject property.

DISTRICT BLACK FORK MAP 323 PARCEL 0012 0000

You will take notice that Riverview Chapel Church, the purchaser of the following real estate, Certification No. 47391, located in BLACK FORK District, PARCEL .012 PORTERWOOD which was returned delinquent or nonentered in the name of KISAMORE HELEN KISAMORE HELEN BOX 109 RT 2, and was sold by the deputy commissioner of delinquent and nonentered lands of Tucker County at the sale for the delinquent taxes made on 10/08/2024. Riverview Chapel Church requests that you be notified a deed for such real estate will be made on or after 07/14/2025, as provided by law, unless before that day you redeem such real estate. The amount needed to redeem on or before 07/14/2025 will be as follows:

290.96 Amount equal to the taxes and charges due on the date of the sale, with interest, to 07/14/2025. Amount of taxes paid on the property, since the sale, with interest to 07/14/2025. 0.00 939.03 Amount paid for Title Examination and preparation of the list to be served and for preparation and service of notice with interest to 07/14/2025. Additional Statutory Fees with interest to 07/14/2025. 0.00 Total Amount Payable to Sheriff - cashier check, money order, certified or 1229.99 personal check must be made payable to The Honorable Jacob Kopec, Sheriff of Tucker County.

You may redeem at any time before 07/14/2025, by paying the above total less any unearned interest. Given under my hand 2/19/2025

Christal G. Perry Christal G. Perry

Deputy Commissioner of Delinquent and Nonentered Lands of Tucker County, State of West Virginia

Please return this letter and payment to the West Virginia State Auditor's Office, County Collection Division 1900 Kanawha Blvd East, **Building 1, Room W-114** Charleston, West Virginia 25305 Questions please call 1-888-509-6568

# What's ? Happening

#### **Buckwheat Dinner**

Buckwheat Dinner at St. John's Church, Parsons on Saturday, March 8 from 4pm - 6:30pm. \$12 donation for adult meal & \$6 for children 12 and younger. Carry out orders call 304-478-2620. Meal A - (5) buckwheat cakes & (2) cakes of sausage & (1) 4 oz. gravy & (1) biscuit. Meal B - (4) biscuits & (2) 4 oz. gravy & (2) cakes of sausage. Meal C - (4) pancakes & (2) cakes of sausage & (1) 4 oz. gravy & (1) biscuit.

#### **Democratic Executive Committee**

The Tucker County Democratic Executive Committee will hold a regular quarterly meeting on Monday March 24th at 6PM via zoom. Host: Michael McClintock. Find us on Facebook for more information. ZOOM link: https://us02web.zoom.us/j/8180850 4432?pwd=cvlUO6Pw8YK5KSt8FSGinr ulQxfMhu.1 Meeting ID: 818 0850 4432 Passcode: 952193



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.

March 5, 1856: Calhoun County was created from neighboring Gilmer County and named for John C. Calhoun, who served as vice president under John Quincy Adams and Andrew Jack-

March 5, 1963: Country musician Hawkshaw Hawkins was killed in a plane crash in Tennessee, along with Patsy Cline, Cowboy Copas, and Randy Hughes. Hawkins was born in Huntington.

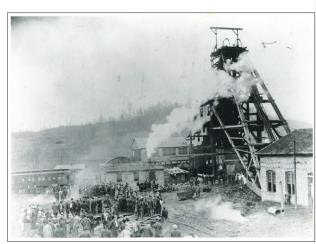
March 6, 1820: Joseph H. Diss Debar was born in France. Diss Debar was the designer of the Great Seal of West Virginia and the state's first commissioner of immi-

March 6, 1828: Johnson Camden was born in Lewis County. In 1861, he opened one of the state's first oil wells, in Wirt County, and a refinery in Parkersburg in 1869. He was elected to the U.S. Senate in 1881.

March 6, 1900: A mine explosion at the Red Ash Mine in Fayette County killed 46 men. It was the state's first major mine disaster of the 20th century. Five years later, another 24 men were killed at the same mine.

March 7, 1856: Tucker County was formed from Randolph County and named for Henry St. George Tucker Sr., a Virginia soldier, statesman and jurist.

March 7, 1929: The legislature adopted the official state flag. The state's coat of arms is



March 8, 1926: An explosion killed 19 miners at Eccles in Raleigh County. Ten men were saved by barricading themselves in the mine.

emblazoned in color in the center. Above the seal is a red ribbon lettered "State of West Virginia," and a wreath of rhododendron surrounds the lower part of the seal. The white field of the flag is bordered on four sides by a strip of blue.

March 7, 1990: West Virginia teachers went on strike after negotiations with the governor's office and legislature failed to produce an agreement on a pay package. Teachers in 47 of the 55 counties were involved in the 11-day strike.

March 8, 1963: The state colors of blue and "old gold" were adopted by the legislature.

March 9, 1832: George Robert Latham was born At the onset of the Civil War, Latham turned his Grafton law office into a recruiting station, and he led the first Union troops in north-central West Virginia.

1953: March Football player Dennis Harrah was born in South Charleston. In the NFL, Harrah played in 168 games for the Los Angeles Rams (1975-87), was a six-time All Pro, and played in one Super Bowl.

March 9, 1965: Presi-

THANK YOU FOR READING THE

PARSONS ADVOCATE

dent Lyndon Johnson signed the act establishing the Appalachian Regional Commission.

March 10, 1910: Kermit McKeever, considered the father of the modern West Virginia state park system, was born near Renick, Greenbrier County.

March 10, 1915: West Virginia's first Rotary International club was established in Wheeling.

March 10, 1920: West Virginia became the 34th state to ratify the 19th Amendment to the U.S. Constitution, which guaranteed the right of women to vote.

March 11, 1847: Boone

County was formed from parts of Logan, Kanawha and Cabell counties and named for Daniel Boone. March 11, 1848: County Putnam was formed from portions of Kanawha, Mason and Cabell counties. It was named in honor of Gen. Israel Putnam, a leading commander at the Battle of Bunker Hill during the Revolutionary War.

March 11, 1856: Roane County was created from parts of Kanawha, Jackson and Gilmer counties. It was named for Judge Spencer Roane, a son-inlaw of Patrick Henry.

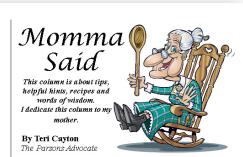
#### By Teri Cayton

The Parsons Advocate

The daffodils are sticking their heads through the dirt and it won't be long before we see their beautiful yellow blooms. Unfortunately it always snows again just about the time they start their display. I can take a snow or two just knowing it won't be long before it is over for another year.

I used to love to pick them and bring to mom but she had such horrible allergies that they made her sick. She would always thank me, put them in a glass of water and set them on the back porch in a sunny window. They were close enough to see but not smell. Momma Said, "The things mothers go through to show love for their children."

I always loved spring and the flowers, the apple trees blooming and just the thought of life coming back. Anything that bloomed we were dragging into the house for mom and as always



she would put whatever we brought her on the back porch. She could stand in the kitchen looking out the window and see the blooms.

I sometimes wish I could go back to those times just to see her face again. I always get melancholy this time of year, missing her and the times we spent together in the woods digging ramps. We would take a sandwich and have lunch, just sitting in the woods enjoying nature and all she had to show us. Momma Said, "Keep those you have lost alive in your memories and that way they are but a thought

## Cajun Chicken Pasta

#### **INGREDIENTS**

2 tablespoons olive oil

1 lb. boneless, skinless chicken breast, cut into bite-sized pieces

1/2 tablespoon Cajun seasoning-

2 tablespoons butter

1/2 sweet onion, diced

1/4 teaspoon dried basil 1 tablespoon Cajun seasoning

2 garlic cloves, minced

1/4 cup dry white wine

3/4 cup heavy cream 3/4 cup milk

1/2 cup grated parmesan cheese, room temperature

8 ounces penne Fresh basil for garnishing

#### **INSTRUCTIONS**

• Heat the olive oil in a large skillet over medium heat. Coat the chicken with the Cajun seasoning, then brown on all sides for 5-6 minutes.

Once done, remove the chicken from the skillet and set aside.

• In the same skillet, melt the butter over medium-low heat. Add the onion and cook for 4-5 minutes.

• Add the dried basil, Cajun seasoning, and garlic cloves and cook for 1 more minute.

• Deglaze the skillet with the white wine. Stir in the milk and heavy

cream and heat for 6-7 minutes. • Slowly stir in the parmesan until melted. Then, reduce the heat to a low simmer.

• Cook the pasta al dente according to the instructions on the package. When the pasta is ready, reserve 1 cup of pasta water and drain the

• Mix the hot pasta into the sauce and stir until well-coated. Add more pasta water if necessary. (The sauce will thicken as it sits.)

• Mix in the chicken. Serve with fresh basil and enjoy!

79 Wood-

shaping tool

80 At that time

82 Discusses

in detail.

with "out"

85 Actress

86 French

Remini

"Ta-da!"

90 Zig or zag

91 Vast time

spans

senator

92 Former

Gary

94 On hold

99 Tiny tree

100 On a train

101 Singer

or plane

Wilson of

Wilson

Phillips

102 Farm carts

103 Rule over

104 — Island

Ferry

122 "Super cool!"

96 Make damp

#### VISIT US ONLINE AT WWW.PARSONSADVOCATE.COM

#### **Super** Crossword **BODILY ACTIVITY**

97 Film director **ACROSS** 2 Baltimore **36** "—, vidi, vici" 56 Second purchase **57** — Lanka DuVernay ball team. 37 Fixed 1 Hair salon 98 Weighed workers for short

3 Decade parts 58 Everyone down (with)

99 Support one

lv fails

politically

106 Equal: Prefix

ams Family'

**105** 2009-17.

107 "The Add-

cousin

8 Visits briefly 15 Sharp-image **59** 1978-89 New flat-screens. York mayor 61 Like a player 20 Verv fast cat who has hit 21 Not challenga triple ing enough 63 Chinese temple

66 — Brothers

("It's Your

22 Balcony window. perhaps 23 Be on track 25 D.C.

transport 26 Bricklayer's blend 27 Unit of work 28 2015-16

CBS "Cyber series 29 Send again, **30** — buco 31 Kin of

"Ruff!" 33 Greek "H"

35 Repulsed by 37 Assume an onerous duty 40 "I haven't ("No idea") 44 Strapped garment 45 Meadowland

50 Café

addition

52 Lobster limb

Thing" group) 108 Poker 67 Do speakholding ing motions 112 "Nick and voicelessly 71 Actress Bingham of "Baywatch" 75 Akron native 76 Collector of **81** 12.5% fraction food 83 Actress Sothern 84 Cavaliers, on

87 Capital of 88 Fencing sword 91 Focus on

what vou'll 46 Pop's mama 93 Bulk beer buy

 Infinite Playlist" (2008 film) 113 Car navig. 115 Actor Kilmer useless items 117 Consumed no cooked 119 Kriss Kringle 120 Conform to one's political sports tickers group Saudi Arabia princess

89 Enthusiastic

get if you win

95 Angsty music DOWN

123 1989 Disney 124 Captivates 125 Kind of spray 126 Latin "that is" 127 Really foolish 128 Paternity prover, perhaps

1 Joe

who ultimate-5 Jazz singer **James** 6 Enthusiastic 7 Hen or heifer 8 Mix together 9 Wearing dapper duds, with "out" 10 "- -la-la!" 11 Dog or cat owner's concern 12 Toothy tools 13 Bible book before Jeremiah

14 Big Apple sports tickers 15 Four-bagger 16 Fixtures for displaying wedding

gowns, say 17 Donated 18 Cinéma -

(filmmaking technique) 19 Apply messily 24 Renovates, in brief

29 Partial refund

32 Judge's garb

34 Notify

maximum 38 Forest den 4 Caused 39 Fatty tissue of animals 40 — -Cuban (jazz genre) 41 Joel or Ethan of film 42 Misplaced

43 Ogden's state 48 Male lead 49 Brand of 120-Down 51 Actor

Rav 53 Email giggle 54 Superb serve **55** "How come?" 58 Bureau

60 Apostle 62 Couple 64 "I've got it!" 65 Dadaist 68 Bangkok native

108 Ancient serf 69 Impede 109 Come to light 70 Take a risk 110 Thin iPods 71 No-frills 111 Resided 72 Split 73 Census stat

78 FBI attack

114 Mani-116 Church nook 118 Model 74 King-trapping Banks situations 120 Steeped 77 Actress **121** "Bali —" Sedgwick

18 20 23 25 24 48 49 53 |54 73 | 74

88 99 | 100 | 101 105 108 | 109 | 110 | 111 112 115 116 113 114 117 | 118 119 123 124 125 126 127 128

# **Nursery Bottom**

Feb. 18 - Feb. 25, 2025

**Weather Totals** 

**Parsons** 

57° F Max Min

<u>Temperature</u>

**Precipitation** 0.06'February 3.74"

8.01"

#### **Snowfall**

2025

**New Snow** 3" Snow on ground Winter Total 46.25"

U.S. Forest Service

# Weekly **SUDOKU**

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

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!

© 2025 King Features Synd., Inc

Puzzle answers page 7

# YOU CAN HELP...

Providing New Winter Clothing for Local Children in Need

In Tucker County, local children will go

**Just what is** The Parsons Advocate's

cold this winter without your help.

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

buy new warm winter clothing for local

children. There are no administrative

fees. All the money donated is used to

How will the children's clothing be

The Advocate's WARM THE CHILDREN

shoppers to take the children and their

parents shopping. Shoppers will be people

to help by donating a little of their time to

a local store and assigns volunteer

coordinator has made arrangements with

buy new clothing.

purchased?

the fund and the proceeds will be used to



No administrative fees. EVERY CENT received is used to buy winter clothing!

#### How can I help?

Simply complete the coupon below and send it with your donation to the address on the coupon. Thanks for your generosity. All donations are tax deductible.

like you, anyone in the community willing

CLIP & MAIL

this worthwhile cause.

Enclosed is my donation to the WARM THE CHILDREN FUND. Make checks payable to WARM THE CHILDREN FUND.

Please check if you do not want your name published on the donor list. Name:

Address:

MAIL TO: WARM THE CHILDREN FUND

c/o The Parsons Advocate P.O. Box 345, Parsons, WV 26287

or drop off at the Advocate's office at 219 Central Ave., Parsons, WV \_\_\_\_\_\_

# **Upshur County Public Library's** 30th Annual Ramp Dinner

Come to the Upshur County Public Library's 30th Annual Ramp Dinner, an Appalachian Extravaganza, from 5-8 p.m. on April 25, 2025, brought to you by the Upshur County Public Library in partnership with Fish Hawk Acres. Chef Dale Hawkins of Fish Hawk Acres will be preparing the meal. The evening's atmosphere will be enhanced by Key to Adam, a regionally known guitar and violin duet, as they provide entertainment during the dinner. The dinner is held in the library, located at 1150 Rt. 20 South Rd., Buckhannon, WV 26201. We will also be adding a serving line this year to reduce wait time, and still have take-out available if needed.

This is a unique opportunity to sample gourmet ramp dishes. If you would like the non-ramp version of the meal, please specify when reserving your ticket. The menu includes:

- · Deviled Eggs with Pickled Ramps
- Fish Hawk Acres Signa-
- ture Baked Ham (no ramps) · Asparagus, Baby Carrots, Sugar Snap Peas (with & without ramps)
- Roasted Spring Potatoes (with & without ramps)
- · Spinach Salad with Bacon Ramp Vinaigrette (non-ramp option available)
  - Potato & Ramp Chowder • Ramp & Vegetable Strata
- (Italian Quiche w/ Spinach, Mushrooms, Peppers, Tomatoes & Ramps)
  - Ramp Focaccia
- Strawberry Shortcake

Tickets are \$28 a person and \$14.00 for children ages 6-12 (children ages 5 and under eat free). All proceeds benefit the Upshur County Public Library. Advance ticket purchase is required and will be accepted through the morning of April 21, by 10:00 a.m. Further information about the event may be found at https://upshur. wvlibrary.info/ramp-dinner/. Ticket payment via cash, check or credit/debit card is accepted in person at the Circulation Desk, via credit or debit card at the above website, or by calling the Library at (304)473-4219, ext. 2 or 3, during regular library hours. If you own a business and are interested in Corporate Sponsorship, or are an individual who would be interested in sponsorship opportunities for this event for yourself or in memory of a loved one, please ask for more information. When purchasing tickets, you will be asked whether you want to dine-in or take-out so

we can plan appropriately. Library hours are 9:00 a.m. through 6:30 p.m. Monday through Thursday, 9:00 a.m. through 5 p.m. on Fridays, and 9:00 a.m. through 2 p.m. on Saturdays.

This culinary experience is available only once a year and has been a tradition in Upshur County since 1994. Since 1979, the mission of the Upshur County Public Library has been to provide our community with lifelong learning opportunities by providing access to materials, services, technologies and programs for patrons of all ages. These programs and services are only possible through active and sustained community support.

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Applicants must be able to perform and pass the physical agility exam as follows: Testing for this position will begin with the physical agility portion. The physical agility test requires applicants to be able to complete the following: 18 push-ups within 60 seconds, 28 sit-ups within 60 seconds and a 1.5 mile run with 14 minutes and 36 seconds. Current West Virginia certified officers in good standing may opt out of the physical agility portion of the testing process.

Applicants must successfully complete all elements of the physical agility test to continue in the application process. Applicants who successfully complete all elements of the physical agility test will then be required to take the written

Dates for all elements of the testing and hiring process are to be determened and applicants will be notified prior to each segment.

benefits, salary, etc. may be directed to Sheriff J. E. Kopec or Chief Deputy M. J. Sigley at the Tucker County Sheriffs' Office located at 215 First Street, Parsons, WV, Telephone (304) 478-



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Questions regarding the job requirements, NSHINE MEMORIES

> "Moonshine Memories" tells the exciting story of a legendary 1970 courtroom battle won by Albert "Ab" Crossland (1884-1973), who was a colorful Canaan Valley, West Virginia moonshiner. This hour-long film contains the complete live dramatic program performed in 2024. The community cast features Tom Yocum as Ab Crossland, and includes Barbara Alford, Mitchell Beall, Susan Callahan, Phyllis Garcia, Jake Kopec, Mike Miller, Gerry Milnes, Susan Moore, Pat A. Nichols, Rafe Pomerance, Tom Rodd, Mike Rosenau, Casey Rucker, and Diana Vera.

"Moonshine Memories" is a heritage project of the nonprofit organization Friends of Blackwater, partnering with ArtSpring; the Tucker County Historical Society; the Tucker County Highlands History and Education Project; Cottrill's Opera House; with financial support from the Tucker Community Foundation, the West Virginia Humanities Council, the Benedum Foundation, and supporters of Friends of Blackwater.





Date and Time Location

Saturday, March 15, 6:00 - 7:00 PM Canaan Valley Wildlife Refuge Visitor Center Sunday, March 16, 2:00 - 3:00 PM Historic Railroad Depot, Parsons, WV Saturday, March 22, 2:00 – 3:00 PM Buxton and Landstreet Building, Coketon, WV

https://saveblackwater.org/moonshine-memories, or call 304-345-7663 or 304-541 4494. (if you decide you want to change your dates, no problem!)

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**DEADLINE 3PM FRIDAY** 

# West Virginia residents will need REAL ID to board an airplane starting May 2025





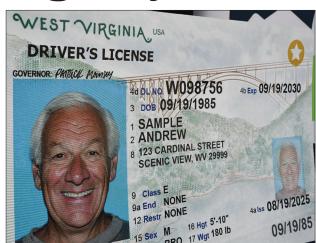
West Virginia residents who want to board an airplane for a domestic flight will soon need a REAL ID-compliant driver's license. If their driver's license is not REAL ID-compliant, they will need another form of approved identification, such as a passport, to board their flight or enter a secure federal facility or military base. The REAL ID driver's license has a small gold star on it to indicate that it meets federal regulations that establish minimum security standards.

Lisa Ferbstein of the Transportation Security Administration said Tuesday at a press conference at West Virginia International Yeager Airport, "While May might seem like a long way off, it is only 70 days away, so we want to encourage people to go to their local DMV and ask for a REAL ID license."

To get the REAL ID compliant license, individuals will need to visit their local DMV office in person and bring certain documents to prove U.S. citizenship and West Virginia residency. Or they can go online to the DMV REAL ID HeadStart page or use the WV DMVEZ app to upload documents to speed the licensing process. Required documents include one proof of identity (passport or U.S. birth certificate), proof of legal presence for non-U.S. citizens, two proofs of West Virginia residency, your social security card (if you've been issued one) and a current driver's license if you are applying to exchange one issued by another U.S. state.

"If you do not have a REAL ID, please do not wait until the last minute as we do expect an influx of people trying to obtain that," said Commissioner of the West Virginia Division of Motor Vehicles (DMV), Everett Frazier.

Transportation Security Administration officers who staff the ticket document checking station at airports will be checking for a REAL ID-compliant license or another form of acceptable ID after May 7, 2025, because of a federal law (The REAL ID Act of 2005) that mandates that a REAL ID is needed for federal identification purposes. TSA may phase in implementation starting on May 7, 2025, and if so, TSA will post those details on its web site.



Travelers will notice signs at airports nationwide to remind people that REAL ID-compliant licenses or other acceptable forms of ID, such as a valid passport, will be mandatory for air travel beginning on May 7, 2025.

For more information and details about how to obtain a REAL ID-compliant driver's license or identification card in West Virginia visit https:// transportation.wv.gov/DMV/Pages/default.aspx.

The mission of the Division of Motor Vehicles is to provide essential motor vehicle and driver services, facilitate interstate travel by promoting reciprocity for West Virginia vehicles and drivers in other states, promote highway safety, and collect revenue for highway maintenance and construction programs. For more information and tools for motorists, visit the DMV website.



MN IR731804, MT 226192, ND 47304, NE 50145-22, 50145-23, NJ 13VH09953900, NM 408693, NV 86990, NY H-19114, H-52229 OR 218294, PA 179643, 069383, RI GC-41354, TN 10981, UT 10783658-5501, VA 2705169445, WA LEAFFNW822IZ, WV WV056912

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## Tucker Boys Put a Bow on Regular Season with Wins Over Moorefield and Tygarts Valley



Ethan Cummings drives to the basket.

#### By: Adam Freeman

The Tucker Boys Basketball team wrapped up their regular season play last week with two games. The first matchup was at home versus the visiting Yellow Jackets of Moorefield High School. Tucker would start the game by holding the Yellow Jackets to just 5 points in the first period while pouring in 16 of their own. The Mt. Lions would put the hammer down in the second period dropping 25 points to push the lead out to 41-18. Tucker would continue to pour it on in the second half, outscoring Moorefield in each of the final two periods to take the win in dominant fashion.

Bonner 26 pts, 3reb, 5 stl, FT 4-5; Wilfong 13 pts, 8 reb, FT 5-5; Cummings 13 pts, FT 2-4; Arnold 9 pts, 1 reb, 3 stl, FT 2-2; Mitchell 7 pts, 3 reb, FT 0-1; Marks 5 pts, 2 reb; Dearborn 5 pts, 4 reb; Lambert

4 pts, 5 reb

3 Point Goals 7-17: Cummings (3) Arnold (1) Dearborn (1) Marks (1) Mitchell (1)

Tucker would finish the week with a trip to Mill Creek to take on regional opponent, the Tygarts Valley Bulldogs. This was the second matchup of the season with the Bulldogs as Tucker took the win at home by a margin of 30 points earlier in the season. This matchup would prove to be similar in fashion as Tucker would prevail 80-47 over Tygarts Valley. Tucker has secured the #1 seed as the boys begin regional play; therefore, they will receive a "bye" in the first round of regional tournament play. The Mt. Lions await the winner of the Pendleton County vs. Union matchup who will then travel to Tucker County High School on March 12th. The winner of that contest will go on to Charleston to play in the state tournament.



Herron sets up the offense. (Photo by Brittany Channell)

# Lady Mt. Lions Hammer Harman 76-8 Advance to Regional Finals

By: Adam Freeman

The Lady Mt. Lions of Tucker County High School hosted their firstround opponent of the regional tournament in the Harman Lady Panthers last Friday. The Lady Mt. Lions left no doubt in this one and took control from tip to final whistle. Tucker shot out to a 32-5 advantage after the first period, and the Lady Panthers would fail to score again until the fourth period as Tucker led 50-5 at the half and 67-5 at the end of third. Tucker played 13 different players with 11 of them scoring and the starters never saw the floor after halftime. This win sets up a matchup with the East Hardy Lady Cougars for the Regional Finals and a

chance to make it to Charleston for the 21st straight season. Tucker won both regular season games against the Lady Cougars; the game in Baker went to OT with Tucker having a 1-point win and the game at home in Tucker was a 20-point win for the Mt. Lions. The game will be played on Friday, March 7, 2025, at 7:00 pm tipoff.

Matthews 13 pts, 6 reb, 5 stl, FT 1-2; Evans 11 pts, 1 reb; Moats 10 pts, 5 ast; Kitzmiller 9 pts, 3 reb, 3 stl; Gross 9 pts, 2 stl; Pase 7 pts; Herron 5 pts, 4 reb, FT 1-2; Shaffer 4 pts, 5 reb, FT 2-2; Hicks 3 pts, 2 reb; Cross 3 pts, 3 reb, FT 1-1; Helmick 2 pts, 2 reb

3 Point Goals 6-21: Moats (2) Gross (1) Kitzmiller (1) Evans (1) Hicks (1)

# How to keep young athletes healthy

After COVID-19 waylaid sports participation and other activities, young athletes have returned to competitive athletics in droves.

The most recent data from the Sports & Fitness Industry Association says 37 percent of children between the ages of six and 12 played team sports on a regular basis in 2021. At the highest point in 2008, 45 percent were involved in sports. According to various youth sports participation surveys, including those from the Aspen Institute and TeamSnap, children between the ages of six and 18 spend an average of 16.6 hours each week playing sports.

With so much time devoted to sports participation, everyone involved can take steps to ensure that young athletes are safe and healthy during practice and play.

- Encourage rest. Pushing the body to the brink without routine rest is a recipe for injury. Rest provides recovery time for muscles and joints as well as the mind. Athletes can aim for at least one day off from the sport per week. After the season ends, children can take an extended break before beginning a new sport.
- Eat balanced meals. Families can plan balanced meals that will provide the nutrition young athletes need to fuel their bodies. With increased physical activity comes a need to eat more. The International Olympic Committee says nutrients such as vitamin D, calcium and iron are essential but often lacking in youths with restrictive diets. A young athlete should eat plenty of complex carbohydrates, healthy fats, protein, and vegetables.
- Encourage variety. MedlinePlus reports that many young athletes are engaging in 'single-sport specialization'



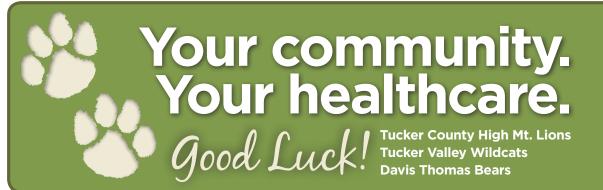
early on, focusing only on one sport, even during off-seasons. Repetitive use of joints, bones and muscles for these sports can cause various injuries. To prevent that, young athletes

should participate in a variety of sports and training exercises.

• Wear the right gear. Athletes always should wear the safety gear required for the sport they're playing. This may include eye protection, helmets and more.

- Discourage young athletes from playing through pain. Pressing on through pain or an injury is a recipe for damage that could keep a player out for the season or even permanently. Young athletes shouldn't try to be heroes and play through pain.
- Alleviate mental pressure on athletes. Many young athletes throw themselves entirely into sports, perhaps at the expense of having more well-rounded childhoods. The National Federation of State High School Associations says only around 2 percent of high school athletes are awarded some form of athletic scholarship to compete in college, and fewer than 2 percent of NCAA student athletes go on to play professionally. Putting all of one's eggs in the sports basket can contribute to anxiety that stems from pressure to succeed. Keep the emphasis on fun so young athletes don't feel pressured
- Avoid performance-enhancing substances. Caffeine, anabolic steroids, steroid precursors, creatine, and stimulants are substances athletes use to boost performance. They can cause many health issues and even lead to addiction.

Young athletes can take many steps to stay healthy without affecting how much they enjoy the thrill of competition.





# **DAVIS THOMAS GIRLS' BASKETBALL TEAM**



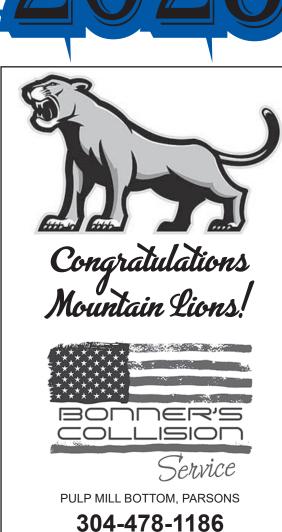
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# DAVIS THOMAS CHEER SQUAD



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# 2025



# Making youth sports safer for athletes

Participating in youth sports can be a great way for children to develop various interpersonal skills and stay active. Routine physical activity is part of a healthy lifestyle, which can help reduce the rates of obesity and overweight among modern youths. However, participation in sporting activities is not without risk. It falls on coaches, leagues and parents to make youth sports as safe as possible for these young athletes.

According to Stanford Medicine Children's Health, more than 3.5 million children ages 14 and younger get hurt each year while playing sports or participating in recreational activities. The Centers for Disease Control and Prevention reports high school athletes account for an estimated two million injuries, half a million doctor visits and 30,000 hospitalizations each year. A 2011 study of Canadian youth published in Science Direct found that 66 percent of injuries among young people between the ages of 12 and 19 were sports-related. In the face of such data, parents may be left wondering what can be done to reduce injuries.

#### Cross train for overuse injury prevention

The Canadian Strength & Conditioning Association says overtraining may be one contributor to these injuries. Overuse injuries involve repetitive strain placed on bones, tendons and ligaments, which differ from acute injuries that occur during a traumatic event. A 2009 study from the American College of Sports Medicine found the number of anterior cruciate ligament (ACL) reconstructions performed on children between the ages of three and 20 in New York increased by 100 percent between 1990 and 2009. The Children's Hospital of Philadelphia says





ACL tears in children are not typically common compared to all injuries they suffer. However, they are more prevalent among youths who participate in organized sports that involve a lot of running, jumping, twisting, and pivoting. Children need to take breaks from sports to allow their bodies to recover and to incorporate variety into their activities through cross training to avoid repetitive strain on one area of the body. In addition, muscles that have had the chance to warm up are less vulnerable to overuse injuries.

#### Use proper technique

It is essential that young athletes be schooled in the proper techniques when engaging in physical activity. Coaches should make sure that athletes are employing the proper techniques before sending them into games.

#### Get the proper equipment

Protective equipment, such as helmets, pads, shoes, and more, are vital for injury prevention and should never be overlooked.

#### Listen to your body

Young athletes should not be advised to play through pain. Doing so can exacerbate any injuries and lead to more damage that may sideline an athlete for a long time, says Johns Hopkins Medicine. Less focus on being the best at all costs from coaches and parents may remove the pressure to play no matter what.

Although there is some risk of injury when playing sports, young athletes can reduce their chances of getting hurt if they are smart about sports play.

## **TUCKER COUNTY HIGH SCHOOL GIRLS' BASKETBALL TEAM**



TUCKER COUNTY HIGH SCHOOL GIRLS' BASKETBALL TEAM

#### WV Spring Fire Season, Burning Restrictions Return March 1



CHARLESTON, W.Va. – The start of West Virginia's annual spring fire season on Saturday, March 1, marks the return of burning restrictions.

The West Virginia Division of Forestry (WV DOF) reminds residents to confine outdoor burning to 5 p.m. to 7 a.m., according to West Virginia State Code Chapter 20-3-5. Fires set during that time must be put out before 7 a.m.

"Even though we have had a wet and snowy winter, it doesn't take very long for our fuels to dry out. Since January 1, we have responded to 29 fires that have burned approximately 161.6 acres. We would like to ask the public to please follow burning restrictions, especially on sunny and windy conditions," said Jeremy Jones, Director/State Forester of the West Virginia Division of Forestry.

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

Regulations include:

least 10 feet wide.

- All fires must have a safety strip.
  The safety strip itself must be cleared of burnable material and be at
- Fire must be attended until completely extinguished.

- Only vegetative materials such as leaves, brush and yard clippings are permitted to be burnt.
- Spark-throwing machinery such as power shovels or sawmills operating on land subject to fire must contain an adequate spark arrestor.
- Inflammable waste disposal areas must annually remove all grass, brush, debris and other inflammable material adjacent to disposal areas to provide adequate protection, preventing the escape of fire to adjacent lands.

"Our fire laws protect one of West Virginia's most valuable resources, our forests," Jones said. "We urge everyone who decides to burn anything outside to be completely familiar with the guidelines available on our website. It doesn't take long for our fuels to dry out and fires to escape easily during the spring months."

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

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

# TUCKER COUNTY HIGH SCHOOL CHEER SQUAD

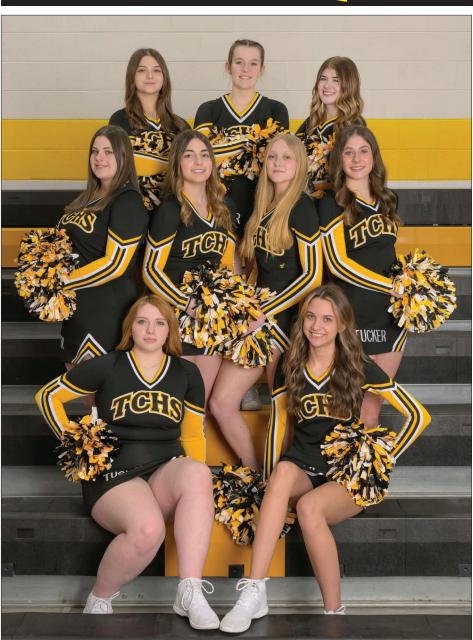


PHOTO BY: PHOTOGRAPHY BY AMANDA



# Signs of sports injury in young athletes

Youth sports attract scores of participants each year. The National Council of Youth Sports estimates that around 60 million children are registered to play youth sports in the United States. Solutions Research Group Consultants estimates that more than four million Canadian youths participate in one or more organized sports and activities.

The benefits to sports play are numerous, but the advantages to being active and competitive should not overshadow the need to be safe during sports play. According to the Centers for Disease Control and Prevention, nearly 2.7 million young people are treated in the emergency room every year for sports-related injuries.

Parents, coaches and other adults working and volunteering in youth sports must learn to recognize signs that a player has become injured and address those injuries as soon as possible. It can be hard to spot certain sports injuries. The following are some sports injuries and their symptoms.

ACL tears: Anterior cruciate ligament injuries occur when the ligament connecting the thigh bone and the shin bone tears after an athlete suddenly turns and changes direction, which is common in many sports. Pain is often immediate when suffering a torn ACL, and swelling can occur within several hours of being injured. The child may express that they heard or felt a pop in the knee area and are having trouble supporting their weight.

Internal abdominal injuries: Internal injuries are less common than other sports injuries, but Stanford Medicine Children s Health says some studies suggest they are on the rise. Injuries to the kidneys, spleen and liver can occur. These injuries can produce pain in the abdomen. The spleen is in the upper left side of the abdomen. The liver is in the upper right side. The kidneys are on the flanks of the body. Blood in urine may be a sign of internal abdominal injury and needs to be addressed promptly.

Ankle sprain: When the ankle twists or the foot rolls on its side, the ligaments that support the ankle joint can stretch and tear. Swelling and pain usually occur on the outside of the ankle within minutes to a few hours of the injury, depending on injury severity. Because it may be impossible to differentiate an ankle sprain from an ankle fracture without an x-ray, particularly if the pain in the ankle makes putting weight on it unlikely, a visit to an orthopedic doctor may be necessary.

Broken bones: Bone fractures often happen during collisions with other players or from falls. Sometimes a fracture is obvious, but not always. A snap or grinding sound at the time of injury often signals a fracture, says VCU Health. If there s a break in the skin and the bone is showing, or the athlete cannot bear weight or use the extremity after 15 minutes, an X-ray is likely

kely.

Concussion: Any activity that can cause an injury to the head

may lead to a concussion. A concussion is a mild traumatic brain injury that occurs when the brain is shaken or hit. It can cause temporary changes in brain function. The American Academy of Pediatrics says signs of a concussion can include an athlete who appears dazed or stunned. There may be confusion and the youth could move clumsily and answer questions slowly. An inability to recall events before or after the head trauma, or losing consciousness even briefly, are additional signs of concussion. In older children and teens, nausea, vomiting, balance problems, light sensitivity, and headache also can occur.

Growth plate injuries: Growth plates are soft cartilage at the end of bones like the arms, legs and fingers that are replaced by strong bones as children get older and stop growing. Growth plates are more susceptible to injury than the rest of the bone. A fracture may not be readily visible in a growth plate, but doctors can look for other signs. The Mayo Clinic says pain and tenderness and an inability to move the affected area or put weight or pressure on the limb are signs of a growth plate injury. It s important to note that growth plate fractures occasionally can be caused by overuse from repetitive throwing or during sports training.

Young athletes should be encouraged to participate in sports, but adults should be mindful of common sports injuries and learn how to spot them.

# **TUCKER VALLEY CHEER SQUAD**



PHOTO BY: BRITTANY CHANNELL

## TUCKER VALLEY GIRLS' BASKETBALL TEAM



PHOTO BY: BRITTANY CHANNELL

# Congratulations Mountain Lions!



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