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H.R.1351

Local
Rally to save postal service
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Police continue search for suspects in weekend attack. **Page 1-B**

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At Bowling Green, he wanted to be a baseball player. **Page 5-B**

Knights capture X-country combo
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Morgantown, West Virginia

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Newsstand: 50 cents

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Sept. 28, 2011

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Variably cloudy with showers.
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Your complete forecast **Page 8-A**

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Panel rescinds autism-related order
Board had placed behavior analysts under psychologist supervision. **Page 4-A**

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MCINTIRE, Robert "Bob" Glen
PETERS, Linda Louise
POLAND, Burnice Mildred (Middleton)
RANCJIK-GRIMM, JoAnne
TEAGARDEN, Kevin R. "K.J." Jr.
TEAGARDEN, Madison Mae
TEAGARDEN, Tammy Lynn
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MARKETS
DOW **+146.83**
11,190.69
NASDAQ **+30.14**
2,546.83
S&P 500 **+12.43**
1,175.38
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U.S. tells court bin Laden photos must stay secret
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COMING TOMORROW IN THE PAPER

'Mountain Stage'
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Hunting banned at Briery Mountain

Army National Guard building firing range

BY MICHELLE WOLFORD
The Dominion Post
KINGWOOD — A popular hunting area has been closed because the National Guard is building a weapons range. It will not reopen for public use.

MAP OF Briery Mountain and weapons range. **Page 2-A.**

A lease between the Army National Guard and the West Virginia Division of Natural Resources on the Briery Mountain Wildlife Management Area is being terminated, according to Col. William Suver, post commander at Camp Dawson.

The guard is constructing a firing range on the property, ending public hunting there, Suver said, "for the safety of the public."

Lowell Clark, of Kingwood, said he's hunted on Briery Mountain for 56 years.

Though he said he was sad to hear he'd never hunt there again, the 70-year-old said, "I'm not surprised. I could see the handwriting on the wall the last 10 years."

"You never knew when they were going to be open," Clark said.

"They'd say they had training going on and you couldn't hunt."

Clark said four generations of his family have hunted on Briery Mountain — from his father to his grandsons.

"I knew every tree up there," he said.

SEE HUNTING, 2-A

Train leaks diesel onto W.Va. 100

Fuel spill contained in about 10 minutes

The Dominion Post

The Granville Volunteer Fire Department (VFD) assisted with stream and road cleanups Tuesday morning, after a Norfolk Southern train leaked diesel fuel near the intersection of W.Va. 100 and Fort Martin Road.

Norfolk Southern spokesman Robin Chapman said the company estimates about 25 gallons of fuel were leaked. "It's hard to be sure, the fire department did such a good job cleaning it up," he said.

Granville Fire Chief Butch Renner said it took the VFD about 10 minutes to contain the leak.

The train was stopped on a trestle above W.Va. 100 when the engineer was notified he was leaking fuel, Renner said. The engineer pulled into a nearby switching yard and shut off the engine.

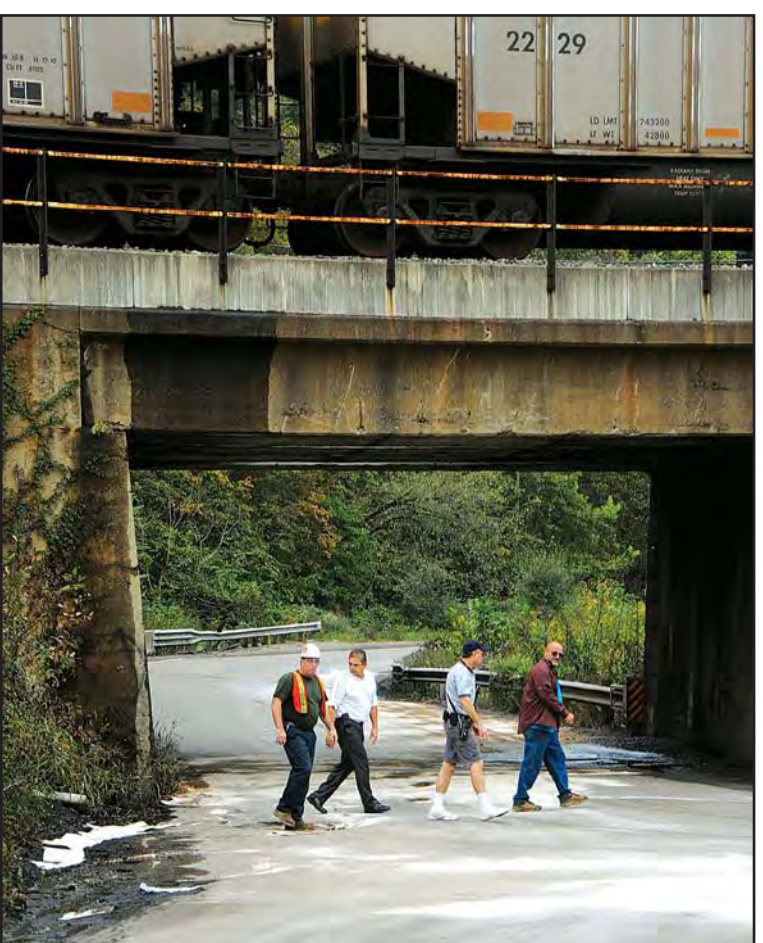
The VFD was called at about 10:30 a.m.

Renner said a little bit of diesel dripped down the trestle and into a nearby storm drain. Fuel also dripped onto W.Va. 100.

Representatives from Norfolk Southern — a company based in Norfolk, Va. — also responded to the cleanup.

Crews put three white harbor booms — each one is 5 inches in diameter and about 10 feet long — into Crafts Run, a nearby stream, Renner said. The booms float on the water and absorb the fuel, which also floats. An absorbent material was put on the road to soak up the fuel there, he said.

Soil stained with fuel was also removed, Chapman said, and the company's representatives will continue to monitor the area to make sure that all the fuel was absorbed.



Ron Rittenhouse/The Dominion Post photos

Emergency and company officials walk below a Norfolk Southern train that leaked fuel onto W.Va. 100.



Granville Volunteer Fire Department Chief Butch Renner (left) shows Paul Zottola, of SPSI, where fuel-containment booms (bottom, right) were placed on Crafts Run.

Morgantown gas well fracking delayed again

BY DAVID BEARD
The Dominion Post

WV4MOM (West Virginia for Moratorium on Marcellus) staged another anti-fracking rally Tuesday at the edge of the Morgantown Industrial park.

Turnout was light, as only two were on duty in the morning and another two during the protest's final hour.

The group planned its protest to coincide with the expected start of fracking at Northeast Natural Energy's two horizontal Marcellus gas wells in the park.

As it turned out, fracking didn't begin. Northeast President Michael John told *The Dominion Post* that they are still waiting on equipment, and Morgantown Utility Board (MUB) General Manager Tim Ball said MUB understands fracking may not begin until this afternoon at the earliest.

A look at the well pad late Tuesday afternoon showed that the fracking operation is closer — the pad, empty days before, is filling with trucks and equipment.

Doddridge County native Emily Tanzey was one of the two protesters at the site late Tuesday. A WVU graduate student, she said her home county has been deeply, negatively affected by gas well operations. "I don't

EPA holds hearing on drilling pollution

Associated Press

PITTSBURGH — A public hearing Tuesday on proposed rules to reduce air pollution from oil and gas drilling operations found at least some points of agreement between industry and environmental groups.

Howard Feldman, the director of regulatory and scientific affairs at the American Petroleum Institute, was the first speaker at the U.S. Environmental Protection Agency (EPA) hearing in Pittsburgh.

Feldman asked the EPA to extend the public comment

period and give companies a one-year extension to comply with the new rules. The current EPA timeline would see the rules take effect in the spring of 2012.

But Feldman told The Associated Press that industry isn't opposed to the basic concept of the EPA proposal, which would apply new pollution control standards to about 25,000 gas wells that are hydraulically fractured, or fracked, each year. The fracking process blasts large

SEE HEARING, 2-A

have the chance to protest in my hometown. They've already taken my home. I don't want them to take my second home."

Lauren Stamm, a recent WVU graduate, carried a sign saying, "Don't frack with the Mon River." She said she's all for more jobs, and gas drilling, but not so close to a water supply. "I'd rather be on the side of caution."

Before drilling began, Northeast and MUB worked out an agreement — subsequently incorporated into the two well per-

mits — for Northeast to take extra safety precautions to protect the nearby public water intake on the Monongahela River. Ball previously said MUB will have someone on site when fracking begins, and frequently thereafter, and will continue regular water testing.

John has said fracking should take 10 days to two weeks.

A WV4MOM representative did not respond in time for this report for questions about future protest plans.

UPDATE

Police identify suspect

Dunbar man sought in downtown murder

ANYONE WITH information about the shooting death of Lucas Lee is asked to contact Morgantown Police Department at 304-284-7454 or 304-284-7496.

BY BRANDY BRUBAKER
The Dominion Post

A first-degree murder warrant has been issued for the arrest of a Dunbar man in connection with the fatal shooting of a Morgantown man Sunday.

Jeron Hawkins, 18, is believed to be in the Charleston area, according to Charleston Police. He was one of the people injured in the shooting that killed 28-year-old former Marine, Lucas Lee.

Other media reported Hawkins was arrested Tuesday, but a dispatcher with the Morgantown Police Department, Charleston Police Department Sgt. Bobby Eggleton and Supervisory Deputy U.S. Marshal Alex Neville told *The Dominion Post* late Tuesday night they were not aware of an arrest.

Eggleton said Morgantown detectives and his officers are narrowing the search for Hawkins and another man, Andre Lee, whom he called a "person of interest" in the case. Eggleton did not know if Andre Lee and Lucas Lee are related.

Morgantown Police previously said Hawkins was shot in the leg during the incident, which occurred shortly after 3 a.m. Sunday outside Karma, at the corner of Wall and High streets. He was treated and released from Ruby Memorial Hospital. Also injured were Lucas Lee's brother, Rob Lee, 25, and Kirsten Barber, 18, of Fairmont. Both have been released from the hospital.

Rob Lee told *The Dominion Post* Monday that he and Lucas Lee had been at Karma just prior to the

SEE SUSPECT, 2-A

Fire ants delay S.C. high school football game

Associated Press

NEESES, S.C. — Football games have been postponed by heavy rains, lightning, power outages: And now, fire ants.

A game in South Carolina was postponed Friday after the referee decided the field was unplayable because of fire ants. Referee Steve Hook said he found 15 to 20 large active fire ant mounds shortly before the game.

The field was deemed ready Monday night. Calhoun County beat the home team, Hunter-Kinard-Tyler, 19-8.

Morgantown man serving drug-charge sentence killed in prison

BY BRANDY BRUBAKER
The Dominion Post

A Morgantown man incarcerated for a Preston County drug case was killed in prison by an inmate serving a sentence for murder, officials said.

Joseph B. Braddock, 30, died Sunday at Charleston Area Medical Center for injuries sustained in an altercation at Mount Olive Correctional Center on Saturday morning.

Christopher D. Cox, 26, of Spencer, is accused in the case, according to State Police Sgt. Michael Baylous. No charges have been filed.

Baylous said in a press release that two inmates got into an altercation at 9:40 a.m. Saturday, during which Braddock sustained "severe injuries to his head."

Braddock, reportedly a 1999 Preston High School graduate, was serving a one-to-15-year sentence for manufacturing or delivering a controlled substance in connection with a 2007 Preston County case, according to state Division of Corrections (DOC) spokeswoman Susan Harding. He was scheduled for a parole hearing in June 2012.

According to the complaint filed by State Police in connection with the Preston County case, Braddock took two Preston County teenage boys to Pennsylvania without their parents' permission in 2006. At a motel there, at least one boy was given drugs and Braddock performed or caused to be performed sexual acts to both juveniles, the complaint said. A charge of child abduction was dismissed after Braddock pleaded guilty to the drug charge.

Cox is being held at Mount Olive for a 2005 Calhoun County conviction on charges of second-degree murder and second-degree robbery, according to online DOC information. His next parole hearing was set for August 2019, although his projected release date was listed as August 2033. No other information on his case was available Tuesday.

Baylous said State Police in Gauley Bridge are investigating. The trooper handling the case did not respond in time for this report.

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HEARING

FROM PAGE 1-A

amounts of water deep into the earth to break up dense shale and allow natural gas to escape.

"We think EPA has done a good job on the rule. We think it's pretty reasonable," Feldman said. "We just need a few more accommodations to make this work smoothly."

The technology to implement the proposed rule allows drillers to capture and sell gas that would normally go to waste. The EPA estimates that the rule would actually save the industry about \$30 million each year.

"A lot of companies are doing that already," Feldman said of the capture process.

But some said the issues in Pennsylvania require more time to review.

Kathryn Klaber, president of the Marcellus Shale Coalition, said her group thinks there's "a lot more work to do" on the proposed rules, which could place a heavy burden on industry.

But citizens and environmental groups said there should be no delays in implementing the rules, because there are already problems.

Janet McIntyre said the air outside her Butler county home makes her and others sick. Officials with the Pa. Department of Environmental Protection haven't even taken air quality tests, she said, despite numerous visits. Butler is about 40 miles north of Pittsburgh.

SUSPECT

FROM PAGE 1-A

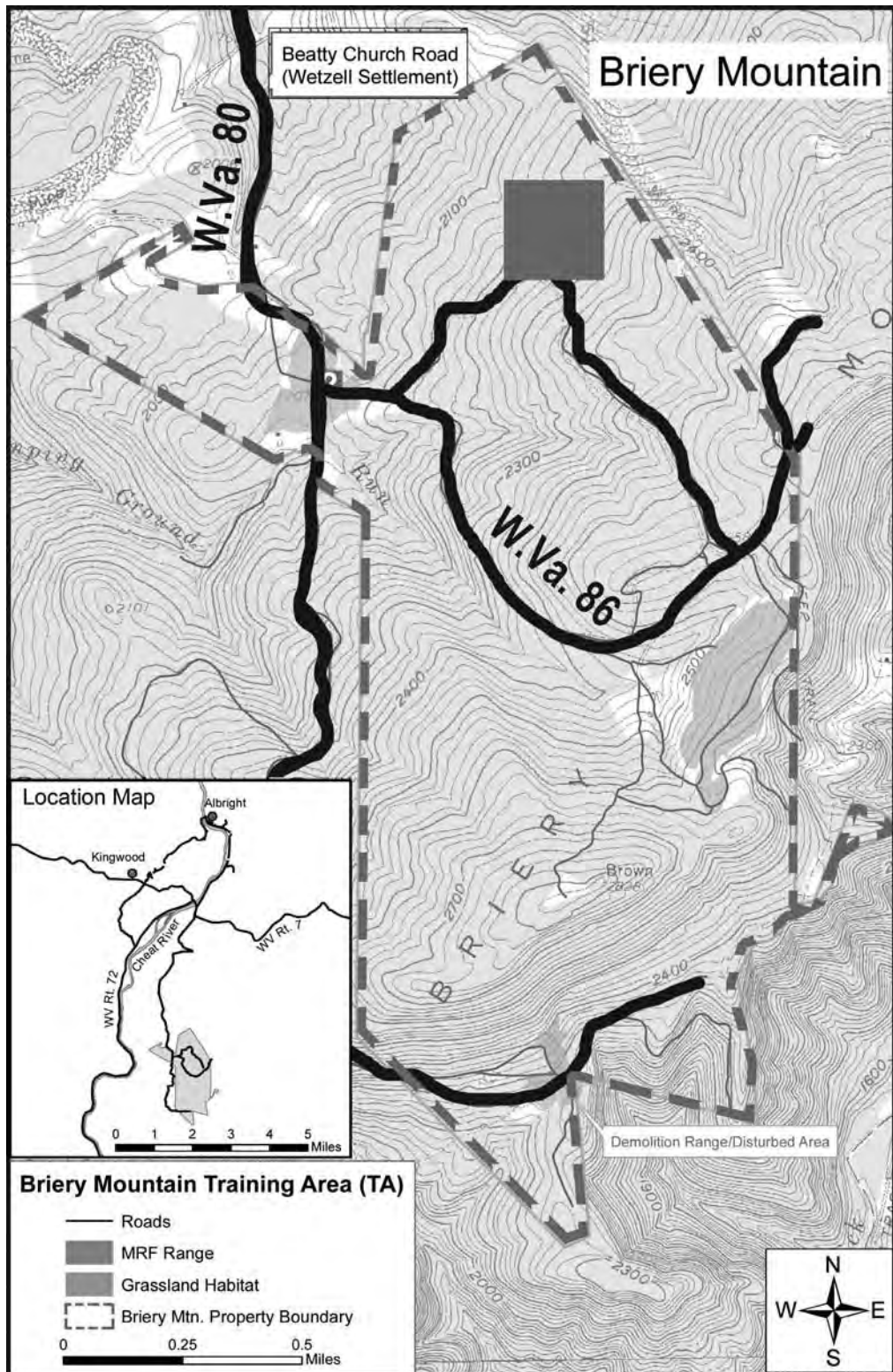
shooting. They were in the VIP section and someone else in that section accidentally spilled a drink, which poured down onto people below in the general area of the club. Some men below got mad and a bouncer asked them to leave because the bar was closing, Lee said.

The Lees also left the club and found the same men waiting outside. One of the men yelled obscenities at Rob Lee, and Lucas Lee approached the group. A man started shooting, Lee said. Lee said he didn't know

the shooter, but described him as black, skinny and about 5-foot-11. He also said he didn't know Hawkins. No description of Hawkins was available Tuesday.

Lucas Lee, a former Marine who served in Afghanistan and Iraq, died at Ruby Memorial Hospital.

Eggleton said Morgantown detectives were processing a car for evidence that had been returned to a car rental service at Yeager Airport in Charleston. He said he believed Andre Lee had rented the car. An employee at Enterprise at Yeager Airport said he wasn't permitted to comment on the incident.



Eric J. Tomlinson/The Dominion Post

CORRECTIONS/ CLARIFICATIONS

The Dominion Post strives to publish balanced, accurate, responsible and fair information. If a factual error does occur, a correction or clarification will be published in this space. Errors should be brought to the attention of Editor Geri Ferrara, 304-291-9425 or editor@dominionpost.com, as soon as possible.

■ There are 3,141 counties in the United States. Due to an editor's error, the wrong figure was used in an editorial published Monday.

■ Due to a copy editor's error, Clay-Battelle senior golfer Zack Poling was misidentified in a photo published Tuesday. The correct photo appears on Page 7-B.

HUNTING

FROM PAGE 1-A

And those who hunted there kept it clean.

"I always took care of it up there. We all did. We picked up garbage — I bet we picked up a truckload of those MRE [meals ready to eat] packages."

Hunting there, he said, "would be like Christmas up there for us hunters. You'd see people you hadn't seen since last year. We'd talk and BS."

The Modified Record Firing Range — to be used by those soldiers who need to qualify on M4 and M16 rifles

— is to be operational by November. Suver said the National Guard will issue a press release on the closure in the near future.

Rick Chaney, Camp Dawson's environmental manager, said local hunters can still get permits for Camp Dawson's Pringle tract, about 2,000 acres off W.Va. 72 between Kingwood and Rowlesburg. Those permit applications are accepted from July 15 to Oct. 15. Permits are available at Camp Dawson's security gate, he said.

The lease between the West Virginia Army National

Guard and the state Division of Natural Resources for 1,162 acres was signed in June 2003, according to Chaney, and about 250 hunting permits are issued each year.

Clark said the number of places to hunt continues to dwindle.

"And they complain that the number of hunters is decreasing. Well, there's six to eight in my family that won't have a place to hunt." There was no place like Briery Mountain for Clark. "When I was up there in a tree stand, I felt closer to God than I ever did in church," he said.

LOTTERIES

WEST VIRGINIA
Daily 3: 1-8-0
Daily 4: 4-0-3-2
Cash 25: 5-6-8-9-12-13

MARYLAND
(afternoon)
Pick 3: 6-9-9
Pick 4: 8-3-5-6 (evening)
Pick 3: 6-6-5
Pick 4: 0-2-5-8
Bonus Pick 5: 17-19-21-26-35
Bonus Ball: 11

PENNSYLVANIA
(afternoon)
Daily Number: 0-5-9
Big 4: 7-0-0-9 (evening)
Daily Number: 4-0-2
Big 4: 5-9-8-2
Cash 5: 8-18-22-29-34

Mega Millions
Mega Millions: 2-20-28-36-45
Mega Ball: 37
Megaplier: x4

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THE NEW DIETARY GUIDELINES
By now, lots of people have seen the USDA's new dietary guidelines. Gone is the old, familiar pyramid, and in its place is the image of a dinner plate. Many health problems are associated with obesity. According to the USDA, healthy eating focuses more on fruits and vegetables. In fact, half the plate should be made up of fruits and vegetables. A quarter of the plate should be grains, and of those grains, at least half should be whole grain. The remaining quarter is for lean protein. The USDA also recommends including a serving of dairy product with a meal, but that product should be low fat. The USDA also emphasizes the need for portion control.
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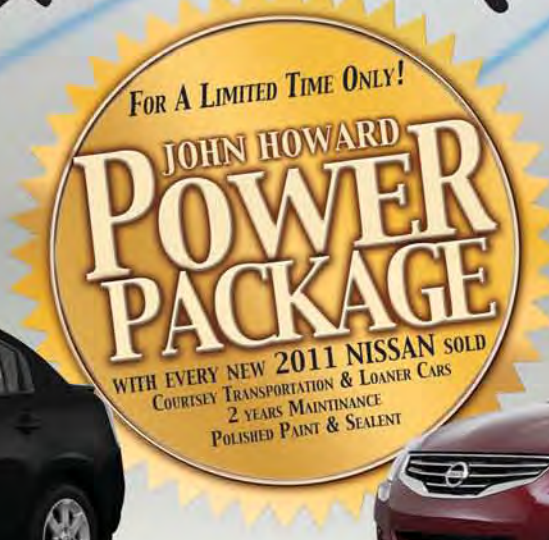
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Panel rescinds order regarding behavior analysts

Board: This is a misunderstanding

Staff, wire reports

The state Board of Examiners of Psychologists voted Tuesday to rescind an emergency order requiring applied behavior analysts to be under direct supervision of a licensed psychologist.

The decision came in the wake of a lawsuit filed in Kanawha County Circuit Court by ABA therapist Jill Scarbro-McLaury, who said the rule undermined a new law extending insurance coverage for this therapy which can be used to treat autism.

Scarbro-McLaury also said the state Board of Examiners of Psychologists violated state open meetings laws and abused the rule-making process. The board had alleged that West Virginia faced "an immediate threat to public safety" when it successfully submitted the

June 7 emergency rule at the center of the lawsuit.

The board met via phone conference Tuesday evening and voted unanimously to strike down the rule.

The lawsuit faults the board for voting to pursue the emergency rule during a May 26 evening conference phone call, without providing proper notice to the public. The emergency rule became effective July 10. Scarbro-McLaury and her fellow ABA analysts were unaware of the meeting, or of the board's push to claim jurisdiction over their profession, the lawsuit said.

Board Executive Director Jeff Harlow said it was never the board's intention to interrupt services for children with autism.

In a release, Harlow said: "The board's motive in this matter is to protect autistic children. Behavior analysts have misinterpreted the rule to mean that it would hamper autistic children from receiving services. ... This is a mis-

understanding. The rule does not prevent services from being rendered. ... The board continues to offer to meet with behavioral analysts to see if together we can resolve this issue with the purpose of protecting these autistic children and the integrity of the practice of psychology in West Virginia."

The emergency rule had left only one person in the state qualified to practice ABA — Dr. Susannah Poe, director of WVU Healthcare's Klingberg Neurodevelopmental Center, a licensed psychologist and certified ABA therapist. She opposed the rule, concerned that hundreds of children granted access to treatment by the law passed during the 2011 session would have been cut off by the emergency rule.

Poe, Scarbro-McLaury and the two boards that oversee behavior analysts maintain that ABA and psychology are distinct practices, and ABA therapists should not be over-

seen by someone from another profession.

This may not be the end of the matter. Poe said the joint interim Judiciary Subcommittee C and the Joint Rule Making Review Committee will look at the rule and the autism bill.

Delegate Barbara Evans Fleischer, D-Monongalia, sits on both committees, co-chairs Judiciary C and played a major role in passing the autism bill. The timing was a bit of a coincidence. She said Rule Making Review had planned to

review the criteria for emergency rules, and Judiciary C was going to discuss implementation of the autism legislation.

Several times, the psychology board tried to insert its oversight of ABA practice into the bill, without success, she said.

Poe, speaking for herself, the Mountaineer Autism Project, which worked to pass the bill; and national autism legislation advocates Autism Speaks, issued this statement in response to the board's decision:

"The Board of Examiners of Psychologists clearly violated the open meetings law by failing to post its agenda and letting the public know that it was considering rules with the potential of disrupting the relationship between a family and their therapist. If, in fact, the intent of the board has always been to have an open conversation, the board should have held an open meeting instead of a teleconference at 7 at night. A publicly known meeting would have permitted the families and the therapist who work every day with these children to attend. ... This wound was self-inflicted. Misunderstandings happen when communication is non-existent. ... We are encouraged that the board recognized that the rule should be pulled since it was in violation of the law, and we hope no more roadblocks are placed in front of our families who just want to help their children."

"A publicly known meeting would have permitted the families and the therapist who work every day with these children to attend. ... This wound was self-inflicted. Misunderstandings happen when communication is nonexistent."

Dr. Susannah Poe
Director of WVU's Kingberg Neurodevelopmental Center

the Mountaineer Autism Project, which worked to pass the bill; and national autism legislation advocates Autism Speaks, issued this statement in response to the board's decision:



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WVU Police: Locker room doors will be locked in future

Credentials to be checked closely

The Dominion Post

The doors to the WVU football team's locker rooms will be locked to prevent thefts during future games, WVU Police Chief Bob Roberts said Tuesday.

Two cell phones, a necklace, clothing and tote bags belonging to four players were taken during Saturday night's contest against LSU.

Roberts said some of the items were left out, rather than secured in lockers. They were taken between the time the players took the field and the end of the second quarter.

Players discovered the items missing during halftime, and a WVU athletic department staffer reported the theft to WVU police during the third quarter.

UPDATE

Roberts said family members and guests of the players have access to the locker rooms during the game. There are four entrances to the locker rooms, and one employee is stationed at each entrance for security.

WVU police are now in the process of interviewing those employees to determine what is required to gain access to the locker rooms.

"That's what we're following up on now," Roberts said. "What do you have to do to get access?"

Credentials will be checked closely at future games to prevent unauthorized access to the locker rooms during future games, Roberts said, and the doors will remain locked.

WVU officials have declined to name the players whose items were taken.

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Clay District Fair meeting slated

Submitted to The Dominion Post

The Clay District Fair Association will hold a general fair meeting at 7 p.m. Oct. 10 at the Clay District Fair building behind Daybrook Gym, in Daybrook.

All Clay District community members 16 years and older are asked to attend. The group will elect new directors and discussing the 2011 Clay District Fair.

Info: 304-798-3700.

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2008 GMC Sierra SLE Ext. Cab 4x4 Power Everything, 1 Owner \$21,995	2008 Ford F-150 Ext. Cab 4x4 XLT Auto, V8, Only 40K Miles! \$22,995	2009 Honda Accord EXL V6 Leather, Sunroof, Auto, Like New! \$22,995	2010 GMC Acadia AWD, 8-Pass., 1 Owner, Only 32K Miles \$25,995	2008 GMC Yukon 4x4, 5-Pass., 1 Owner, Certified Special - Look! \$25,995	2010 Dodge Ram Crew Cab, SLT, 4x4, Low Miles! Winter's Coming! \$26,995

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EDITORIAL

Hey rude fans, enough is enough

We're throwing a penalty flag on poor game-day behavior

We've been disgraced and we can't take it anymore! The vicious beating of a man following Saturday's football game against LSU is shameful.

Whether the attack on him and his party was because of an allegiance to the Tigers or Mountaineers is secondary (the latest from law enforcement is that it may have been a random attack.)

But we do know thugs blindsided the visitors as they left a parking area following the game.

Meanwhile, reports of Mountaineers fans tossing beers (some in unopened cans) at Tigers fans are growing to overshadow wonderful comments about friendly folks who went out of their way to welcome visitors.

What a shame. The university, the city and the state took extraordinary steps to encourage behavior that we could be proud to share with a national television audience before, during and after the game — offensive T-shirts were purchased and couches were collected — but it wasn't enough.

Now, we've had enough. We urge our readers to join us in a campaign to change this negative and hurtful behavior.

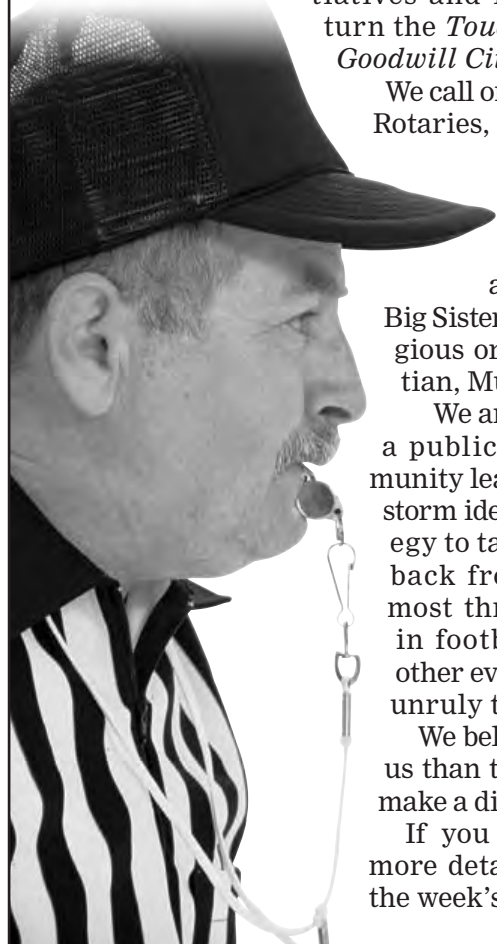
The *Dominion Post* is seeking volunteers to serve on a committee charged with developing initiatives and incentives that will turn the *Touchdown City* into the *Goodwill City*.

We call on civic groups, such as Rotaries, Moose clubs and the Elks. We appeal to non-profit organizations, such as the Red Cross, United Way and Big Brothers and Big Sisters. We reach out to religious organizations ... Christian, Muslim and Jew.

We are working to arrange a public meeting with community leaders so we can brainstorm ideas and develop a strategy to take our *Goodwill City* back from our biggest and most threatening opponents in football, basketball and other events — nasty fans and unruly thugs.

We believe there are more of us than them, and that we can make a difference.

If you agree, stay tuned as more details will come before the week's end.



LETTERS TO THE EDITOR

It was a treat to share football with WVU fans

We recently had the opportunity to visit your beautiful state and attend the LSU/WVU game. We also tailed with some of your fans. To put it mildly, I was totally blown away.

Your residents and fans were the most hospitable folks I have met in quite a while. "Welcome to West Virginia" was offered to us by most everyone we met, both young and old. We were greeted with open arms and smiles everywhere we went. Their good-natured ribbing was akin to our own "Tiger Bait" chant at home. Coach Holgorsen was gracious enough to autograph my LSU polo shirt and new WVU hat at his weekly radio show Thursday night. I can say without reservation that anyone who hasn't had the opportunity to visit Morgantown has missed out on a great time.

The pride and passion of your football fans was so impressive. From the thousands that showed up for ESPN's "College GameDay," in the hotel, restaurants and bars, I didn't go anywhere without seeing the gold and blue colors. The "flying WV" or some other form of support for your university — from ball caps to banners — was on display for all to see.

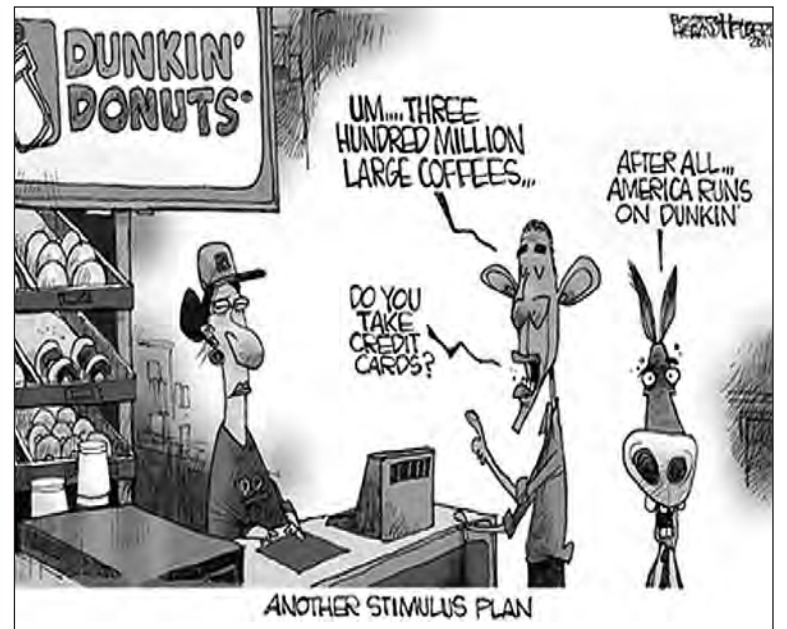
After the game, I was congratulated on our victory by hundreds of your fans. Many wished us well in our quest for the BCS title. What class. Your fans showed us how we should behave after a tough game. I hope our fans can follow that lead. And I hope the SEC ruling class sees your program for what it can add to our conference.

I, for one, would like the opportunity to come back.

Jim Bob Simoneaux
Port Allen, La.

Cheers to kindness, jeers to vulgarity

Though Landau Eugene Murphy Jr. sang the National Anthem at the WVU/LSU game this past weekend, I, personally, would like to thank the gentleman in Logan who recognized real talent when he



heard it. Not only did he recognize Murphy's beautiful voice, he acted upon his intuition by financing Murphy's trip to New York City so that he could audition.

In my opinion, he too, is a very special West Virginian to be recognized.

I just hope that the issue of the vulgar T-shirts will have been squelched this time. The "powers-that-be" in Morgantown have certainly been doing all they can to stop this disgusting fad before we once again make national news. Isn't it time we show the world exactly what we are made of?

I am an elderly lady remembering "how it was" when I was young. If I had used words that are now being flashed all across our nation, my mouth would have been washed out with soap, and then doused with pepper. Trust me, that did happen to me. The word? Darn. I was about 6-years-old.

Of course I grew up and I am sure I have used "that word" occasionally, but I hope you get my point.

Eileen Hartman
Kingwood

We can do without the Republican party

After watching the voting on the economy last month and now the riffraff of the Republican Party trying to find some worthy candidate to vie for the presidency of

the United States, I ask one question: What has the Republican party ever done for the United States?

We know that most of the rich are Republicans because the government has always looked out for them and given in to them.

We have thousands of American business corporations that have moved to other countries to keep from paying taxes like the ordinary American.

Some of the business organizations have moved and list their permanent address in Switzerland — 300 companies — where they pay 12 percent taxes rather than list a United States address, where they would pay 35 percent.

I believe that if the Democrats are dumb enough to bow to the Republicans and let them have full control, we are doomed.

At 80 years of age, I have found that if you ask most Republican politicians a question, they will not give a direct answer.

Ask a Republican politician what his full name is. He will tell you where his father came from and where he worked, etc. Finally you have to ask: 'All I wanted to know is: What is your full name?' Remember George Bush?

Democratic means for all the people.

Don McMillen
Masontown

Retro TV revisits the birth of 'Culture War'

Do AMC's "Mad Men," ABC's "Pan Am," NBC's "The Playboy Club" and BBC America's "The Hour" exploit society's barely suppressed appetite for a more sexist, racist and conservative era? Fear not. The underlying message in these depictions of the bad old days: We should be better than that now, even when we aren't.

Just as we can enjoy "Gone With the Wind" without feeling nostalgic for slavery, we can watch the chain-smoking white men and underpaid, underappreciated women of "Mad Men" without wishing we could bring back Jim Crow racial segregation and legal glass ceilings for women.

In fact, the best moments in this surprising new nostalgia craze for the 1950s and early '60s suggest glimmers of the social revolution that we, today's audience gazing back with the wisdom of hindsight, know



CLARENCE PAGE

is about to take place.

"Mad Men" led this craze by doing what cable TV does better than the big over-the-air networks: It took a chance on trying something new — and won. The show found thoughtful drama in a New York ad agency in a time that today's much-coveted 18-to-35 demographic knows to be ancient history, the 1960s.

That era happened to be a time when the advertising-marketing world was hitting its stride. The best ads often seemed more entertaining than the media that carried them. The 1960 Kennedy-Nixon presidential race and the civil rights revolution

showcased the rising power of television to move politics and government. Against this backdrop, we see how changing attitudes toward sexism, racism, homophobia and rising divorce rates play out in the lives of ad execs who are making change happen for dollars or, in the case of the women in particular, respect.

"The Playboy Club" and "Pan Am," by comparison, are less engrossing over-the-air knockoffs inspired by a pathology that the late TV pioneer Ernie Kovacs described as "the beat-it-to-death syndrome." Every time somebody comes up with a successful new TV idea, he said, other programmers "beat it to death."

The most prominent theme these shows share is a trip back, as filmmaker-essayist Nora Ephron sarcastically wrote in a Newsweek essay, "to the early 1960s, to that golden moment just before the women's movement came along and ruined

everything."

"Pan Am" is easier to like than "The Playboy Club." It employs "stewardesses," as flight attendants used to be known, to remind us of the days before deregulation — back when airline travel was associated with a glamorous experience, not a high-altitude bus ride.

The program starring Christina Ricci plays like a high-flying "Sex and the City," a time when airlines opened up a world of fun, travel and financial independence to a generation of women who are portrayed as well-trained, well-educated and, despite the prevailing sexism of the times, variously skillful at navigating men into or away from their restricted air space.

"The Hour" is a recently completed six-part BBC America take, still available On-Demand, of a fictitious BBC newsmagazine program during the 1956 Hungarian

uprising and Suez Canal crises. Leave it to the Brits to give us a gripping mix of love triangles, office politics, a hunt for a Soviet mole, genteel battles with government censors and, oh, yes, elegant bouts of class warfare between folks for whom class still mattered — a lot!

This program, as in its American cousins, we see the beginnings of what we now call the culture wars. Ads, news media, the Playboy ethic, globalism and changing concepts of family still fuel emotions in America's political and cultural divide. Even seemingly dry issues like the economy — and what to do about it — take on a high moral equivalency in the battle between those who see a need for more liberal progress versus those who want to take American values back, at least to the days before Elvis.

CLARENCE PAGE is a columnist with Tribune Media Services.

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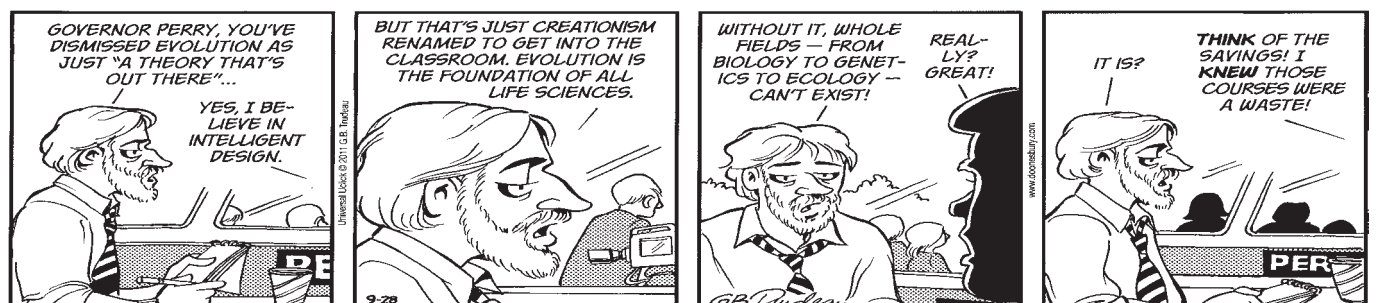
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Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

"The fear of missing out means today's media, more than ever, hunts in a pack."
Tony Blair, former British prime minister, 2007

MALLARD FILLMORE



DOONESBURY



TODAY

SUBMIT items to Today, *The Dominion Post*, 1251 Earl Core Road, Morgantown, WV 26505, or newsroom@dominionpost.com. Info: 304-291-9435. Meetings in Morgantown unless listed otherwise.

NARCOTICS ANONYMOUS: Noon, Manchin Health Care Education Center, 401 Guffey St., Fairmont; 7 p.m. Christ Episcopal Church, 405 9th St., Fairmont; 7 p.m., Masontown United Methodist Church, W.Va. 7; 7:30 p.m. Chestnut Ridge Hospital, Conference Room 101, 930 Chestnut Ridge Road. Info: 1-800-766-4442; mrcsna.org.

ALCOHOLICS ANONYMOUS: Noon, O, D, 17 Club, No. 1 Brookstone Plaza, Green Bag Road; 7 p.m., Green Street Group, C, 12&12, NS, Jones Methodist Church, 333 Green St.; 8:30 p.m., Into Action, O, BB, NS, First Presbyterian Church, 456 Spruce St. Room 3. Info: 304-291-7918; aaww.org.

VETERANS OF IRAQ AND AFGHANISTAN GROUP: 6:30 p.m., Morgantown Vet Center. Info: Vet Center, 304-291-4303.

THE TRAVEL CLUB: 10:30 a.m., Fairmont YWCA, 2019 Pleasant Valley Road. Info: Irene, 304-534-3298; ywcaofmarioncounty.wv.blogspot.com.

DAILY REPORT

Morgantown Police Department Arrests

CORDWELL, Tania Jo, 26, of Morgantown, entering without breaking, Sept. 25; Officer Poremba.

MOODY, Garrett Robert, 22, of Point Marion, Pa., possession of a controlled substance, Sept. 25; Officer Behm.

Citations
EIGHT JUVENILES, use or possession of tobacco by people under 18, Sept. 26; Officer Ball.

CRONK, Benjamin Alexander, 20, of Fairmont, possession of a controlled substance, Sept. 26; Officer Behm.

HATCHER, John Quincy, 20, of McKeesport, Pa., possession of a controlled substance, Sept. 26; Officer Behm.

Monongalia County Sheriff's Department Arrests

WAYCHOFF, Joshua James, 26, of Morgantown, domestic battery, Sept. 24; Sgt. Burks.

BARBER, Curtis Richard Jr., 28, of Westover, obstructing an officer, Sept. 24; Deputy Alexander.

MOORE, Dillion, 19, of Morgantown, contributing to the delinquency or neglect of a child, Sept. 26; Deputy Lipscomb.

West Virginia State Police Department Arrests

TATE, Randy Joseph, 23, of Morgantown, domestic assault, Sept. 23; Trooper Sternart.

DAVICH, Anthony J. Jr., 30, of Morgantown, domestic assault, Sept. 23; Trooper Horne.

Robert 'Bob' Glen McIntire

Robert "Bob" Glen McIntire, 69, of Morgantown, passed away Monday, September 26, 2011, at Ruby Memorial Hospital.

Family and friends will be received at Hastings Funeral Home, 153 Spruce St., Morgantown, from 5-8 p.m. Wednesday, Sept. 28. A graveside service will be held at Mt. Zion Cemetery, Fairmont, at 11 a.m. Thursday, Sept. 29, with the Very Rev. Father Mark Ward, CP, VF, officiating. Full military honors will be accorded at the gravesite by members of VFW Post 548 and WVANG Military Funeral Honors, Camp Dawson, Kingwood.

In lieu of flowers, donations may be made in his memory to: VFW Post 548, 494 Spruce St., Morgantown, WV 26505.

Condolences: hastingsfuneralhome.com

Virginia C. Jenkins

Virginia C. Jenkins, 69, of Stonewood, passed away Tuesday, Sept. 27, 2011, at her residence following an extended illness.

She was born May 15, 1942, in Mt. Clare, the daughter of the late Earl E. Jenkins and Hattie Odesa Anderson Jenkins.

Family and friends will be received at Davis Funeral Home, 1 Olen Thomas Dr./Route 98, Clarksburg, from 2-8 p.m. Thursday. Funeral services will be at 11 a.m. Friday, Sept. 30, with the Rev. Carl Jenkins officiating. Interment will follow at Johnstown Cemetery.

Condolences: davisfuneralhome.com

Linda Louise Peters

Linda Louise Peters, 74, of Route 3, Oak Grove community, Grafton, passed away Monday, Sept. 26, 2011, at her residence.

She was born April 8, 1937, in Taylor County, a daughter of the late Homer Menear and Rena (Summers) Menear.

Linda was a member of the Oak Grove Baptist Church, and Naomi Chapter 12 Order of the Eastern Star. She was a homemaker, wife, and mother. Linda enjoyed line dancing, and gardening, particularly flower gardening.

In addition to her husband of 55 years, George Raymond Peters, she is survived by three daughters, Brenda Morgan & husband Roy of Grafton, Barb McDaniel of York, PA, and Donna Phillips of Grafton; four grandchildren, Steve Morgan & wife Gina of Independence, Craig McDaniel & wife Lexi of Dell City, OK, Jaime McDaniel of Waycross, GA, and Brett Phillips

JoAnne Rancjik-Grimm

JoAnne Rancjik-Grimm, 79, of Ohio Avenue, Westover, passed away Tuesday, Sept. 27, 2011, at Ruby Memorial Hospital.

She was born Aug. 28, 1932, in Osage, a daughter of the late James E. and Bessie K. Hall Rancjik.

JoAnne was a caring person who put others' needs before her own. She worked for Scotts Run Settlement House as a teacher's aide in the Child Development Center for 40 years. She was a member of the Scotts Run Settlement House Auxiliary and served on the board of directors. Through the Settlement House, she also was a member of Seniors on the Run. She was a member of Westover United Methodist Church and was active with Westover United Methodist Women. JoAnne was an avid Steelers and WVU football fan and loved playing bingo, but her greatest enjoyment was found in being a loving mother and grandmother.

JoAnne is survived by two daughters, Barbara Hall & husband Vincent of Maidsville, and Lisa McMorrow of Westover; one son, George "Benjie" Grimm Jr. of Westover; two sisters, Mary Lou Hughes and Gladys M. Fata, both of Osage; a sister-in-law, Jeannine Rancjik of Morgantown; grandchildren, Bryan Dixon, Lucy Grimm, Alexis Grimm, and Griffin McMorrow; a great-grandson, Antwan Dixon; and several nieces and nephews.

JoAnne was preceded in death by her husband, George B. Grimm Sr.; one son-in-law, Stan McMorrow; two sisters, Ginny Rancjik and Bessie Lee Beard; and one brother, James Buster Rancjik.

Friends may call at McCulla Funeral Home from 3-5 and 7-9 p.m. Thursday. Funeral services will be at 11 a.m. Friday, Sept. 30, with Pastor Rose "Jo" McCartney and Ed Rancjik officiating. Burial will follow at Beverly Hills Cemetery.

In lieu of flowers, donations may be made to Scotts Run Settlement House, P.O. Box 398, Osage, WV 26543 or to Visiting Homemakers Service, 382 Broadway Ave., Star City, WV 26505.

Condolences: mcculla.com

of Morgantown; one great-granddaughter, Olivia McDaniel; one brother-in-law, Wayne Billmeyer of Martinsburg; one sister-in-law, Opal Menear of Bridgeport; and several nieces and nephews.

In addition to her parents she was preceded in death by two brothers, Paul Menear and Lester Menear; and one sister, Marie Billmeyer.

Friends may call at Bartlett Funeral Home, 202 McGraw Ave., Grafton, from 2-8 p.m. Wednesday. An Eastern Star service will be conducted at 7 p.m. Wednesday, at the funeral home, by Naomi Chapter 12 Order of the Eastern Star. Funeral services will be at 11 a.m. Thursday, Sept. 29 with Pastor Ron Ford officiating. Interment will follow at Oak Grove Cemetery.

The family of Mrs. Peters would like to thank the staff of Hospice Care Corporation of Taylor County for their excellent care and kindness during this most difficult time.

Condolences: bartlettfuneralhome.com

Bartlett
FUNERAL HOME

Burnice Mildred (Middleton) Poland

Burnice Mildred (Middleton) Poland, 90, formerly of Tunnelton, died Sunday, Sept. 25, 2011, at Eldercare Health and Rehabilitation in Ripley.

Mildred was born Oct. 3, 1920, in Rockingham County, NC, a daughter of the late Arthur and Naomi (Webb) Middleton.

She worked for many years as a registered nurse at Preston Memorial Hospital in Kingwood. Mildred was a U.S. Navy veteran of World War II, where she was stationed at the naval hospital in Portsmouth, VA during the war.

She is survived by her son, Thomas W. Poland, M.D. & wife Kim (Brown) Poland of Kenna, WV; her sister, Eunice Smith of El Segundo, CA; two brothers & spouses, Curtis & Dorothy Middleton, Don & Betty Middleton, all of Stokesdale, NC; brother-in-law & spouse, John & Elizabeth Poland of Tunnelton; sisters-in-law, Beulah Brown and Jean McCullough of Ohio; and several nieces and nephews.

In addition to her parents, she was preceded in death by her husband, Thurston Watson Poland; her brother, Wallace Middleton; her sisters, Vertie Loyd, Grace McCollum, Reba Wood, Inez Hendrix, Alma Field and Earlene Middleton.

Family and friends may call at Rotruck-Lobb Kingwood Chapel, 295 South Price St., on Thursday, Sept. 29, from noon until the 2 p.m. funeral service with Dr. David Allen officiating. Private interment will follow at Mt. View Cemetery, Tunnelton.

The family requests that any memorial donations be made in Mildred's memory to Preston Memorial Hospital Foundation, 300 South Price St., Kingwood, WV 26537 or to The Greatest Generation Society, P.O. Box 607, Rowlesburg, WV 26425.

Condolences: rotruck-lobb.com

Dear Abby:
Is relationship fair to infatuated friend?
— Page 8-A

Tammy Lynn Teagarden Kevin R. 'K.J.' Teagarden Jr. Madison Mae Teagarden

Tammy Lynn Teagarden, Kevin R. "K.J." Teagarden Jr. and Madison Mae Teagarden, all of Jefferson, Pa., and formerly of Carmichaels, Pa., died unexpectedly on Sunday, Sept. 25, 2011, in their home.

Tammy Lynn, age 40, was born April 21, 1971, in Franklin Township, Greene County, Pa., a daughter of Shirley Ann (Haney) Berry of Carmichaels and the late William Taylor.

She was a 1989 graduate of Carmichaels Area High School and attended the Carmichaels Free Methodist Church. Tammy Lynn worked at Gablers Drug Store in Carmichaels for about 10 years and Greenway Manufacturing for about seven years. At the time of her death, she was employed at Mylan Pharmaceuticals, Morgantown. Tammy Lynn cherished spending time with her children and enjoyed dancing.

Surviving Tammy Lynn are a brother, Dwayne E. Iams & wife Penny of Carmichaels; two sisters, Jackie A. Sanner & husband Carl, Brenda L. Radvansky & husband David, all of Carmichaels; her stepfather, Thomas K. Berry of Carmichaels; and several nieces and nephews.

She was preceded in death by a sister, Kimberly Diane Taylor, and grandparents, Russell and Ethel Haney and Colleen Domovich.

Tammy Lynn's children, Kevin R. "K.J.", 2, and Madison Mae Teagarden, 8, both died with their mother at home along with their father, Kevin R. Teagarden.

Madison Mae was born May 23, 2003, in Monongahela, Pa. She attended the



Center for the Performing Arts in Carmichaels, where she enjoyed dancing, and was currently attending Jefferson Elementary School.

Kevin R. "K.J." was born Nov. 30, 2008, in Washington, Pa. Madison and Kevin Jr.'s grandparents are Flo Vrable of Jefferson, Pa. and Charles "Jeep" and Karen Teagarden of Carmichaels. A grandfather, Lonnie Willison, is deceased.

Family and friends will be received at Yoskovich Funeral Home (724-966-5500), Martin J. Yoskovich, funeral director, 300 S. Vine St., (Pa. 88), Carmichaels, Pa., from 7-9 p.m. Thursday, and 2-4 and 7-9 p.m. Friday. Funeral services will be at 11 a.m. Saturday, Oct. 1, at Carmichaels Free Methodist Church, Nemaacolin Road, Carmichaels, with Pastor Chuck T. Durso officiating. Interment will follow at Laurel Point Cemetery, Carmichaels.

The family suggests that memorial contributions be made to the Carmichaels Free Methodist Church, c/o Keith Shumaker, 1499 Crucible Road, Jefferson, PA 15344.

Condolences: YoskovichFH.com

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"Origami is beautiful and complex, yet simple—just like The Village!"
—Tachan Minami



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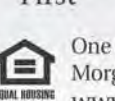
"Residents join together to learn origami and tutor Japanese students in English. It's nice to know that origami and my native language are bringing people together and even sparking friendships!"

Located in the heart of Morgantown, The Village enriches each day with warm friendships, beautiful surroundings, choice services and amenities, and abundant opportunities to enjoy and explore life.



Call 304-285-5575 today, and save your place to enjoy lunch on

October 4th from 11:30 a.m. to 1:30 p.m. with Tachan Minami.



One Heritage Point Morgantown, WV 26505

The Village at Heritage Point Mon General

www.heritage-point.com

Hastings



Studio owner dances over approval
City OKs sign.
Page 2-B

Local



Mountaineer football
WVU ready for homecoming game.
Saturday

LOCAL NEWS EDITOR **KATHY PLUM** ■ 304-291-9438 ■ Email: kplum@dominionpost.com

WEDNESDAY, SEPT. 28, 2011 THE DOMINION POST **1-B**

BRIEFS

Submitted to The Dominion Post

Friday traffic to be altered for parade on High Street

The Morgantown Police Department will alter traffic patterns on Friday for the WVU Homecoming Parade. The parade down High Street begins at 6:30 p.m. Parking will be restricted on High and Prospect streets beginning at 5:45 p.m. Friday. Spectators are urged to arrive early to find parking downtown. Traffic in the downtown area will detour around the parade route — from Willey Street onto Prospect Street, up Price Street to Fife Street, down North High Street, turning right on Maiden Lane to College Avenue, then to University Avenue. Officers will be at the intersections to assist with traffic. Any motorists wishing to avoid the detour may travel on College Avenue from Willey Street to University Avenue.

Women's health care class set for today

Partners in Women's Health Care will have their third class, "Reclaiming Your Sexuality in Midlife," from 5-6:30 p.m. today at Partners in Women's Health Care Monongalia General Hospital, Health Care Center, fourth floor, suite 402 (garden entrance). Participation is free and open to the public.

South Park Association of Neighbors set to meet

The South Park Association of Neighbors (SPAN) will meet at 7 p.m. today, at the First Christian Church on the corner of Cobun Avenue and Grand Street. Topics for discussion will be the SPAN City Council Presentation and the Monongalia County Certified Emergency Response Team (CERT) program. Call 304-599-6811 to sign up, or walk in. Bring a friend.

Community Shred Day to be held in Sabraton

Community Shred Day in Morgantown will be held today allowing area residents to safely dispose of sensitive documents and to protect themselves against identity theft. The event will be from 9 a.m.-4 p.m. today, at the Sabraton office of My Bank! First United Bank and Trust, a co-sponsor of the event with PACE Shredding. Locked containers will be lined up outside the bank, allowing residents to drive up and drop their documents in the containers. Up to six boxes per person will be accepted. Staples, paper clips, hanging folders and rubber bands are acceptable. Three-ring binders must be removed. All the shredded material will be recycled at the end of the event. PACE Shredding will pick up the containers afterwards and transport the locked containers to a secure shredding facility in Morgantown. Info: Cheri Grigsby, 304-376-0036.

Suncrest group set to meet Thursday

The Suncrest Neighborhood Association will meet at 7 p.m. Thursday at Calvary Baptist Church, on the corner of Burroughs Road and Eastern Avenue. Info: www.suncrestna.org.

MEETINGS

Today
MONONGALIA COUNTY COMMISSION, 10 a.m., Monongalia County Courthouse, High Street.
MARION COUNTY COMMISSION, 10 a.m., J. Harper Meredith Building, 200 Jackson St., Fairmont.
MORGANTOWN URBAN LANDSCAPE COMMITTEE, 4:30 p.m., Morgantown Public Safety Building, Spruce Street.
MONONGALIA COUNTY BOARD OF HEALTH, 9 a.m., Monongalia County Health Department.

Mon General access road work to alter traffic

Project construction on track for December completion date

Submitted to The Dominion Post

Some road restrictions will be in effect while work continues on the new Monongalia General Hospital access road. Through traffic on Vandervort Drive will not be available for an indefinite period of time, according to a Mon General spokesman. Beginning Tuesday, anyone who typically travels Vandervort to access W.Va. 705 will need to exit the campus at Pineview Drive. The Monongalia County Sheriff's Department will help with traffic control at the foot of J.D. Anderson from 2-5 p.m. This will continue as needed. This construction will also impact access to MonKids. Tuesday it was via J.D. Anderson Drive only, while contractors worked on the drive into MonKids. That work should be finished by this morning, and then access to MonKids will be via Maple Drive. According to a Mon General spokesman, the project is on track for opening in December, weather permitting. They are currently in the process of relocating utilities, including electric, water

SEER **TRAFFIC**, 2-B



Ron Rittenhouse/The Dominion Post

Motorists Tuesday experienced delays on Maple Drive which was partly closed due to construction on the new Monongalia General Hospital access road.

Fairy tales come to life downtown



Jason DeProspero/The Dominion Post

Mountaineer mascot Brock Burwell reads "Puss in Boots" to a group of children Tuesday evening during the Reading Rally at the Metropolitan Theatre.

Met Theatre hosts sixth annual Reading Rally

The Dominion Post

Families with children flocked Tuesday to the Metropolitan Theatre on High Street for a reading treat sponsored by the Monongalia County Schools Parent Educator



Jason DeProspero/The Dominion Post

Resource Center.

The theme for the sixth annual Reading Rally was "Fairy Tales," allowing youngsters to hear the tales in a new way, and their parents a chance to recall their childhood. The event, designed to keep children interested in reading, presented classic tales in several ways. Children sat wide-eyed listening to Mountaineers' mascot Brock Burwell read "Puss in Boots" to them while they gathered around. In addition

to stories read by local celebrities, some of the stories came to life. Hillary Phillips brought young students from her Morgantown Theatre Company with her to act out what was happening as she read "Rapunzel" aloud. WVU athletes were there as well, giving attendees a chance to talk to them without having to fight crowds at sporting events. Each child attending was given a book to keep. Door prizes also were given away.

Hillary Phillips reads "Rapunzel" as Morgantown Theatre Company actors Callie Carroll and Willie Beeson play out the story for the crowd.

UPDATE

LSU fan out of hospital

Police continue search for attacker

ANYONE WITH information on the post-game attack on Marcus Mason is asked to contact Morgantown Police Department at 304-284-7454 or 304-284-7496.

BY CASSIE SHANER
The Dominion Post

The Pennsylvania man injured in an attack following Saturday's WVU home football game against LSU was released from a Pittsburgh hospital Tuesday. Meanwhile, Morgantown police continue to investigate in the hopes of identifying his attackers. Marcus Mason, 30, of Canonsburg, was assaulted after he asked a group of people near his vehicle if they had thrown a rock through an open window, according to a police report. He was initially taken to Monongalia General Hospital and later transferred to the University of Pittsburgh Medical Center for surgery. His mother, Lynn Britt, told *The Dominion Post* several bones in his face were fractured as a result of the beating. "He's doing considerably well," Britt said Tuesday in a telephone interview. "He went home and got on the couch. ... The surgery went great." Mason's five-months-pregnant wife — Hannah, 32 — and two passengers were also assaulted, but not seriously injured. Morgantown police identified Mason's passengers — Nathan Glen Ray, 21, of Houston, and Douglas J.

SEE **LSU**, 2-B

Locals join the national rally to save postal service

Mail carriers and supporters gather at courthouse square

BY CHELSEA FULLER
The Dominion Post

The U.S. Postal Service (USPS) is looking for ways to save money — including dropping Saturday delivery. Asking for community support, mail carriers joined customers at a rally Tuesday evening at the Monongalia County Courthouse Square as part of the national "Save Our Postal Service" event. The Morgantown rally was one of hundreds across the country. Staying true to the national objective outlined by the American Postal Workers Union, the event was to provide information about the agency's financial situation, along with the facts surrounding the H.R. 1351 bill, said Steve Hose, a mail carrier with the Morgan-

town Post Office. H.R. 1351 or the U.S. Postal Service Pension Obligation Recalculation and Restoration Act of 2011, was sponsored by Rep. Stephen F. Lynch, D-Mass., and was referred to the Subcommittee on Federal Workforce, U.S. Postal Service and Labor Policy on April 8. The bill has 216 cosponsors and will allow the USPS to apply billions in pension overpayments to the congressional mandate that requires the USPS to pre-fund the healthcare benefits of future retirees, according to the postal employee network website. "We are trying to get all congressmen to sponsor the bill and to get it passed," Hose said. "No other federal agency has to pre-fund their retirement — we are paying people's retirement who have not even been hired yet." Four speakers were invited to Tuesday's event: A representative of Congressman David McKinley,

SEE **POSTAL**, 2-B



Bob Gay/The Dominion Post

Members of the National Association of Letter carriers, The American Postal Workers Union, and National Rural Letter Carriers Association and other supporters march around the Mon County Courthouse Square during a rally Tuesday evening against proposed Postal Service budget cuts by the U.S. Congress. About 50 to 60 members participated in the march and listened to several speakers during the rally.

Studio owner dances over sign approval

BY MICHELLE WOLFORD
The Dominion Post

KINGWOOD — Sally Ann can keep her sign.

More than 200 residents packed the Kingwood City Council meeting Tuesday — a meeting that had to be moved to the Civic Center — to support artwork painted on the front of Sally Ann's Dance Company at the corner of South Price and Main streets.

Sally Ann Harvey Deep owns the dance studio and was asked to attend the council meeting to discuss whether her signage, which is painted on the building, violates a city ordinance. She brought along 200 close friends, parents, dance students and former dance students to make sure council knew that there was community support for the sign.

After Deep, and about a dozen of her supporters spoke, Recorder Bill Robertson said, "We have an ordinance. All I want to know is, do we meet the

KINGWOOD CITY COUNCIL

measurements? If so, we have no issue."

City Supervisor Francis Hyre said he was not able to measure the sign, but estimating by the number of bricks, he said it was larger than the ordinance allows. Deep said her father did measure it and found it to be in compliance with the ordinance. Mayor Jim Lobb said he calculated it as four square feet under the maximum allowed by the ordinance. Deep said her father's measurements put it at eight square feet under Hyre said he estimated it at 155 square feet.

In the end, council voted to accept Deep's father's measurements and allow the artwork to remain. Sixteen-year-old Jake Gordon, a Preston High School junior who designed the artwork and painted it with two helpers, admitted he was relieved that it can stay

He said he's since been hired for two other projects in Kingwood, one of which is on the side of Kingwood Floral — the former occupants of Deep's building.

Supporters cited Deep's commitment to the youth of Kingwood and her 17 years as a South Price Street business owner.

Deep's uncle, Ben Harvey, said the building at 139 S. Price St. was once the Kingwood Post Office and "a very unattractive building. It's not anymore."

Also Monday, council:
■ Agreed to hire Corbin Construction to replace the sidewalk in front of the Civic Center. Corbin was the low bidder on the project at \$22,612.

■ Announced that a new police officer has been hired. Todd Nestor will begin work on Oct. 17. His salary will be \$30,000 per year. The former Bruceton Mills resident will be relocating from Kentucky.

POSTAL

FROM PAGE 1-B

R-W.Va., a representative of Sen. Joe Manchin, D-W.Va., Democrat Mike Oliverio and Morgantown Post Master Tommy White.

Hose said most community members are concerned with the elimination of Saturday mail delivery as a tactic for freeing up agency funds.

"People think we just want the weekend off, but that is not true. We want the postal service to be strong and to continue running," Hose said.

"If we do away with Saturday delivery, it is not the end of the world. We will continue on, but it is a huge part of our nation's economy," White said.

Cathy Campbell, of West- over, said she feels eliminating Saturday delivery would not be that big of a deal; however, she believes the USPS is in this financial bind due to frivolous national spending.

"We need to bring our money home from other places so we can stop having to cut necessities," Campbell said. "When you talk about taking away the postal service, you are talking about taking away a U.S. standard, which has actually become a world standard now." She said.

Raising the price of first class stamps to 46 cents, cutting back n equipment, closing

processing centers and slowing mail service are also being discussed as tactics that could cut about \$3 billion a year.

If Congress does not pass extensive reform to existing regulations by Friday — the end of the fiscal year — the USPS could default on a \$5.5 billion mandated payment to the national treasury. That is why local postal workers and supporters are encouraging people to get the facts about the bill and to contact their congressmen, said White.

"There are several versions of the bill so if you like the current version, support it and push for it," White said. "They [congress] just need to allow the postal service to create a better business model."

The USPS is responsible for 7 percent of the nation's gross national product and employs around 8.7 million Americans, White said.

White, who is not an official spokesperson for the USPS, believes postal workers do far more than most people realize.

"Our employees in Morgantown do more than just deliver the mail and sell stamps. They do great work in the community," White said. "It is not about just getting a letter; a magazine or catalog, letter carriers are out there in our communities everyday touching the customers and that is why we are one of the country's most trusted agencies."

BRIDGE

09-28-11

North	09-28-11		
♠ 10 9 5			
♥ 7 2			
♦ Q J 10 9			
♣ K Q J			
West	East		
♠ K 6 3	♠ 7 4 2		
♥ Q J 8	♥ A 10 9 6 3		
♦ 7 6 4 2	♦ A 8 5		
♣ 9 7 6	♣ A 8		
South			
♠ A J 8			
♥ K 5 4			
♦ K 3			
♣ 10 5 4 3 2			
Dealer: North			
Vulnerable: Both			
South	West	North	East
Pass	2♥	Dbl.	Pass
3♣	Pass	Pass	Pass

Do not be cautious when they fit

By Phillip Alder

Self-help author Robert Collier said: "Something must be done when you find an opposing set of desires. You must set in operation a process of competition, from which one must emerge a victor and the other set be defeated."

Bridge is like that, the two partnerships trying to outdo each other. Some deals end with the "par" result, the one that cannot be improved upon by either side. But more often one partnership will do better than par. What is par in this deal from my lesson on competitive bidding? What do you think of the given auction?

Taking the second question first, the auction is "perfect." North might have opened one diamond because he has great intermediates (two 10s and two nines), but eight of his 11 points are in "quacks," which is not good. After East opens one heart, South ought to pass, although a couple of my students overcalled two clubs! West should raise to two hearts. North should make a takeout double with his maximum pass and suitable distribution. Then South should content himself with three clubs because his partner is a passed hand. (If North passes and two hearts comes around to South, he might balance with three clubs, but that very poor suit makes the overall scary.)

Note that three clubs makes, losing one trick in each suit. That is the par result. Three hearts goes down two, losing two spades, one heart, two diamonds and one club. If either East or West bids three hearts (perish the thought!), South should double and collect 500.

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TRAFFIC

FROM PAGE 1-B

and communications, for the project.

Ground was broken for the new road in June.

The road will intersect with W.Va. 705 — Chestnut Ridge Road — across from

Don Nehlen Drive. From there, the road will go north behind the Village at Heritage Point and connect to J.D. Anderson Drive, near Monongalia EMS.

The road will be lighted and have guardrails, curbs and a four-foot sidewalk running its length.

The spokesman said previously the project will cost \$4.1 million paid through a federal grant and tax-increment financing (TIF) bond issue.

The Mon County Commission approved the Mon General Hospital TIF district in 2008.



LSU

FROM PAGE 1-B

Lewis, 34, of Canonsburg — in a Tuesday press release.

Britt said Hannah Mason was checked out in Morgantown. She has bruises and scrapes, but her unborn baby is fine.

Marcus Mason and his passengers were identified as LSU fans in a Morgantown Police Department press release, but police said they were not necessarily attacked because they support LSU.

"There was nothing to indicate that they were LSU fans on the car," Morgantown Police Lt. Harold Sperringer said. "It may not have been a WVU-LSU thing."

Sperringer said one occupant of the vehicle was wearing a LSU sweatshirt and another was wearing a LSU hat, though he wasn't sure who was wearing either item.

Britt said her son was wearing a solid white T-shirt Saturday, and all the vehicle's occupants were wearing jackets at the time of the attack.

Sperringer said as many as six people may have been involved in the attack. They have been described as white males and may have been traveling in light-colored SUV.

The attackers may have been wearing WVU colors, but the victims can't say for sure. "It's kind of sketchy," Sperringer said of the details of their appearance.

A few people who wit-

nessed the incident — which occurred in the Purple Lot, behind Sheetz, shortly after midnight — have contacted Morgantown police since it was confirmed publicly. But Sperringer said police hope more witnesses will come forward to provide additional details.

Britt said she's pleased with the Morgantown Police Department's efforts to identify her son's attackers. And regardless of what they were wearing, she knows their behavior is not indicative of the WVU fans in Morgantown.

"People need to be aware of their surroundings and know that things like this can happen anywhere," she said.

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Money&Markets

Today

Bernanke speaks

Federal Reserve Chairman Ben Bernanke will give a speech at the Cleveland Clinic. His appearance comes a week after the Fed said it would sell short-term Treasuries and buy long-term ones to try to stimulate the economy. He'll give his speech after the close of stock trading. If Bernanke has any more insights about where the economy is headed, his remarks may have an impact on financial markets on Thursday.

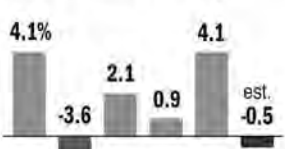


How weak was manufacturing?

Orders for durable goods like planes, cars and computers tend to fluctuate sharply from one month to the next. But economists still look at the Commerce Department's monthly report on durable goods for a sense of how manufacturing is doing. We've already had several reports that manufacturing weakened further during August. The durable goods report is expected to echo that assessment.

Durable goods orders

Month-over-month change



Source: FactSet

Any insights on Greece?

Investors in the U.S. are likely to pay attention to a speech today from Yves Mersch, the head of Luxembourg's central bank. Mersch is also a member of the European Central Bank's governing council, so investors will be listening for any news he can offer about negotiations to help Greece avoid default on its debts next month. And any information he has about the European economy in general.

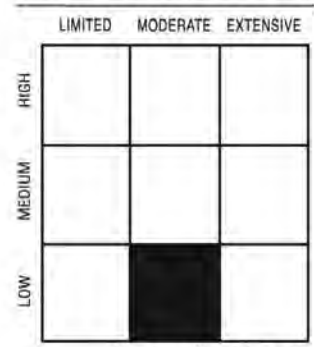


J. Rosenberg, J. Sohn - AP

FundFocus

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MANAGER Tad Rivelle

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5-YR ANNL +7.9

TOP 5 HOLDINGS

US Treasury Note 1.5%

Freddie Mac 2.93

Ftma Tba 2.04

US Treasury Bond 4.375% 1.99

FHLMC FRN 1.51

Red flag

Chinese IPOs may be coming back. Several big Chinese companies are rumored to be looking to list their shares on U.S. exchanges in the next year, including 360buy.com. The online retailer of everything from electronics to olive oil is reportedly considering the largest Internet IPO in U.S. history.

But those Chinese companies face a challenge: U.S. investors are more distrustful of Chinese companies after a series of accounting scandals and China's slowing economic growth. U.S.-listed Chinese stocks used to be popular because of the growth that they promised.

So far in 2011, 12 Chinese companies have listed their stocks on U.S. exchanges, according to Renaissance Capital, an IPO investment firm. Only one is trading above its IPO price. As a group, they have dropped far more than other stocks so far this year.

Officials from the Securities and Exchange Commission met with Chinese regulators last summer to talk about improving oversight of audits. And some U.S.-listed Chinese companies are going

Company	Ticker	IPO price	close	Change
Zuoan Fashion	ZA	\$7.00	\$2.57	-63.3%
NetQin Mobile	NQ	11.50	4.29	-62.7
Renren	RENN	14.00	5.59	-60.1
Phoenix New Media	FENG	11.00	5.28	-52.0
BCD Semiconductor	BCDS	10.50	5.35	-49.0
Trunkbow Intl.	TBOW	5.00	2.66	-46.8
Tudou Holdings	TUDO	29.00	17.93	-38.2
China Zenix Auto Intl.	ZX	6.00	4.17	-30.5
21Vianet Group	VNET	15.00	10.61	-29.3
Taomee Holdings	TAOM	9.00	6.63	-26.3
Jiayuan.com Intl.	DATE	11.00	8.83	-19.7
Qihoo 360 Technology	QIHU	14.50	17.69	+22.0

Eleven Chinese companies that have listed their stocks on U.S. exchanges this year have been dumped by investors.

private. China Fire & Security Group agreed to a buyout by a private-equity firm in May.

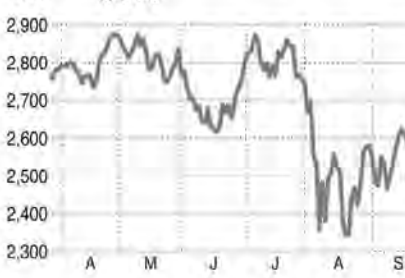
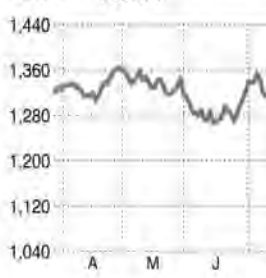
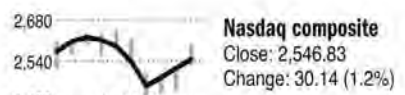
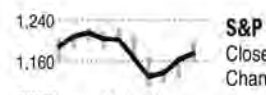
What worries U.S. investors are cases like Longtop Financial, a Chinese software company whose stock was delisted last month. Its auditor resigned in May after it found problems in Longtop's financial records and "deliberate

interference" from its managers during the auditing process.

David Marcus, chief investment officer of Evermore Global Advisors, says he'd rather invest in companies from developed markets that do business in China. That way he can benefit from China's growth but have more trust in the companies' financials.

SOURCES: Renaissance Capital; FactSet

Stan Cho, Jenni Sohn - AP



StocksRecap

	NYSE	NASD
Vol. (in mil.)	4,832	2,067
Pvs. Volume	4,548	1,965
Advanced	2516	1957
Declined	567	656
New Highs	22	16
New Lows	23	77

	HIGH	LOW	CLOSE	CHG.	%CHG.	WK	MO	QTR	YTD
DOW	11369.30	11045.23	11190.69	+146.83	+1.33%	▲	▲	▲	-3.34%
DOW Trans.	4472.23	4315.87	4380.27	+69.66	+1.62%	▲	▲	▲	-14.23%
DOW Util.	442.56	434.61	436.27	+0.43	+0.10%	▲	▲	▲	+7.72%
NYSE Comp.	7189.06	6940.81	7043.12	+102.31	+1.47%	▲	▲	▲	-11.56%
NASDAQ	2590.94	2532.65	2546.83	+30.14	+1.20%	▲	▲	▲	-4.00%
S&P 500	1195.86	1163.32	1175.38	+12.43	+1.07%	▲	▲	▲	-6.54%
S&P 400	841.70	809.93	823.77	+13.84	+1.71%	▲	▲	▲	-9.20%
Wishire 5000	12562.25	12191.89	12341.00	+149.11	+1.22%	▲	▲	▲	-7.63%
Russell 2000	694.70	674.62	680.23	+14.61	+2.19%	▲	▲	▲	-13.20%

Stocks of Local Interest

NAME	TKR	52-WK RANGE	CLOSE	HIGH	LOW	CH	%CH	WK	MO	QTR	YTD	1YR	VOL	PE	DIV
Air Products	APD	74.58	96.01	80.85	+2.00	+2.5%	▲	▲	▲	▲	-11.1%	-3.8%	1425	15	2.32
Allstate Corp	ALL	22.27	34.40	23.80	+2.27	+1.1%	▲	▲	▲	▲	-25.3%	-22.9%	6810	23	0.84
Alpha Nat Rescs	ANR	19.02	68.05	21.26	-1.17	-0.8%	▲	▲	▲	▲	-64.6%	-48.0%	8073	52	...
Altria Group	MO	23.20	28.13	26.42	+4.2	+1.6%	▲	▲	▲	▲	+7.3%	+14.8%	13241	16	1.64
Amer Campus Cmts	ACC	29.68	41.09	38.17	+7.0	+1.9%	▲	▲	▲	▲	+20.2%	+26.9%	869	47	1.35
Am Eagle Outfit	AEO	10.00	17.46	12.33	+2.29	+2.4%	▲	▲	▲	▲	-15.7%	-15.8%	6399	15	0.44
Am Ele Pwr	AEP	33.09	38.99	37.90	+1.13	+0.3%	▲	▲	▲	▲	+5.3%	+8.5%	3502	13	1.84
Amerigas Part LP	APU	36.76	51.50	44.16	+9.6	+2.2%	▲	▲	▲	▲	+9.5%	+3.3%	66	28	2.96
AstraZeneca PLC	AZN	40.89	53.50	44.80	+1.24	+2.8%	▲	▲	▲	▲	-3.0%	-12.2%	1776	8	2.70
BB&T Corp	BBT	18.92	29.60	22.00	-0.6	-0.3%	▲	▲	▲	▲	-16.3%	-7.4%	7823	16	0.64
Baker Michael	BKR	17.30	35.43	19.94	+8.8	+4.6%	▲	▲	▲	▲	-15.7%	-41.1%	31	18	...
Bk of NY Mellon	BK	18.28	32.50	19.27	+4.7	+2.5%	▲	▲	▲	▲	-36.2%	-26.4%	14508	9	0.52
Bob Evans Farms	BOBE	27.47	36.98	30.14	+4.7	+1.6%	▲	▲	▲	▲	-8.6%	+5.9%	252	15	1.00
Boeing Co	BA	56.01	80.65	62.78	+7.7	+1.2%	▲	▲	▲	▲	-3.8%	-1.4%	6323	13	1.68
Brist Myr Sqb	BMV	24.97	31.78	31.24	+3.0	+1.0%	▲	▲	▲	▲	+18.0%	+16.8%	14440	16	1.32
CSX Corp	CSX	17.69	27.06	19.58	+5.3	+2.8%	▲	▲	▲	▲	-9.1%	-3.6%	11066	13	0.48
CVS Caremark Corp	CVS	29.45	39.50	34.69	+2.9	+0.8%	▲	▲	▲	▲	-0.2%	+12.4%	16543	14	0.50
Cedar Fair	FUN	12.42	22.69	19.46	+3.9	+2.0%	▲	▲	▲	▲	+28.4%	+55.2%	247	dd	0.55
Chesapk Engy	CHK	20.97	35.95	27.68	+1.5	+0.5%	▲	▲	▲	▲	+6.8%	+29.1%	11346	10	0.35
Cintas Corp	CTAS	26.48	34.54	28.98	+0.7	+0.2%	▲	▲	▲	▲	+3.6%	+6.1%	1174	16	0.49
Citigroup	C	23.19	51.50	26.99	+2.7	+1.0%	▲	▲	▲	▲	-42.9%	-31.5%	59671	8	0.04
City Holding	CHCO	26.15	38.68	28.20	+5.3	+1.5%	▲	▲	▲	▲	-22.2%	-5.3%	110	11	1.36
Comcast Corp A	CMCSA	16.91	27.16	22.33	+4.3	+2.0%	▲	▲	▲	▲	-2.1%	+20.2%	16248	16	0.45
Consol Energy	CNX	33.26	56.32	37.94	+7.7	+2.1%	▲	▲	▲	▲	-22.2%	+3.2%	5157	15	0.40
Corning Inc	GLW	11.90	23.43	12.78	+4.4	+3.6%	▲	▲	▲	▲	-33.9%	-29.4%	24551	6	0.20
Deere Co	DE	66.00	99.80	69.48	+1.04	+1.5%	▲	▲	▲	▲	-16.3%	-3.8%	5028	11	1.64
Dicks Sporting Gds	DKS	27.65	42.97	37.12	+4.0	+1.1%	▲	▲	▲	▲	-1.0%	+29.5%	2241	21	...
Dominion Resources D	DOM	41.13	51.13	50.93	+1.5	+0.3%	▲	▲	▲	▲	+19.2%	+19.2%	3414	17	1.97
Dom Res BW Tr	DOW	7.00	18.00	8.70	-0.7	-0.8%	▲	▲	▲	▲	-93.7%	-26.9%	23	9	1.00
Dow Chemical	DOW	22.50	42.23	25.59	+1.08	+4.4%	▲	▲	▲	▲	-25.0%	-10.2%	16132	12	1.00
DuPont	DD	40.21	57.00	42.26	+7.2	+1.7%	▲	▲	▲	▲	-15.3%	-5.3%	10239	12	1.64
Duke Energy	DUK	16.87	19.96	19.90	-0.4	-0.2%	▲	▲	▲	▲	+11.7%	+16.3%	14948	14	1.00
Duke Realty Corp	DRE	9.82	15.63	10.86	+3.0	+2.8%	▲	▲	▲	▲	-12.8%	-5.8%	2310	54	0.68
eBay Inc	EBAY	23.93	35.35	32.52	-0.3	-0.1%	▲	▲	▲	▲	+16.9%	+31.6%	14047	24	...
Enzo Biochem	ENZ	2.05	5.83	2.56	+1.0	+4.1%	▲	▲	▲	▲	-51.5%	-39.0%	218	dd	...
Exxon Mobil Corp	XOM	61.27	88.23	72.91	+1.19	+1.7%	▲	▲	▲	▲	-4.0%	-9.6%	26015	10	1.88
FirstEnergy Corp	FE	35.00	46.51	45.10	-2.4	-0.5%	▲	▲	▲	▲	+21.8%	+24.8%	2844	19	2.20
Gen Electric	GE	14.72	21.65	15.76	+1.9	+1.2%	▲	▲	▲	▲	-13.8%	-3.1%	73544	13	0.60
GrafTech Intl	GTI	12.11	23.89	14.26	+8.2	+6.1%	▲	▲	▲	▲	-28.1%	-13.8%	1608	12	...
Harley Davidson	HOG	27.79	46.88	36.18	+1.18	+3.4%	▲	▲	▲	▲	+4.4%	+24.3%	2953	23	0.50
Heinz	HNZ	46.99	55.00	51.67	+9.5	+1.9%	▲	▲	▲	▲	+4.5%	+10.0%	3318	17	1.92
Hewlett Packard	HPQ	21.50	49.39	23.59	+8.8	+3.9%	▲	▲	▲	▲	-44.0%	-43.6%	39292	6	0.48
Huntgin Bankshs	HBAN	4.46	7.70	4.95	-0.3	-0.6%	▲	▲	▲	▲	-27.9%	-13.6%	12299	11	0.16
JPMorgan Chase & Co	JPM	28.53	48.36	31.57	-0.8	-0.3%	▲	▲	▲	▲	-25.6%	-18.9%	56818	7	1.00
Kroger Co	KR	20.53	25.85	21.94	-1.0	-0.5%	▲	▲	▲	▲	-1.9%	+1.7%	6521	11	0.46
Lowe's Cos	LOW	18.07	27.45	20.24	+4.2	+2.1%	▲	▲	▲	▲	-19.3%	-9.7%	14682	13	0.56
McDonalds Corp	MCD	72.14	91.22	87.74	+4.0	+0.4%	▲	▲	▲	▲	+16.9%	+22.2%	7958	18	2.80
MeadWestvaco Corp	MWV	23.74	34.51	26.34	+6.7	+2.6%	▲	▲	▲	▲	+0.7%	+8.0%	1010	15	1.00
Meritor Inc	MTOR	6.36	22.65	7.17	+3.5	+5.1%	▲	▲	▲	▲	-65.1%	-57.0%	2486	21	...
Monsanto Co	MON	47.07	77.09	66.01	+1.06	+1.									

County smoking ban draft includes grandfather clause

Existing businesses could benefit from new recommendation

BY TRACY EDDY
The Dominion Post

The proposed county-wide smoking ban could offer exemptions for businesses mainly based on tobacco sales, such as the Smoker Friendly tobacco stores or X-hale, the hookah lounge on Walnut Street.

The ban also could require hotels to make 90 percent of

THE MONONGALIA COUNTY BOARD OF HEALTH

meets at 9 a.m. today in a conference room at the Mon County Health Department, 453 Van Voorhis Rd.

their rooms nonsmoking by January 2014.

Morgantown City Council was presented with a draft of the proposed smoking ban during its Tuesday Committee of the Whole meeting. The Monongalia County Board of Health (BOH) is expected to receive a draft

MORGANTOWN CITY COUNCIL COMMITTEE OF THE WHOLE

during its meeting today.

The draft was recommended by a committee made up of City Manager Terrence Moore and BOH members Donna Tennant and Robert Wheeler.

City Attorney Steve Fanok said the draft for the county's ban includes a grandfathering provision for existing businesses based on tobacco sales. Under the law, if those businesses were to close their

doors for 60 days or more, they would lose their grandfathered-in status and could no longer allow smoking.

Also, according to the draft, hotels and motels could allow smoking in 20 percent of their rooms once the law is adopted, but would have to gradually decrease that percentage in the next two years.

By January 2013, smoking could be allowed in

15 percent of hotel and motel rooms, Moore said. Hotels and motels could only allow smoking in 10 percent of their rooms by January 2014.

The BOH is not expected to vote on the county-wide ban until November, Moore said, but could open the issue up for public comment after today's meeting.

Fanok said the city would have two options if the BOH passes a county-wide smoking ban — council could keep its own law in place but amend it to match the county's or the

city could repeal its law.

The county's law would include Morgantown's city limits.

Councilman Bill Byrne said he would rather the city amend its own law to match a county one, if it's passed. That way, if the BOH decided later to repeal the county-wide smoking ban, the city would still have its own law in place, he said.

The city's current law to ban smoking in all its bars, restaurants and workplaces is set to go into effect Jan. 1.

Finance director: OPEB lone cause for \$6.3M deficit

BY JASON HOWERTON
The Dominion Post

The Monongalia County Board of Education (BOE) accepted its annual financial statement for 2010-11 on Tuesday, which included a \$6.3 million deficit in the general fund.

Finance Director Terry Hawkins said the lone cause for the deficit is Other Post-Employment Benefits (OPEB) liabilities.

The BOE would have been \$3.4 million in the green if it weren't for \$9.3 million in OPEB costs. OPEB used to

show on the state board's financial statements, but it now falls to the counties, who receive no state funding for it, Hawkins said.

"OPEB is made up of employee health benefits during retirement," he added. "It is cumulative so it was added to last year's balance."

The BOE currently has a total OPEB liability balance of \$20.6 million, Hawkins said. That is the amount that the board has "set aside" for OPEB.

Board member Nancy Walker said OPEB costs are affecting counties across

MON COUNTY BOARD OF EDUCATION

West Virginia and it's something state legislators need to address.

The question that no one at the state level seems to be able to answer is how to fund it, she added.

If the state Legislature tackles OPEB funding during the upcoming interim sessions and decides to help counties fund the liabilities, it will free up some money for the BOE and will go into the general fund,

Hawkins said.

Additionally, the BOE's total net assets decreased from the previous year by \$1.8 million, which Hawkins said was also due to OPEB.

The board saw a nearly \$2 million increase in revenue from property taxes and received a roughly \$14 million increase in state funding, according to the board's financial statement.

Board expenses also increased by about \$16 million. Officials said school renovations and construction caused increases in spending.

In other business, Clay-

Battelle High School reacted to a possible bomb threat Friday, which resulted in a police and K-9 search for possible explosives, Superintendent Frank Devono said.

Devono said there was writing found in a school bathroom that was perceived as a possible threat. The Monongalia County Sheriff's Department was notified.

Students were evacuated until police and their pooches finished searching the school, the superintendent said. Search results were negative.

Family center to sponsor chat

Submitted to The Dominion Post

The Starting Points Family Resource Center at Mylan Park Elementary School will sponsor the second Welcome Wednesday Parent Chat at 9 a.m. Wednesday, Oct. 5, in the school library.

The newly elected Mylan Park Student Council representatives will perform a reader's theater.

All parents are invited to attend. Info: Suzanne Smart, 304-983-7700.

RELIGION BRIEFS

EMAIL religion@dominionpost.com, call 304-291-9435 or fax 304-291-2326 (Attn: Religion). Email notices of church dinners to food@dominionpost.com. Deadline: 2 p.m. Tuesdays.

The Dominion Post

Ministry has new meeting place

Heart 2 Heart Ministries has moved to a new location: Suite 1, 200 Frederick Lane, off U.S. 119 end of Bakers Ridge Road. Starting Thursday, services will be at 7 p.m. Thursdays and 10:30 a.m. Sundays. Nursery and Kingdom Kids classes available at all services.

Directions: Take the Pierpont exit of I-79, continue on Point Marion Road for about 3.2 miles, turn left onto Bakers Ridge Road for a half-mile or so. Pass University High School and turn left into Ridgeview Industrial Park.

Homecoming at local church

Zoar House of Prayer, Sugar Grove Road, Laurel Point, is holding its Homecoming on Sunday at the church. Singing will start at 10 a.m. with The Connors. A covered dish din-

ner will be served at noon, followed by additional singing at 1:30 p.m.

Local churches announce sales

■ Woodland United Methodist Church, 1846 Mileground Road, Morgantown is having an outdoor benefit auction for Chrysalis youth at 1 p.m. Sunday. Bring a chair. Items range from tools, toys and electronics to baked goods and gift certificates. Donations accepted until time of auction. Refreshments available. Info: www.woodlandum.com.

■ Arnettsville United Methodist Church will have a flea market and hot dog sale from 9 a.m.-3 p.m. Saturday at the church Fellowship Hall, 4317 Fairmont Road. Hot dogs and baked goods will be sold. Info: Janet Jackson at 304-278-7569 or Heather Tanton at 304-278-9731.

■ The 3rd annual apple butter making day sponsored by the Macomber Community Church will be 6 p.m. Saturday, Oct. 15, on U.S. 50, just past the Cheat River Bridge. Prices: Pints, \$5; quarts, \$10. Free hay rides and games, along with refreshments. Chickens and a pig

will be roasted.

Info: Orpha at 304-454-9486.

Prohibition topic for church class

With the popularity of the HBO drama, "Boardwalk Empire," the Tree of Life Congregation will discuss the issues of Prohibition and the Jewish community in a five-week class starting Sunday. Class is at 7 p.m.

It will cover the factors that led to emergence of Prohibition, the impact of Prohibition on the Jewish community, the reasons contributing to the rise of Jews in organized crime and some of the central Jewish personalities.

Cost is \$35 for non-members.

UU Fellowship program announced

The Unitarian Universalist Fellowship, 429 Warwick St., an A-frame building off University Avenue, hosts programs at 10:45 a.m. Sunday. Service, weather-related info: 304-906-1014.

Program: Poetry Pooza, featuring Rev. Michael D. O'Kelly, author of two volumes of poetry, and other poets.

Speakers, revivals announced for area

■ Worthington Baptist Church, Worthington, is holding revival services at 7 p.m. nightly today-Friday. For a ride: 304-879-5068 or 304-287-7204.

■ The Grafton Road Church of God is holding its fall revival, with Evangelist Nathan Leasure, at 7 p.m. Oct. 14-15, and 10:30 a.m. Oct. 16. Dinner will follow the Oct. 16 worship service. The church is on U.S. 119 south of Morgantown, next to O.J. White Transfer.

■ Robert Pristoop of Chosen People Ministries will speak during the 6:30 p.m. service Oct. 19 at First Baptist Church, 432 High St. His topic is "The Fall Feasts of Israel." The service is open to the public.

Men's luncheon set for Oct. 5

Morgantown Christian Men's luncheon will be at noon Wednesday, Oct. 5, at The Living Room, 188 Walnut St. The speaker will be Ricky Hood. No reservations needed. Info: Dick Bernhart, 304-376-5854 or dick.bernhart@gafundraisings.com.

Fall camp set in Taylor County

G.N.O. Ministries is sponsoring a fall camp Oct. 7-9 for ages 8-19 at Hickory Ridge Christian Camp, East Grafton Road/Gladys Creek Road, Fairmont.

Cost is \$50 per person. Activities include team competitions, challenge course, gross food eating contest and more. Partial sponsorships available. Info: Pastor Joe Raddish: 304-363-4821 or gno.ministries@frontier.com.

Musical events announced for area

■ Westover United Methodist Church will have a hymn sing at 6 p.m. Sunday, Oct. 9. Refreshments will follow. Info: 304-296-2375.

■ Brandon Heath, two-time Gospel Music Association Male Vocalist of the Year, and Britt Nicole will appear at 7 p.m. Sunday, Oct. 9, at Trinity Assembly of God Church, 70 Maranatha Drive, Fairmont. Tickets are \$15 for general admission and \$10 for the sound-check session. Info: 724-744-3524 or www.genexconcerts.com.

Reservations open for local event

Reservations are now being taken for these upcoming programs:

■ Kingdom Unity's "Raising Up Kingdom Men — Stepping Up To The Plate," set for 11 a.m. Saturday, Oct. 8, at Westchester Village, 1825 Locust Ave., Fairmont.

Cost, including donation, is \$20 per person, or \$30 for a couple. RSVP by Friday, Sept. 30, by calling Pastor Rena Jeffries at 304-952-8713.

The ticket will be sent to you; bring the ticket to

event. The evening includes three speakers, worship, praise dance, mime, music and poetry.

Info: Pastor Rena Jeffries, 304-952-8713.

Conferences announced here

The annual men's conference "Man of the House," with Apostle Joe Perozich and Men of Honor Ministries, will be held Friday, Oct. 14-Saturday, Oct. 15, at Shepherd's Tent Ministry Training Center, near Kingwood. The conference is free. Dr. John Polis is a special guest speaker.

The annual women's conference "ManifeSTING His Glory," by Pastor Rena Perozich and Women of Witness, will be Thursday, Oct. 6-Saturday, Oct. 8, in Davis.

Info on both events: 304-292-7283 or MFCministries.net, Facebook or Twitter @menofhonorWV.

Bikers to help church project

Kick Stands Up For Kids, a motorcycle benefit ride, will be held Oct. 16. Registration is 8 a.m., with a blessing of the bikes at 9:15 a.m. The ride starts at 9:30 a.m. at Suncrest United Methodist Church, 479 VanVoorhis Road.

The ride runs through Preston County and Garrett County, Md., ending at the church with a meal and door prizes. Cost is \$20 per rider. Proceeds benefit the church's Kidz Rock Programs. Info: 304-599-6306 or www.suncrestumc.org.

Brethren church sets class on families

Morgantown Church of the Brethren will have adult classes, open to the public, at 11:15 a.m. Sundays beginning Oct. 30. The series will begin with a focus on families of all ages.



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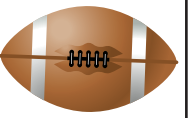


MHS girls win quarterfinal soccer game in OVAC tourney. Page 7-B

Sports

In the works

Week 6 Previews of the area's high school football games. Friday



SPORTS EDITOR **DREW RUBENSTEIN** ■ 304-291-9431

WEDNESDAY, SEPT. 28, 2011 THE DOMINION POST **5-B**



ERIC HANLON

C-B looking solid; MHS, UHS face a climb to playoffs

QUICK, WHICH MON COUNTY high school football team has the best record? Did you guess Morgantown? Sorry, that's not it. University? Nope, wrong again.

The answer: Clay-Battelle. Yep, the mighty Cee-Bees (3-1) are rolling these days. In fact, if the playoffs started today, they'd be the only county school to qualify.

For those who don't already know, the top 16 teams in each classification earn playoff spots. The Cee-Bees, winners of three straight, are Class A's 14th-ranked team — not bad for a team that went 4-6 and missed the playoffs a year ago. Not bad at all considering the Cee-Bees had to replace a graduated two-time, first-team all-state running back, **Jordan Hockenberry**.

Meanwhile, Morgantown (2-2) and University (2-3) are on the outside looking in, midway through the season. MHS is in a three-way tie at No. 18, with Hedgesville (2-2) and Wheeling Park (2-2), while UHS is No. 23. (The complete ratings are on Page 6-B.)

If that sounds strange, that's because it is. MHS and UHS have been as dominant as any two teams in the state during the past decade.

The two combined have made the playoffs 21 times since 2000 — UHS was the only miss, in 2006. The last time MHS missed out on the postseason was 1994.

Even more impressive: MHS and UHS boast 14 state semifinal appearances (MHS nine times, UHS five) and four state titles (all by MHS) since 2000. The last time neither made the semis was 1999.

So yeah, it's weird to think that neither would be in the playoffs if they began today.

But, the playoffs don't start today. That means UHS and MHS aren't out of it yet, and C-B still has some work to do.

Actually, MHS (19.5 points per game, 17.75 points allowed per game) is in pretty good shape. Four of its last six games are at home and none of its remaining opponents has a winning record. To say Morgantown has a good chance at running the table and finishing 8-2 is realistic. So, no need for MHS fans to panic.

As for you Hawks fans, you have reason to worry. Though UHS (16.8 ppg, 18 pag) plays three of its final five at home, the Hawks have a few tough games ahead of them. UHS plays at No. 9 Fairmont Senior (3-1) on Friday, then hosts No. 2 Bridgeport (5-0) next week. The Hawks also have a date with the Mohigans in the Mohawk Bowl, the final week of their season.

Don't get me wrong, by no means am I declaring the Hawks dead. It's just painfully obvious that they have their work cut out for them.

And then you have the Cee-Bees. During their hot start, the Cee-Bees have become the state's — not Class A, the state's — fifth-ranked offense, averaging 47 points per game. In their three wins, C-B averaged a scary 58 ppg. The C-B defense hasn't been bad either, pitching shutouts in its last two games.

But — yes, there is a “but” — those three impressive C-B wins came against teams that aren't so impressive. Their three opponents have a combined 2-11 record.

Like MHS and UHS, the Cee-Bees play most of their remaining games at home (four of six). In the weeks to come, though, the competition gets cranked up a notch.

C-B plays No. 9 Van (3-1), No. 19 Cameron (2-3), No. 23 Notre Dame (2-3) and No. 13 Madonna (3-1) — along with Tygarts Valley (0-4) and Valley Wetzel (1-4). C-B will probably need to go 7-3 (at the worst) to make a return to the playoffs.

Will it be easy? No, probably not. But at least the Cee-Bees control their own destiny, while MHS and UHS flirt with a rare stint on the bubble.

ERIC HANLON is a sports reporter for *The Dominion Post*. Write to him at columns@dominionpost.com.

How Nehlen made his coaching bones

WVU FOOTBALL NOTEBOOK

Defense not turning up enough turnovers

BY ED OWENS
The Dominion Post

At this time last year, the WVU football team was minus-4 in turnover margin. The Mountaineers had forced six turnovers (three fumbles, three interceptions) through the first four games but had made 10 of their own (seven fumbles, three interceptions).

The No. 22 Mountaineers are once again minus-4 in turnover margin and once again 3-1 after Saturday's loss to now-top-ranked LSU, in the fourth game of the 2011 season.

WVU has limited its mistakes, committing four fumbles and three interceptions, but the defense hasn't been as opportunistic as it was last season. The Mountaineers have three interceptions (all against Maryland) and are one of just eight FBS teams in the nation that

SEE **DEFENSE**, 8-B



Bowling Green at WVU

WHEN: 3:30 p.m., Saturday
TV: ROOT (Channel 37)
RADIO: WAJR 1440 AM
TICKETS: 1-800-WVU-GAME

PostChat

Live chats with *The Dominion Post* staff, from kickoff until an hour after the game, and from noon-1 p.m. Wednesdays during the season (chat box opens at 11 a.m. for questions/comments). Log in at dominionpost.com and click on PostChat. It's free, and you don't have to be a subscriber. Question to consider this week: Is WVU still your favorite to win the Big East title?

At BGSU, he wanted to be baseball player

TO RESERVE A PLACE in Friday's golf outing or dinner, or for more info: Mountaineer Athletic Club, 1-800-433-2072, MAC@mail.wvu.edu or mountaineerathleticclub.com.



BY DREW RUBENSTEIN
The Dominion Post

Don Nehlen, known as “Bones” to buddies, was a skinny, 160-pound sophomore quarterback in 1955. He was an accounting major with aspirations of becoming a pro baseball player.

But by 1956, coaching football was Nehlen's only vision, his only passion.

What was the reason for such a sudden change that led to a College Football Hall of Fame coaching career? Doyt Perry, Nehlen's head coach at Bowling Green.

SEE **NEHLEN**, 8-B

Don Nehlen, in his BGSU days.

DOZENS of former WVU quarterbacks will be back in town to sign autographs Saturday. **Page 8-B.**
TEXANS release ex 'Eer Slaton. **Page 7-B.**



Jason DeProspero/The Dominion Post

The boys head out at White Day Golf Course on Tuesday, at the Bee-Knight Combo.

Knights capture X-country combo

Schwarzenberg and Paladino claim crowns

BY KAYLYN CHRISTOPHER
For The Dominion Post

FAIRMONT — The Preston High cross-country team claimed the victory over runner-up University High at the Bee-Knight Combo, held Tuesday, at White Day Golf Course.

The meet, which combines the girls' and boys' team scores to determine the overall program winner, switched venues due to the recent construction of a new football field at Preston High.

“It was disappointing that we couldn't host it at home since we have a tradition with the Mountaintop Combo,” Preston High head coach Paul Martin said. “But White Day was gracious enough to let us come here and we collaborated with East Fairmont to put on a good meet.”

Senior Peter Schwarzenberg (16:43) and junior Brody Born (16:51) swept the top two spots for the Preston boys.

Schwarzenberg, looking to show

SEE **KNIGHTS**, 7-B



Photo courtesy of tristartrunners.com

University's Amelia Paladino



Jason DeProspero/The Dominion Post

PHS's Peter Schwarzenberg

Patriots overpower Mohigans

Mistakes plus lack of communication plague v-ball team

BY ANDREW BARNES
For The Dominion Post

The Morgantown High girls' volleyball team came away with a disappointing loss to the Patriots of Parkersburg South, 3-1, on Tuesday. PSHS dominated the Mohigans with strong defense and stronger offense through the four games.

Lack of communication and focus plagued the Mohigans despite

PARKERSBURG SOUTH 3 MORGANTOWN 1

strong performances from seniors Emily Luck, Alana Neptune and Jordan Roof.

For the Mohigans, the night started out rough. PSHS jumped to an 11-3 lead in the first game and never gave it up. MHS built momentum during the middle of the game, but key mistakes stalled their efforts. The Patriots took the win, 25-20.

“We were playing well, but it was just that last push over the top is what it came down to,” MHS

coach B.J. Campione said. “We kind of let them have a couple.”

The Mohigans responded with their own dominating game, making adjustments and setting up well-placed spikes. A strong team effort secured a 25-17 win. Luck powered the victory with her defense, racking up numerous kills. She ended the night with 17 kills and 18 digs, and Neptune contributed 10 kills.

“When we were talking, we played well,” said Roof, who ended the night with six kills, three digs and four blocks. “When we didn't,

SEE **MHS**, 7-B

LeBlanc expects rebound

WVU men at JMU off rare home loss

BY TODD MURRAY
The Dominion Post

For WVU men's soccer coach Marlon LeBlanc, today's 7 p.m. game, at James Madison, is more than just his team's final nonconference test of the regular season.

Much more. “I think it's going to be an interesting test of our character,” LeBlanc said.

LeBlanc's Mountaineers (4-3-1) are coming off their first loss at Dick Dlesk Soccer Stadium in more than a year Sunday. Big East Conference rival South Florida scored two unanswered goals in a 2-1 victory.

The loss in the league opener snapped WVU's 13-game home winning streak and sent the Mountaineers tumbling out of the NSCAA national rankings for the first time this season.

“I like my team,” LeBlanc said after the USF setback. “I think we're going to bounce back just fine.”

The Mountaineers have no other choice.

“That's over and done with,” junior midfielder Shadow Sebele said of the home winning streak. “We have to keep going and try to build up another streak. Last year, we lost one game to Monmouth.

“Hopefully, this will be the only home game we lose this year. We're going to go to practice and work on some things we didn't do right today and hopefully correct them and be ready for [today].”

WVU visits a James Madison team (3-1-1) that hasn't lost at its JMU Soccer Complex this season. The Dukes' lone setback came against then-No. 4 North Carolina, 4-1, in Chapel Hill, on Sept. 13.

The Mountaineers defeated James Madison, 1-0, a year ago, at Dick Dlesk, on a Peabo Doue goal in the 18th minute. That was WVU's second victory in six games against the Dukes.

James Madison's coach, Tom Martin, is the second-winningest coach in the Division I ranks, with 444 victories in 26 seasons.

“James Madison is a good program,” LeBlanc said. “Tom Martin has been there forever. They are going to be a tough nut to crack on the road. I wouldn't trade my team for any other one. We'll go at it and try to be better [today]. That's all we can do.”

The USF loss was difficult to stomach because LeBlanc and his players believed they had

SEE **LEBLANC**, 7-B

Slive: No more SEC expansion, for now

BRIEFS

Associated Press

Commissioner Mike Slive said no other schools are currently being considered as 14th members of the Southeastern Conference. Slive said Tuesday that Texas A&M is the only school to apply for membership. The Aggies will join the SEC next July, a move that was ushered in with festivities in College Station. Slive and Texas A&M President R. Bowen Loftin said in a conference call that a team of senior administrators from both will work on a transition plan, including scheduling. Slive declined to discuss what would make a potential 14th member appealing, saying "we'll just see how the future plays out."



Mike Slive

College football

Vanderbilt starting linebacker Tristan Strong will miss the rest of the season. He hurt his leg covering a punt in the Commodores' loss at then-No. 12 South Carolina. Strong ranked third on the team with 13 solo tackles and tied for third with 16 total tackles, both career highs.

Connecticut apparently has found its first-string quarterback. Coach Paul Pasqualoni said junior Johnny McEntee has clearly separated himself from the other two who had been competing for the position — freshman Michael Nebrich and redshirt freshman Scott McCummings.

McEntee threw for 213 yards and two touchdowns in the Huskies' 17-3 win Saturday, against Buffalo. Ozzie Guillen tweeted that he was in Miami and "ready to go" with the Florida Marlins, and the clubhouse buzz was all about the new manager. One minor holdup: The Marlins had yet to confirm a deal, saving some suspense for the final day of the regular season today. But Guillen's website eliminated much of the drama by leaking the news he has agreed to become the Marlins' manager.

Baseball

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Bryan Stow's family wrote on their website that the father of two looked toward the sun Friday and said, "It's magical." Authorities in the Dominican Republic said Florida Marlins closer Leo Nunez will not face charges for using false documents to sign a professional baseball contract. Central Election Commission President Roberto Rosario urged any athlete in a similar situation to contact authorities and help identify whoever provides false documents.

using false documents to sign a professional baseball contract. Central Election Commission President Roberto Rosario urged any athlete in a similar situation to contact authorities and help identify whoever provides false documents. Hockey The NHL suspended Anaheim forward Jean-Francois Jacques for the rest of the preseason and the Ducks' first five regular-season games for leaving the bench on a legal line change to start a fight with Vancouver's Mike Duco. Based on Jacques' average salary, he will lose \$17,567.55 for the suspension.

Hockey

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Auto racing

Matt Kenseth said he was "over 90 percent sure" his wife was injured when she crashed while practicing for a charity race at Charlotte Motor Speedway. Katie Kenseth wrecked the Bandolero car she was driving late Monday and broke her shoulder blade. The 2003 NASCAR champion was at the track coaching his wife and sprinted down pit road to help her after the accident.

Miscellany

The World Anti-Doping Agency's updated list of banned substances offers no change to its evaluation of clenbuterol, the drug that could strip Alberto Contador of his third Tour de France

victory. Contador blamed contaminated meat for his positive test en route to winning the 2010 Tour. WADA's 2012 list allows for asthma drug formoterol when inhaled in "therapeutic doses," while beta blockers have been allowed in such sports as wrestling, sailing and modern pentathlon. Nicotine was not added to the prohibited list.

Jurisprudence

A judge in Atlanta granted bond to ex-NBA player Javaris Crittenton, charged with murder in an August drive-by shooting. Fulton County Magistrate Judge Karen Woodson allowed Crittenton to go free on \$230,000 bond. Woodson rejected a motion to dismiss the charges against Crittenton in the shooting of Julian Jones, 22, who was killed as she walked along an Atlanta street.

Legal

A judge is allowing a lawsuit to proceed in limited form against the owners of the New York Mets by the trustee recovering money for investors who lost money to jailed financier Bernard Madoff. U.S. District Judge Jed Rakoff said the lawsuit brought by Trustee Irving Picard can seek to recover up to \$295 million in profits that were paid out to the Mets' owners during the multi-decade fraud. But he said Picard can gain that sum only by proving the Mets' owners were "willfully blind" to the fraud.

CALENDAR

- WEDNESDAY, SEPT. 28
HIGH SCHOOL BOYS' SOCCER
Preston at Southern Garrett, Oakland, Md., 7 p.m.
HIGH SCHOOL VOLLEYBALL
Tug Valley at Trinity Christian, 6 p.m.
COLLEGE MEN'S SOCCER
WVU at James Madison, 7 p.m.

ON TV

- MAJOR LEAGUE BASEBALL
7 p.m.: ESPN — Boston at Baltimore or N.Y. Yankees at Tampa Bay
ESP2 — Philadelphia at Atlanta or St. Louis at Houston (8 p.m. start)
NHL
8:30 p.m.: VERSUS — Preseason, Detroit at Chicago
SOCCER
2:30 p.m.: FSN — UEFA Champions League, BATE vs. Barcelona
8 p.m.: FSN — UEFA Champions League, Chelsea at Valencia

PRO FOOTBALL

PREP FOOTBALL

NFL

Table with NFL records for American Conference, National Conference, and Sunday's games. Columns include Team, W, L, T, Pct, P, F, PFA.

SSAC ratings

Table with SSAC ratings for Class AAA, Class AA, and Class A. Columns include Team, Rec, Pts, Pvs.

WTA Toray

Table with WTA Pan Pacific Open singles and doubles results. Columns include Player, Country, and Score.

ATP World Tour

Table with ATP Malaysian Open singles and doubles results. Columns include Player, Country, and Score.

TRANSACTIONS

Table with Baseball transactions for American League and National League. Columns include Player, Team, and Action.

BASEBALL

National League

Table with National League East and Central Division standings. Columns include Team, W, L, Pct, GB.

PHILLIES 7, BRAVES 1

Table with Phillies vs Braves game details. Columns include Player, AB, R, H, RBI.

WHITE SOX 2, BLUE JAYS 1

Table with White Sox vs Blue Jays game details. Columns include Player, AB, R, H, RBI.

American League

Table with American League East and Central Division standings. Columns include Team, W, L, Pct, GB.

NEW YORK RAYS 5, YANKEES 3

Table with Rays vs Yankees game details. Columns include Player, AB, R, H, RBI.

FIGHT SCHEDULE

Table with Fight schedule including event dates and matchups. Columns include Event, Date, and Fighters.



MHS girls in OVAC semifinals

PREP ROUNDUP

The Dominion Post

Six players each scored a goal as Morgantown High coasted past Wheeling Central, 6-0, Tuesday, in an OVAC girls' soccer tournament quarterfinal game, at St. Clairsville, Ohio.

Charlotte Vester and Maggie Snively scored within 15 seconds of each other; then Mary Beth Selby, Natasha Trott, Makayla Schmidt and Tyler Jordan also found the net for the Mohigans (11-0-2).

Megan Murdock had two assists and MacKenzie Cira, Selby, Jordan and Mollie Shadle one each. Erika Yohn and Trott handled the goalkeeping and combined for two saves.

MHS plays Parkersburg South or Wheeling Park in the semifinals, at 10 a.m. Saturday, in Wheeling.

Boys' soccer

Preston 4

Albert Gallatin 0

Ivo Cabral scored two goals and assisted on a third as the Knights (8-5) beat the Colonials, at Uniontown, Pa.

Matt Scheffel opened the scoring, with an assist from Cabral, and Tyler "Poppy" Steadman followed with a goal, assisted by Jake Smith. Cabral netted the final two, with assists from Scheffel and Zach Bryan.

Terrance Fanning and Colton Wilson combined on four saves in goal for PHS, which plays today, at Southern Garrett, in Oakland, Md.

The Knights' JVs tied, 1-1. Alex Barlow scored with an assist from Kieran Damm, and goalie Colton Wilson made one save.



Zach Poling

Golf

Senior Zach Poling became the first Clay-Battelle golfer ever to qualify for the state tournament. Poling shot a 91 during the Class A Region II match at Valley View golf course, in Moorefield.

Volleyball

Clay-Battelle 3

Valley Wetzel 1

After splitting the first two sets, the Cee-Bees won two straight to win, 25-18, 18-25, 25-8, 25-19.

Ashley Pride had 11 kills to lead C-B, while Breann Dean (six kills), Hailee Foley (15 assists), Brooke Cropper (nine kills), Lindsey Cole (six aces) and Danielle Poling (seven aces) also had strong nights.

The Cee-Bees (8-6) play next on Tuesday, at home, against Madonna and Trinity.

East Fairmont 3

Preston 1

The Knights dropped a 25-16, 20-25, 16-25, 5-25 decision to the Bees late Monday. Tana Hershman had 17 points (three aces), 13 hits and two kills, Laken Jones collected 11 points, seven hits and a kill, and Becca Hagedorn contributed seven points, 17 hits and four kills.

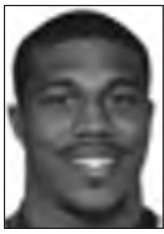
The Bees also won the JV match, 25-10, 25-14.

Texans cut former WVU RB Slaton

Associated Press

HOUSTON — The Houston Texans released running back Steve Slaton on Tuesday and signed Chris Ogbonnaya from the practice squad.

The 5-foot-9, 209-pound Slaton was a third-round pick in 2008, out of WVU, and was the NFL's top rookie rusher with 1,282 yards. He rushed for 437 yards but fumbled seven times in 2009 and was placed on injured reserve after 11 games. He had neck surgery after the season, and never regained his form.



Steve Slaton

Arian Foster emerged in 2010, and Slaton was relegated to backup duty and returning kicks. Foster has been limited by a left hamstring strain early this sea-

son, and 2010 second-round pick Ben Tate topped 100 yards rushing in Houston's first two games. Slaton has only seven carries for 20 yards this season.

Houston coach Gary Kubiak said Monday that he's optimistic that Foster will be ready when Houston (2-1) plays Pittsburgh (2-1), on Sunday.

Foster, the NFL's leading rusher last season, has been inactive for two of Houston's first three games.

"I hope he's full-go," Kubiak said. "I know he's champ-

ing at the bit to get back on the field full time, and we'll sit there and watch how he works and hopefully everything's full speed."

The 6-foot, 220-pound Ogbonnaya was the Texans' leading rusher in the preseason and the only running back who avoided an injury during training camp. A former Texas star, Ogbonnaya was a seventh-round draft pick by St. Louis in 2009, then was cut last September.

At WVU, Slaton ran for 3,923 yards and 52 touch-

downs in his career, averaging 5.8 yards a carry, and caught 65 passes for 805 yards and five scores.

He owns the WVU record for touchdowns scored in a game, with six. He was the first Mountaineer ever to have 100 yards rushing (215) and 100 yards receiving (130) in the same game.

He owns the Mountaineers' season marks for rushing yards (1,744), all-purpose yards (2,104), and touchdowns rushing and receiving (19).



Bob Gay/The Dominion Post

Morgantown High's Morgan Hargis sets a ball.

MHS

FROM PAGE 5-B

that is when things fell apart."

The third game was a tense back-and-forth battle, with the teams never separated by more than four points. MHS held on to an early lead until the very end, when PSHS prevailed, 25-23.

"We made mental mistakes at the wrong time," Campione said. "That game right there was one where mistakes at the very end cost us."

PSHS's endurance through the third game turned into an overwhelming attack on MHS for the fourth. Seniors Carmen Cutlip and Mikalya Fleak deflated an apparently fatigued Mohigans team with a series of kills and aces. The Patriots kept the Mohigans off balance and guessing, and won the game, 25-

10, and the match.

"Maybe that was just hard for them to come back from the third match," Campione said. "That was a tough loss. But it's a matter of mental toughness of pushing through and letting it go. It is something we're working on."

The loss puts the Mohigans at 9-6-3 before their next matchup, at Wheeling Park, on Thursday. Communication and mental prepping will be the focus before they hit the court, Campione said. That mental toughness will mean better communication and focus on the next matchup.

"It is always a challenge to come back from losing a game," senior Shannon McCombie said. "But we're determined and we're good at encouraging each other to come back from a loss."

KNIGHTS

FROM PAGE 5-B

the competition that he meant business, took the race out from the gun, as planned, and was pleased to see his teammate follow the example.

"I tried to take it out hard and just be ready to hang on toward the end," Schwarzenberg said. "I was surprised when I noticed Brody was kicking me down, but it was nice having him up there with me."

Preston's Kyle Benson (19:50) was the overall winner in the junior varsity race.

Leading the way for Mor-

gantown High in the boys' race was junior Cameron Greza (18:43), in 16th place.

"We have a young team with three freshmen in our top five," MHS head coach Mike Ryan said. "Cameron was pacing two of our top guys to help them be a little more aggressive out there."

Greza succeeded, despite the late afternoon heat, as teammate Jacob Jacques followed close behind with a time of 18:50.

"Regionals and states are still four or five weeks away and we are progressing well," Greza said.

Also turning in a strong

Tigers' ace Verlander wins AL pitching Triple Crown

Rays-Red Sox wild-card race tied on last day

BASEBALL

Wire reports

DETROIT — Justin Verlander apparently has won the American League's pitching Triple Crown.

The Angels' Jered Weaver, the only remaining pitcher who could have denied Verlander the Triple Crown, was scratched from his final start of the season, after the Angels were eliminated from the playoff race Monday night.

Verlander leads Weaver in the ERA race, 2.40 to 2.41. (It's even closer if you carry out the numbers — they are about one-third of one point apart.)

Unless Weaver were to pitch in relief and lower his ERA, Verlander will finish leading the league in all three Triple Crown categories: victories (24), strikeouts (250) and ERA.

The Dodgers' Clayton Kershaw has won the NL Triple Crown (21, 248, 2.28).

They are the first pitchers to win a Triple Crown since San Diego's Jake Peavy, in 2007. It's the first time both leagues have produced a pitching Triple Crown winner since 1924.

Verlander made his final start of the season Saturday.

What's good news for Verlander in the Triple Crown race might be mixed news for the Tigers in their bid to win home field in the playoffs.

Ervin Santana and Weaver were due to start the final

two games of the season against Texas, Tuesday night and tonight. The Angels must beat the Rangers one of those games for the Tigers to have a chance at home field in the first round of the playoffs. With the Angels eliminated, manager Mike Scioscia selected young pitchers Tyler Chatwood and Garrett Richards to start those games.

Red Sox 8, Orioles 7

BALTIMORE — Boston maintained a share of the AL wild-card lead, using four home runs to beat Baltimore and set up a dramatic conclusion to the regular season.

The skidding Red Sox were 6-19 in September before rebounding to edge the last-place Orioles. The win, combined with Tampa Bay's 5-3 victory against the New York Yankees, kept Boston and the Rays tied with one game left.

Rays 5, Yankees 3

ST. PETERSBURG, Fla. — Matt Joyce and Ben Zobrist homered, helping surging Tampa Bay continue its improbable chase for the AL wild card with a victory against the New York Yankees.

The Rays, seeking their third playoff berth in four seasons, began the night tied with Boston, after making up nine games in the standings since Sept. 4.

The Rays turned the third triple play in franchise history.

White Sox 2, Blue Jays 1

CHICAGO — Mark Buehrle (13-9) pitched seven shutout innings in possibly his final start for Chicago.

Twins 7, Royals 4

MINNEAPOLIS — Rene Tosoni hit a grand slam and Chris Parmelee also went deep to lift Minnesota.

National League

Phillies 7, Braves 1

ATLANTA — Atlanta is doing its best to give away what looked like a certain playoff berth just a few weeks ago. Derek Lowe had another miserable outing, surrendering five runs in four-plus innings, and Philadelphia romped to a victory that left the Braves on the brink going to the final day of the regular season.

Chase Utley, Hunter Pence and Jimmy Rollins homered for the playoff-bound Phillies to back a three-hit outing by Roy Oswalt (9-10), who tuned up for the playoffs with a strong performance in a largely disappointing season.

The Braves lost their fourth in a row and eighth in 11 games, sending them to the final day of the regular season assured of no more than a one-game lead on the St. Louis Cardinals, who were at Houston.

Marlins 3, Nationals 2

MIAMI — Bryan Petersen homered with two outs in the bottom of the ninth inning and Javier Vazquez (13-11) pitched a five-hitter as Florida beat Washington.

Petersen hit the first pitch from reliever Doug Slaten (0-2).

Vazquez, 35, may have pitched the final game of his career as he is likely to retire at the end of the season.

finish for the boys was University High's Jordan Brown-Stobbe, who placed fourth, in a time of 17:29.

On the girls' side, the number-one ranked runner in the state, University High's Amelia Paladino, showed that her place at the top is well-deserved. The sophomore ran away from the field to win the race with a time of 20:04, with Preston sophomore Kaitlyn Workman (20:29) claiming second.

According to Paladino, the race served as a preview to the Region I championships, which are also set to take place at White Day Golf

Course, on Oct. 20.

"Golf courses are hard to run on because you can always see what's ahead of you and what you have left to run," she said. "Now we will know when to push the pace and when to conserve."

University High coach Dan Demchak was pleased with his team's performance as all seven runners placed in the top 20. According to Demchak, the race provided great preparation for when the Hawks again compete against local rivals Morgantown High and Preston at the regional and state championships, in just a few short weeks.

"They got to get an idea of what to do the next time," he said. "It's all practice for regionals, and that is the stepping stone for the big one."

TOP 10 GIRLS: 1, Amelia Paladino, University, 20:04; 2, Kaitlyn Workman, Preston, 20:29; 3, Katie Mahoney, Phillip Barbour, 20:37; 4, Alyssa Scherich, Fairmont Senior, 20:40; 5, Emma Harrison, North Marion, 20:53; 6, Brianna Wraybright, Phillip Barbour, 20:55; 7, Racheal Hulett, Preston, 20:56; 8, Abbey Harrison, University, 20:58; 9, Kristen Mastrantonio, Weir, 21:12; 10, Emily Lynch, University, 21:16.

TOP TEN BOYS: 1, Peter Schwarzenberg, Preston, 16:43; 2, Brody Barn, Preston, 16:51; 3, Nick Tretz, Fairmont Senior, 16:58; 4, Jordan Brown-Stobbe, University, 17:29; 5, Wes Anderson, Phillip Barbour, 17:44; 6, Jacob Richards, Fairmont Senior, 17:45; 7, Nick Robertson, Preston, 17:53; 8, Andrew Paladino, University, 17:56; 9, Tony Hayes, East Fairmont, 17:58; 10, Scott Nesland, Phillip Barbour, 18:00.

TEAM SCORES: 1, Preston 9; 2, University 11; 6, Morgantown 31.



HALLOWEEN BREAKFAST

Saturday 10/29 from 9:00 a.m. - 11:00 a.m.
Children 12 & under receive candy at the door & pumpkins for decorating. We will also have a costume contest with prizes for 1st, 2nd & 3rd places.
-\$13 / person

We will be accepting non-perishable food items at our Halloween Food Drive to benefit Christian Help, Inc. of Morgantown.

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DEFENSE

FROM PAGE 5-B

haven't recovered a fumble. "We played well overall," WVU head coach Dana Holgorsen said of his defense's performance in Saturday's 47-21 loss. "We were every bit as physical as LSU was, which was really good to see. But we gave up a couple of big plays in the passing game, we still didn't get any sacks and we still didn't get any turnovers."

Holgorsen found fault with his own players on two of the Mountaineers' four turnovers against LSU.

"If you look at the turnovers that we had, [quarterback Geno Smith] was responsible for one," Holgorsen said. "The [fumble] on the snap obviously could've been prevented: That's on him. And [inside receiver Tavon Austin] dropped a ball that bounced off his head and went up into the air: That's on Tavon."

Holgorsen credited the other two turnovers to the outstanding play of Tigers cornerback Tyrann Mathieu. Mathieu forced a fumble in the first quarter, when he wrestled the ball out of the hands of WVU senior receiver Bradley Starks, and, in the second quarter, he jumped in front of a screen pass intended for Austin, tipped the ball to himself and secured the interception. Mathieu returned it to the 1-yard line, setting up a quick LSU touchdown right before halftime.

It was the kind of ball-hawking defense Holgorsen hopes to see come from his players in the near future.

"Those two plays by [Mathieu] were as good as you're going to see all year in college football," Holgorsen said. "Their defense made plays on the ball, which is something we continue to stress with our defense."



Jason DeProspero/The Dominion Post
Tavon Austin

"We just haven't done it. We've got three picks in four games and we've got zero strips or fumbles in four games. That's got to get better."

Back of the future?

Four WVU running backs have at least 10 carries this season. Freshman Vernard Roberts leads the way with 41, freshman Andrew Buie has 26, freshman Dustin Garrison has 13 and junior Shawne Alston, who has appeared in only two games due to a neck injury, has 10. Through the first month of the season, the Mountaineers' crowded backfield hasn't shown any signs of thinning out.

"We're still searching for guys who are every-down backs and we don't have one yet," Holgorsen said.

But when it comes to production, Garrison seems to be distancing himself from the pack. He has the team's longest run from scrimmage (17 yards), he has scored two touchdowns and

he is averaging 5 yards per carry. Alston and Buie are the next closest, at 3.4 yards per attempt.

Garrison also led the WVU rushing attack against a tough LSU defense, picking up a season-best 46 yards on a season-high 10 carries. He entered the game shortly before halftime and remained in the game as WVU's primary back for the entire second half.

"Dustin came in last week and gave us really good production in one half of football," Holgorsen said. "That was as good of a half as we've gotten out of a running back this year."

"He got a chance and he did some good things, so we kept him in there. We gave it to him a few times and he made some really good runs without a lot of space."

But that doesn't mean Holgorsen is ready to name him the starter yet.

"We'll re-evaluate it [Tuesday], like we always do, but I imagine that when our first team comes up, Dustin will be in there," Holgorsen said. "But whether that's the case tomorrow, the next day or Saturday — that depends on practice."

Sending a message

Redshirt freshman right tackle Quinton Spain got his first real game-time opportunity against LSU when teammate Pat Eger went down with an injury. Spain (6-foot-5, 338 pounds) is the Mountaineers' biggest linemen, but Holgorsen said he has a lot of work to do before he cracks WVU's regular rotation.

"He's lazy," Holgorsen said of Spain. "Much like he is in practice. He's a big, massive guy with good feet who will eventually be a really good player. But right now, he does things on his time and not on our time. We'll keep trying to get him on our time."

NEHLEN

FROM PAGE 5-B

"He changed football there so much," WVU's former head coach of 21 years said. "He had Bo Schembechler (who went on to coach Michigan) and some really great guys there, and I remember seeing them in their football offices, which were these barracks, these little wooden buildings, and they'd be in there until 8 or 9 or 10 o'clock at night every night. I'd wonder what they were doing in there all that time."

"Working" was the answer. Perry compiled a 77-11-5 record in 10 seasons at Bowling Green, turning the Falcons' program around. A year after going 2-7, Bowling Green went 7-1-1 with Perry at the helm. In Nehlen's three seasons as quarterback, the Falcons had a 21-2-4 record, but he's quick to pass off credit. Perry's positive outlook was contagious and he had a way of inspiring all players.

"After my sophomore year and being around Doyt Perry for a year, I wanted to coach. Being a pro baseball player didn't seem important to me any more, and I admired what he did for the team and all the players. I wanted to be like him. Doyt Perry is the reason I went into coaching. He was the most unique guy I'd ever been around."

Fifty-five years later, and more than a decade since retiring with 202 career college wins, Nehlen still has many dear friends and fond memories from his 16 years (four as a student-athlete and 12 as an assistant and head coach) at Bowling Green. That's why it will be a special weekend for Nehlen and wife Merry Ann, who will host friends Kenny and Rita Scheoni and expect to hear from a number of other BGSU alumni before Saturday's WVU-Bowling Green game, at Milan Puskar Stadium.

"I'm sure they'll be calling, saying, 'Hey, Bones, got any tickets?' And I will say, 'No, I don't, I'm not in the ticket business, but you can buy some.'"

WVU varsity club coordinator Dale Wolfley said this weekend is packed with events surrounding the game between Nehlen's two favorite schools. The Mountaineer Athletic Club is looking to endow four scholarships given to the Mountaineers' quarterbacks each year in



BGSU file photo
Don Nehlen went 21-2-4 in three seasons as Bowling Green's head coach.



Doyt Perry

Nehlen's honor. There's a fundraising golf outing and dinner at Nemaocolin on Friday (foursome must donate \$10,000 to participate), and on Saturday, Nehlen and a group of 25-plus former WVU quarterbacks will lead the team on the "Mountaineer Mantrip" and into the stadium. Nehlen and those quarterbacks will be available to sign autographs in the Puskar Center and will serve as WVU's honorary captains against the Falcons. They'll be recognized at some point during the game.

"This is a great way to honor coach Nehlen," Wolfley said. "It's giving just due for all he's done."

Winning at BGSU

Nehlen appreciates WVU's gestures, and he finds himself wandering down memory lane as the Falcons (3-1) prepare for their third trip to Morgantown. Nehlen went 2-0 against his alma mater while at WVU (wins in 1988 and 1991), but it was in northwest Ohio that he not only fell in love with the idea of coaching, but also got his break into the college game.

In 1967, he accepted an assistant coaching job at Bowling Green for \$9,000 a

year over an \$11,000 offer from Ohio State. The next year, he was named head coach at Bowling Green, where he compiled a 53-35-4 record in nine seasons and earned the nickname "Master of the Upset" from BGSU fans following wins against Syracuse, Purdue and Brigham Young.

But by 1976, Nehlen was in need of a change. His alma mater forced coaches to teach on the side, and Nehlen felt he needed to go elsewhere to further his career.

"We were all tenured professors, and I really thought that hurt our recruiting," Nehlen said. "The other Mid-American schools weren't doing that anymore, so I thought that made Bowling Green a very difficult job."

He'll never forget a phone conversation he had around that time with Schembechler, who was coaching Michigan.

"I said, 'Bo, I am running faster than I've ever run and I'm not getting very far,' " Nehlen recalled. "That's when he said, 'I'd like you on my staff.' He just hired me."

Learning to work

After three seasons in Ann Arbor, Nehlen was offered the WVU job, and the rest is history. But as Nehlen, 75, looks back, he realizes he developed his disciplined work ethic at Bowling Green. Nehlen has been asked to visit the BGSU alumni tailgate before Saturday's game, and he's looking forward to the visit.

"You have to work harder," Nehlen said of what it takes to win at a smaller school like Bowling Green. "You get home at 3 a.m. from a recruiting trip and get up to teach a class at 8. That's what it takes. I'd drive home from a recruiting trip to Cincinnati or Akron or Youngstown and get home at 1 or 2 a.m. and then get up to teach a class early the next morning. That was during the season and during recruiting season, and it was challenging."

"I learned if someone puts an obstacle in front of you, you have to get over it. I think those players respected us for our work ethic because we recruited some pretty good players."

Despite that history, WVU fans need not worry about Nehlen having split feelings when the ball is kicked off Saturday.

"Oh, I'm a Mountaineer now," he said. "I've been a Mountaineer for a long time."

Former quarterbacks will be back for an autograph session Saturday

WVU ROUNDUP

Submitted to The Dominion Post

Dozens of former WVU quarterbacks, from Richard Loring to Pat White, are expected to attend an autograph session from 2-2:45 p.m. Saturday, at the Caperton Indoor Practice Facility, as part of the Don Nehlen Quarterback Scholarship weekend.

The session, facilitated by the Mountaineer Athletic Club, will follow the quarterbacks' participation in the "Mountaineer Mantrip" that precedes kickoff of the WVU-Bowling Green football game, at 3:30 p.m.

No outside items may be signed. A special commemorative photo will be available for \$5. To accommodate as many autograph requests as

possible, each fan will be limited to one autographed photo. Fans may not set up posed pictures with the former players.

Besides Loring and White, former QBs expected to participate are Fred Wyant, Dale Evans, Ed Pastilong, Pete Secret, Garland Hudson, Mike Sherwood, Bernie Galiffa, Dan Kendra, Dan Williams, Mike Williams, Oliver Luck, Kevin White, Jeff Hostetler, Tony Reda, Ben Reed, Major Harris, Greg Jones, Darren Studstill, Jake Kelchner, Chad Johnston, Eric Boykin, Marc Bulger and Rasheed Marshall.

Women's soccer

WVU moved up in the national rankings this week, checking in at No. 21 in *Soccer America* and No. 22 in

the National Soccer Coaches Association of America poll.

WVU (8-3-0) went 2-0-0 last week, defeating Seton Hall and Rutgers. Goalkeeper Sara Keane and defender Bry McCarthy were named the Big East's goalie and defensive player of the week.

The Mountaineers next play at Georgetown, on Friday.

Heart Walk

WVU's Student Government Association, the Center for Civic Engagement and the Mountaineer Parents Club will hold the third annual Student Memorial Scholarship Heart Walk on Oct. 15, during Fall Family Weekend.

It's a 5K run or walk from noon-3 p.m., at the Student Recreation Center fields. The entry fee is \$10 for WVU students and \$20 for all others. Everyone is welcome, and each participant gets a T-shirt and pedometer, as well as entrance into raffles for prizes. Students will get community service hours.

The Student Memorial Scholarship is meant to honor the memory of students who lost their lives while attending WVU. It goes each year to a student who displays an outstanding sense of leadership through a student organization and is presented to the student at the annual SGA Inauguration ceremony.

To register: <http://simpleforms.scripts.wvu.edu/parents/HeartWalkFFW2011>.

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WEDNESDAY, SEPT. 28, 2011 THE DOMINION POST **1-C**



MARYANNE REED
REAL FLAVOR

Appetizer not as important as the entree

IN DINING AND DATING, first impressions are extremely important.

In dining, if you don't like the appetizer, you may not stick around for the entree. In dating, if you aren't immediately bowled over by your new boyfriend, chances are you won't be getting together for the next "course."

Luckily for me, I got a second chance with my husband Bill. Set up on a blind date 15 years ago, our first encounters were a recipe for disaster.

Ashamed to admit this now, I researched his likes and dislikes, so I could make myself more appealing. Learning he was an avid outdoorsman, I told him I loved to mountain bike and cross-country ski — an exaggeration. I also knew he was a vegetarian, so I described myself as an excellent vegetarian cook — an outright lie.

In fact, in those days, I barely cooked. Ate out mostly, or caged dinner from friends. Some nights I would even stoop to a supper of cold cereal or popcorn.

But I decided if I could read a cookbook, I could make a meal. Offering to make dinner on our second date, I picked up a copy of Jane Brody's "Good Food" and discovered the perfect recipe — "Lentils Magyar," a kind of vegetarian goulash, with exotic appeal.

Needless to say, the meal that followed was inedible. I undercooked the lentils — making them hard as pebbles — and I added too much paprika, giving the dish an unpleasant smoky flavor.

Bravely, Bill ate the stew and pretended to like it. He, too, was trying to make a positive first impression.

During those first months, I tortured Bill with several more foodie failures, including curried noodles (too much coconut milk) lentil stew (used cinnamon instead of cumin), then the piece d' resistance — the blue cheese tart.

Not realizing that blue cheese is best taken in small doses, I served it as a main course. After the first bite, Bill, smiled and said, "This is pretty good!" By the fourth mouthful, he was grimacing, and by the sixth, he put his fork down and declared, "I can't eat another bite."

Fortunately, my terrible cooking didn't deter Bill, nor did my limitations as an outdoors athlete. By that time, we were both smitten — in love with each other's genuine self, rather than our embellished versions. And as our relationship deepened, we grew to accept, even appreciate our differences. For example, Bill became the cook in the family, and I turned out to be the baker. I learned to enjoy cross-country skiing, but decided the rough sport of mountain biking was not for me. Fifteen years later and happily married, I have come to realize that in a lasting relationship, the appetizer is not nearly as important as the entree.

What really matters is your commitment to the long haul and the give-and-take of everyday living. Being there for each other to celebrate life's joys and harder moments — a work promotion denied, the death of a parent, a close call with cancer.

Whether it's filet mignon or Hamburger Helper, the "main course" is what sustains you.

And while the occasional "dessert" is welcome — flowers on Valentines Day, dinner in bed, a romantic dinner by candlelight — the sweetest part of marriage is sharing life's journey together, through its five-starred meals and zero-starred failures.

Just avoid the blue cheese.

MARYANNE REED is a member of *The Dominion Post* Food Panel. Contact her at food@dominionpost.com.

Food &



What's hot, and what's not, in the world of cuisine

BY **KATIE McDOWELL**
The Dominion Post

When it comes to something as fashionable as food, there will always be trends. Be it the latest hot ingredient, cuisine, preparation or presentation, what goes on our plates is often more influenced by trends than the front-row celebrities at Fall Fashion Week.

In recent years, we've seen the rise (and slow decline) of the cupcake. Now, food experts say, it's the doughnut that's king.

For awhile, Thai and Latin foods reigned as the cuisines of the moment. Now, said Marion Ohlinger, executive chef and owner of Richmond Grill, Peruvian, African and Aus-

tralian cooking are taking over.

Remember those fancy vertically stacked dishes that were everywhere in the first decade of the 2000s? These days, chefs are plating more simply and allowing the food to speak for itself, Ohlinger said.

And according to Judy Spade, co-owner of Cafe Bacchus, the freshness of that food is a major issue in today's foodie circles.

And they both agreed: Bacon is big. And it's going to stay that way.

So in an effort to keep our readers

up-to-date on the latest and greatest in the gastronomic world, we compiled a few of Ohlinger's and Spade's picks for what's hot, and what's not.

Bacon

"Everybody loves bacon," Ohlinger said. "It's smoky, it's salty, it's porky. But people have only figured out in the last decade that it's not just for breakfast anymore."

Not only that, but it's not just savory anymore. Bacon has been turning up in desserts across the

country for the past several years. Consider chocolatier Vosges' signature Chocolate Bacon Bar (available in dark and milk varieties), Bacon Chocolate Chip Pancake Mix, bacon truffles and bacon caramel toffee.

Cult favorite Voodoo Doughnut made the Maple Bacon Bar — a yeast doughnut with maple icing and strips of bacon on top — famous. And Iron Chef Michael Symon has been known to serve chocolate-covered bacon as a dessert.

At a local food festival, Ohlinger served

SEE TRENDS, 2-C



Adbuilder.com photos

Using fresh herbs is trendy this fall.

When tomatoes aren't ripe, break out the frying pan

BY **SHARON LANE**
The Seattle Times (MCT)

One co-worker gloated about his ripe tomato crop — seems he placed his plants near a wall that reflected back whatever heat we had this summer. The rest of the room groused about unripened crops.

What to do with all those green tomatoes, chorused the green thumbs with green tomato crops?

"Fry them," cried someone who had complained about our

MEATLESS ON THE MENU

lack of sun all summer.

While the room was ruminating on the fate of tomatoes, I was reading food maven Kathy Casey's blog, Dishing with Kathy Casey — KathyCasey.com/blog/ — voila, there was her recipe for Fried Green Tomatoes With Remoulade Sauce.

Kathy has been a longtime contributor to *The Seattle Times*

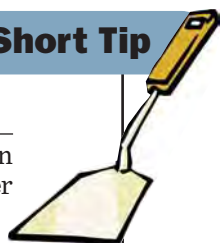
SEE TOMATOES, 2-C

Freezing apples for pies

McClatchy-Tribune

Apples for pies can be frozen by boiling them in water for 2 minutes, then cooling them in ice water and packing them into freezer bags.

Short Tip



RECIPE BOX

GRILLED GINGER CHICKEN ON JALAPEÑO CORN SLAW

Makes 4 servings

Grilled Ginger Chicken:
1 pound boneless, skinless chicken breasts
2 tablespoons low-sodium soy sauce

3 tablespoons fresh-squeezed lemon juice (about 1 1/2 lemons)
1 tablespoon honey
1 tablespoon freshly grated ginger root

Salt and pepper to taste
Jalapeño Corn Slaw:
3 tablespoons fresh-squeezed lemon juice (about 1 1/2 lemons)

2 tablespoons rice vinegar
2 teaspoons sesame oil
1 teaspoon honey
2 large ears of corn

1 (16-ounce) package coleslaw mix (cabbage and carrots)
1/2 cup chopped cilantro
4 green onions, finely chopped

1/2 jalapeño, seeded and finely chopped
2 tablespoons sesame seeds, toasted

For grilled chicken: Place chicken in a zip-top bag. Combine soy sauce, lemon juice, honey, ginger root, salt and pepper to taste; whisk until blended. Pour marinade over chicken, seal and marinate in refrigerator for 1/2 hour to 4 hours. Preheat grill to medium-high or allow coals to burn down to white ash. Drain chicken and discard marinade. Grill chicken, turning to brown evenly, until meat thermometer registers 165 degrees and meat is no longer pink, about 10 to 12 minutes. Cover and allow to stand 5 to 10 minutes. Slice into thin slices; set aside.

For slaw: Combine lemon juice, rice vinegar, sesame oil and honey; whisk until blended. Bring a large pot of water to a boil. Boil corn for 2 minutes, immediately submerge into ice cold water. Cut kernels from ears. Place slaw mix, corn, cilantro, green onions, jalapeño and sesame seeds in a large salad bowl. Add dressing and toss gently to blend. Place cooked chicken on top of slaw mixture.

— McClatchy-Tribune. Recipe developed exclusively for *The Star* by professional home economists Kathryn Moore and Roxanne Wyss.

Meal Ticket

TO LIST nonprofit fundraising meals, email food@dominionpost.com and include what the proceeds benefit.

Submitted to The Dominion Post

FRIDAY

■ Deliveries of hoagies, hot dogs, hamburgers, homemade french fries and a weekly special, call 304-291-2155 or 304-680-9000 for more information. Orders made Thursday for Friday delivery.

TODAY

■ 6 a.m.-1 p.m. and 4-7 p.m., buckwheat cake day, Terra Alta First United Methodist Church on West State Avenue. Carry-out available. Cost is \$8 for adults, \$4 for children.

TODAY-SATURDAY

■ 8 a.m.-8 p.m., buckwheat cakes and sausage dinners, Masontown United Methodist Church. Menu: Buckwheat cakes, sausage patties, gravy, applesauce, coffee, iced tea or milk, hot dogs, chips, sausage burgers, soda and bottled water. Volunteers welcome. Proceeds benefit the church.

FRIDAY AND SATURDAY

■ 10 a.m.-6 p.m. church soup and sandwich cafe, Wesley United Methodist Church fellowship hall, 107 W. High St., Preston County. Menu includes bowls of vegetable or potato soup, ham or chicken salad sandwiches and beverages. Prices vary by order. There will be locally made quilts and a baked-goods table. Proceeds will benefit the church's local benevolence fund and the Wesley Community Center, both of which assist Preston County residents in meeting emergency needs.

SUNDAY

■ 11:30 a.m., creamed chicken dinner, Clay

Battelle Senior Center. Cost is \$7 for adults, \$4 for children 12 and under.

OCT. 8

■ 5 p.m., roast beef dinner, Westover United Methodist Church Fellowship Hall, 28 North St. (behind Paula's in Westover). Menu: Roast beef, mashed potatoes, vegetables, salads and desserts.

■ 11 a.m., mulligan stew at Tunnelton Depot. Available by the bowl and by the jar for eat-in or take-home. Stirrers welcome.

OCT. 9

■ 11:30 a.m.-3 p.m., smorgasbord, Haymond Community Center of Taylor County (U.S. 119, north of Grafton). Cost is \$10. Carry-out available. Menu: A variety of meats, vegetables, desserts and drinks. Info: 304-265-1996 (day or dinner) or 304-265-4139. Proceeds benefit upkeep of the center.

OCT. 22

■ 4-7 p.m., annual turkey supper, Fort Martin UN Church. Menu: Roasted turkey with all the fixin's. Carry-out meals will be available from 3-4 p.m. only, for an added 50 cents per meal. Eat-in cost will be \$9 for adults, \$3.50 for children ages 3-7. Children under 3 eat free. Tickets available at the door. Proceeds to benefit the work of the church.

OCT. 30

■ Noon-4 p.m., spaghetti dinner, Monroe's Restaurant. Menu: Spaghetti with marinara sauce, meatballs, salad, roll, dessert and iced tea or lemonade. Cost is \$10. Carry-out available by calling 304-692-5181. Tickets may be purchased from any Preston High girls basketball team member. Proceeds toward a trip to play in a tournament at the Wide World of Sports in Walt Disney World in December.

TRENDS

FROM PAGE 1-C

house-cured bacon with shaved heirloom chocolate and said people were blown away by the mix of flavors.

"Bacon is not going away, ever," Ohlinger said. "Because it's delicious."

Doughnuts and cake pops

Spade said that while cupcakes are on their way out, cakeballs and cake pops are hot, hot, hot. Cake balls are basically round bite-sized cakes — similar to a doughnut hole. Cake pops are essentially the same thing, served on a stick like a lollipop. Their appeal lies in the single-bite decadence, Spade said.

Also big in the dessert world, she noted, are "fun and funky" ice creams, such as the applebutter ice cream with Forks of Cheat applejack caramel sauce and bacon (there it is again) topping her husband chef Heath Finnell took home Best Dish for at the Cast Iron Cookoff. Finnell also makes habanero ice cream to top his black bean soup, as well as avocado ice cream and a watermelon-and-moscato (a sweet, sparkling wine) sorbet.

Ohlinger agreed that cupcakes have probably seen their heyday, and pointed to doughnuts as the next big thing — though not necessarily the doughnuts one might expect.

He said the latest trend is to stuff savory fillings — such as meat- or cheese-based fillings — into a yeasty doughnut.

"Americans have just discovered that you can stuff anything into a doughnut and not put powdered sugar on it, and it's delicious."

Local, farm-fresh ingredients

Often referred to as "farm-to-table" by foodies, Spade and Ohlinger both pride themselves on using fresh, locally produced ingredients and often plan

entire themed dinners to showcase them.

For example, Cafe Bacchus may serve an autumn harvest dinner to feature local greens, beets, squash, berries and beef. And Ohlinger shops the Morgantown Farmers' Market every weekend for produce, meat, baked goods and artisan cheeses to use in his dishes. Using fresh herbs over dried is also very popular, Ohlinger and Spade said.

It's all part of the trend to focus on the food, Ohlinger said, and think and act responsibly when it comes to supporting local farmers and promoting sustainability.

Sustainability is also a growing concern — and therefore a trend — among chefs.

Many chefs refuse to serve blue fin tuna, or Chilean sea bass, for instance, because of how over-fished the species are.

"Serious gastronomes will not eat in restaurants that serve these things, because they aren't environmentally responsible," Ohlinger said. "Chefs have realized that we're at a point in the restaurant and food business where, with the rise of Food Network and celebrity chefs, we have influence, and with that comes a moral responsibility to set an example when it comes to these things."

Burgers, grass-fed beef

"There is a huge renaissance of the burger, with many gourmet twists," Spade said. "Bacchus has featured a Southwest burger with half-pound beef patty, green chilis, cheddar cheese, fritos, barbecue mayo and a fried egg."

The restaurant has also served Jamaican burgers, three cheese burgers and a Caprese burger, she said.

Big-name chefs are getting into the burger game, too. Richard Blais, Hubert Keller, Bobby Flay, Marcus Samuelsson and Emeril Lagasse have all opened burger joints, and franchises such as Five Guys are blowing up every-

where.

As far as beef goes, Ohlinger said, grass-fed is key. Whereas the word to remember several years ago was "kobe" — a type of Japanese beef in which the cows are fed beer and massaged regularly to increase marbling — these days, it's all about local, grass-fed cattle.

"Grass-fed is in, but grass-fed is misunderstood," Ohlinger said. "Some people complain that it's tough because they don't understand that it's been walking around, unlike factory-farmed beef — and there's nothing natural about that."

He said grass-fed beef is also more expensive, because it takes more time and more land to raise, but that chefs are moving toward its use because it's more responsible.

Comfort food and simple plating

In the past several years, there's been a return to roots with the rise in popularity of comfort food favorites such as grilled cheese sandwiches, pot pies, meatloaf and mac 'n' cheese. But these aren't your grandma's dishes — with each, chefs are having fun putting their own gourmet twists on the perennial comfort foods.

For instance, Richwood Grill has served a seven-cheese grilled cheese made with artisan cheeses and served with an heirloom tomato foam to dip it in — Ohlinger's gourmet take on the classic grilled cheese and tomato soup combo. He also once served a chicken-fried kobe steak.

Other restaurants have been getting experimental with macaroni and cheese, often adding luxe ingredients such as lobster or house-made cured meats.

To showcase the down-home-yet-swank appeal of these foods, Ohlinger and Spade said the move has been made toward more

simple plating. The big, white charger is back, replacing the odd-shaped plates and vertically stacked foods of the past.

Also to go with this return to comfort foods, many restaurants are '86ing the white tablecloths and stuffy setting to be more homey and relaxed.

"Again, it's all about the food," Ohlinger said.

Theme dinners

A big draw for Cafe Bacchus and Richwood Grill are theme dinners, during which a multi-course meal is served around a central theme. Ohlinger often bases his around a type of cuisine or holiday (Filipino cuisine, deconstruction and gastronomy, Day of the Dead), as does Bacchus (recreating the last meal served on the Titanic, showcasing Southern Italian foods, hosting guest chefs or basing the meal on a popular movie, such as "Julie and Julia" or "Like Water For Chocolate").

"It's how to stimulate more interest in a restaurant, give variety to the menu, entertain guests and have fun doing it," Spade said.

Cheese and chocolate

Always palate favorites cheese and chocolate have been "blowing up," Ohlinger said, and going artisan. Artisan cheese plates are growing in popularity, allowing patrons to sample anywhere from three to 10 cheeses, often with complementary fruits, spreads and jams to bring out the flavors.

Heirloom chocolate is also making its mark, and finding its way into non-traditional dishes (think using it in savory dishes) and onto tasting plates.

Cheap wine and expensive beer

Whereas diners are tending to opt for less-expensive, more unusual wines from regions such as Portugal, Romania and Uruguay, Ohlinger said, they are more likely to shell out big for domestically made craft beers these days.

Food panelists needed

The Dominion Post

You've seen the Food Panel pick their favorite hummus and try out kitchen gadgets. You've read what they think are the best orange juices, birthday cakes and turkey sandwiches. If you've ever read about the Food Panel and thought, "Hey, I'd like to do that," now's your chance.

The *Dominion Post* is taking applications for new food panelists to serve in 2012. The panel of 12 meets monthly to share recipes, sample new food products, and conduct taste tests on foods and experiment with kitchen



gadgets. Members write a column — on a rotating basis.

We're not looking for professionals, just people who like and know food. Even if you don't cook, if you eat, you qualify. So, email us a letter telling us why you think you would be an asset to *The Dominion Post* Food Panel. Include a sample column of 500-550 words on any food or cooking subject. Send to food@dominionpost.com.

Deadline for submissions is 5 p.m. Nov. 21.

TOMATOES

FROM PAGE 1-C

Food section, and I know her recipes to be spot on, so I grabbed the recipe from her blog and let her know I was going to share it with you today.

Kathy said this recipe was one of her favorite childhood late-summer or early-fall dishes. "My mom used to serve these on Friday nights alongside fried oysters. I like to top them with a jazzed-up remoulade — why not make a meal of them?"

Later, I was reading an upcoming column from our garden writer, Ciscoe Morris, who was giving tips on ripening the fruit.

Today I'll share his garden wisdom and Casey's practical take on making the best of ingredients you have in front of you.

Ciscoe's tips: "The easiest method to ripen green tomatoes is to pick them and bring them in to ripen on the kitchen counter.

"A quicker method is to dig the entire plant, shake the soil off the roots and hang it upside down in

your garage or basement in a bright spot out of direct sunlight. The warmer the location you hang them, the sooner the tomatoes will ripen.

"If you hang them over a nice floor, protect the surface because the tomatoes will make a big splat if they ripen and fall. No matter what method you use, only tomatoes that have a tinge of mature color in them will ever ripen. So don't waste your time on the hard green ones."

Ciscoe said, "Tomatoes will keep ripening on the vine as long as temperatures stay above 60 degrees."

But if the tomatoes lingering on the vines at your home fail to turn ruby red even in the late-summer sun, try Ciscoe's ripening advice or Kathy's recipe for using green tomatoes.

FRIED GREEN TOMATOES WITH REMOULADE SAUCE

Make 4 to 6 servings
Remoulade Sauce:
3/4 cup mayonnaise
2 tablespoons finely

chopped dill pickle
1 tablespoon drained capers, chopped
1/2 green onion, very thinly sliced
1 1/2 teaspoons whole grain mustard
1/4 teaspoon Tabasco sauce
1 tablespoon chopped parsley
1/8 teaspoon celery seed
1 tablespoon fresh lemon juice
1/8 teaspoon salt
1/8 teaspoon black pepper
Fried Tomatoes:
1 cup flour
1/2 cup yellow cornmeal
2 teaspoons salt
1/2 teaspoon coarsely ground black pepper
1/2 teaspoon paprika or smoked Spanish paprika (pimenton)
4-5 large green tomatoes, cut into 1/2-inch-thick crosswise slices
Vegetable oil or a mixture of oil and bacon drippings for frying

1. In a small bowl, mix all the remoulade ingredients. The recipe makes 1 cup of sauce. The sauce can be made up to 4 days in advance and refrigerated until needed.
2. Preheat an oven to 165 to 200 degrees. In a plate or shallow bowl, mix the flour, cornmeal, salt, pepper and paprika with a fork.
3. Dredge the tomato slices, a few at a time, in the seasoned flour to coat well. Set the tomatoes aside on a lightly floured baking sheet. Reserve the flour mixture.
4. In a large skillet, heat 1/4- to 1/3-inch oil over medium heat. Fry the tomato slices in batches for about 2 to 5 minutes or until golden brown on each side, turning as necessary. As the tomatoes are done, transfer them to a cake rack set on a baking pan to keep warm in the low oven.
5. Divide the tomatoes among individual plates and serve immediately, accompanied with the remoulade.
— Kathy Casey Food Studios — dishingwithkathycasey.com.

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Send in your kitchen tips

The Dominion Post

The *Dominion Post* lifestyles section is looking for kitchen hints and tips to fill the Short Tip box on the Food front each week. We need you to send in your best kitchen tips, ranging from picking out the perfect vegetable to cooking to cleaning up after the meal.

Here's an example of what we're looking for: Spray WD-40 on a new pot or pan when trying to remove the manufacturer's sticker. Wait a few minutes, then wipe the sticker off with a paper towel.

If you have a tip, please email it to food@dominionpost.com, and don't forget to include your full name.

Portion size a problem for quick cooking pasta

RONZONI MACARONI. Quick Cook Elbow, Penne Rigate and Rotini; and Pasta Portions Curly Elbow, Penne and Rotini. \$1.35 to \$1.80 per 16-ounce Quick Cook box, and \$1.32 to \$1.65 per 9-ounce box containing three Pasta Portions.

Bonnie: New World Pasta recently introduced quick-cooking pasta called Quick Cook under six of its regional brands: San Giorgio, Creamette, American Beauty, Skinner and Prince, plus the nationally available Ronzoni. Being thinner, these shaped pastas cook in just three minutes instead of six to 15, while tasting quite similar to regular pasta.

At the same time, New World is also introducing Pasta Portions: Boxes containing three, 3-ounce portions of Quick Cook pasta packed in a boil-in-bag that also cook in three minutes. That's one ounce larger than



LEBLANG AND WYMAN
SUPERMARKET SAMPLER

the FDA's definition of a pasta portion, and too large.

On the plus side, no measuring or straining is required. You just tear open the bag (being careful not to burn yourself on the hot pasta water) and serve.

Nutritionally, ounce-for-ounce, Quick Cook and Pasta Portions are the same as regular pasta. If you have the extra cash and are pressed for time, you might want to try these. I'm waiting for New World to apply its quick-cooking techniques to whole-wheat pasta, which is better nutritionally and generally takes longer to cook than regular pasta.

Carolyn: You can heat up jarred pasta sauce on the



Supermarket Sampler photo

stove or in the microwave in less than 5 minutes. The pasta to accompany it can take twice as long.

But if you've got a couple of hungry, cranky kids in your kitchen, those extra five minutes can be an eternity. That's why I can recommend Ronzoni's new Quick Cook line — especially since, unlike original Minute Rice,

there is no sacrifice in flavor or texture here. People in adult-only households should buy cheaper regular pasta and relax for the extra five minutes that the regular takes to cook. It's good for the digestion, not to mention your mental health.

Measuring the right amount is another problem that people have with pasta, which the also-new Pasta Portions product addresses but doesn't solve. In fact, Ronzoni seems to share the problem because the portion size it's chosen is too big for one person but not big enough for two. I suspect not ignorance but a barely disguised agenda, shared by super-sizing restaurants such as McDonald's, of getting us to buy more of their food than we really need.

STONEFIRE FLATBREADS. Original and Whole Grain Mediterranean Pita, and

Original and Tandoori Whole Grain Roti. \$2.99 per 12.7-ounce package of four pita or 9.5-ounce package of three roti.

Bonnie: I first fell for Stonefire's flatbreads while writing about its naan last summer on my blog, Bite of the Best.com. At that time, the breads were sold under the Fabulous Flats name. These new pita pockets and roti are also made without preservatives or hydrogenated oils and are every bit as delicious.

I like the fresh taste of all three breads, but especially the roti and naan after heating. To heat, first sprinkle the breads with water and then either toss them into a hot oven (425 degrees), onto a hot grill (brushing them with a bit of olive oil first if your grill isn't well-oiled) or onto an indoor griddle or large pan for about three to four minutes. For extra flavor

after grilling the first side, sprinkle on some fresh grated Parmigiano-Reggiano, which will melt while you're grilling the second side.

Carolyn: Like Bonnie, I like the fire-grilled taste of this new roti bread, which Stonefire's also-new pita breads lack. The roti also has a softer texture and fuller flavor and can be used in almost all the same ways as the pita. I highly recommend its Original flavor. (The Whole Grain version of it and the pita are bitter from their whole wheat, and so are big passes.)

One preparation note: Forget Bonnie's and Stonefire's fussy reheating directions. Throwing them in the microwave for a few seconds works just fine.

BONNIE TANDY LEBLANG is a registered dietician. **Carolyn Wyman** is a junk food fanatic and author. Each week they critique new food items.

Program continues at gift shop

Literacy Volunteers benefit from sales

Submitted to The Dominion Post

As part of its ongoing Charity Partner Program, 10 percent of the Old Stone House Gift Shop's gross sales through Saturday will be donated to Mon County Literacy Volunteers.

Mon County Literacy Volunteers is a nonprofit agency founded in 1983. It provides free programs that increase literacy skills for adults.

Literacy Volunteers envisions a community where all people have the literacy skills and knowledge needed to break the intergenerational cycle of illiteracy, communicate in English, make informed financial decisions, use technology to better their lives and be sustainable. In 2007, they provided services to 495 volunteers and adult learners.

The Old Stone House is at 313 Chestnut St. in downtown Morgantown. Hours are 10 a.m.-2 p.m. Monday-Friday and 11 a.m.-3 p.m. Saturday. The gift shop offers a wide variety of gift items, food products, West Virginia-made items and handcrafted items. For more info, call 304-296-7825.

The Old Stone House is maintained and run as a gift shop by Service League volunteers to provide this funding. There are no paid employees.

Built in 1795, it is the county's oldest stone dwelling and is listed on the National Historic Registry.

In its 76 years of existence, the league has contributed more than \$320,000 back to the Morgantown community. This includes more than \$26,000 to the Morgantown Public Library, about \$77,000 toward books for Mon County School libraries, and more than \$216,000 to other charitable donations throughout the county to improve the lives of local residents through charitable, educational and cultural activities.

In 2008, Service League of Morgantown expanded its community outreach through the addition of the Charity Partnership Program.

A total of 17 organizations will benefit this year. Those benefiting in October are: West Virginia Family Grief Center (Monday-Oct. 8); Community Kitchen (Oct. 10-15); Christian Help (Oct. 17-22); Stepping Stones (Oct. 24-29).

Golden Finch plans Oktoberfest dinner

Submitted to The Dominion Post

The Golden Finch restaurant will celebrate Oktoberfest at 6 p.m. Sunday with a dinner featuring traditional German food with beer or wine.

The festival was begun in Munich more than 200 years ago, originally as a celebration of a royal marriage, but now it is a celebration of newly crafted beer and German cuisine. The rich dishes served at the Oktoberfest make a seasonal change from the light food of summer. Schnitzels, sweet-sour Sauerbraten, potato pancakes, sauerkraut, red cabbage, applesauce and Black Forest cake are all traditional fare.

There will be one sitting, reservations only. The \$55 price per person

includes wine or beer with each course, but not tax or gratuity. Information and reservations: 304-292-0088.

The Golden Finch is at 330 High St., between Fayette and Walnut streets in Morgantown.

Oktoberfest menu (each course is served with German beer or wine):

■ Appetizer: Potato pancakes (latkes), with applesauce and homemade sausages.

■ Soup: Roasted butternut corn chowder

■ Duo entree: Schnitzel and sauerbraten, served with side dishes of sauerkraut and red cabbage.

■ Dessert: Classic Black Forest cake: Chocolate layers steeped in kirsch, filled with sweet cherries, and frosted with chocolate and cherries.



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Diet Detective's diet recovery guide

IF YOU'VE EVER LOST WEIGHT, you know it's not easy to make it last. In fact, there are a few key problems to pay attention to before the diet even starts. Here are some common problems and ways you can avoid them.

The problem: After losing those pounds you suddenly feel that, overnight, your body has changed, making you a charter member of the exclusive "fast-metabolism-I-can-eat-whatever-I-want" club.

Then one morning you wake up and the mirror reveals a truth that cannot be denied. You were never in the club. Not only have you regained the weight you lost, you've actually added more pounds.

The fix: To begin with, it ought to be obvious that once you lose weight, you need to keep the weight off by eating the same types of foods that helped you shed the pounds — not by going back to consuming whole boxes of cookies in front of the TV. But it is not obvious to most.

Most dieters are restricting foods, and not planning a livable diet. What is a livable diet? It's a diet you can live with for



CHARLES STUART PLATKIN

the rest of your life. So let me ask you a question: How long can you hold your breath? Maybe 40 seconds. So, yes, you can do it, but only for a short time. Well, that's how most people diet — they can do it for a bit, but they can't keep holding their breath forever.

To come up with a livable diet you need to find a variety of foods you can eat that are healthy and tasty instead of thinking about what you can't eat. The most important factor to consider when you create a livable diet is accommodating your food preferences. In fact, the *Journal of Nutrition* reports that taste is the single most important reason people choose the foods they do, and that this is also an important factor for regulating "hunger, satiety and voluntary food intake."

Not sure how to choose the foods for your livable diet? Look for calorie bargains: Foods that taste

great but are healthier and lower in calories than what you normally eat (and that you won't end up eating too much of — which would negate the calorie bargain effect).

To help you find calorie bargains, start by purchasing a few cookbooks to find some creative tips on low-calorie foods and snacks.

The problem: You've been on a diet and haven't lost as much as you'd hoped. You're demoralized and have no desire to try again.

The fix: Connect to the past. Keep in mind that every time you diet you learn something. Whether or not you're successful, there is a lesson to be learned. Review your diet disasters and never be ashamed of your failures. Think of the strategies that didn't work. By looking at these failures, you learn what NOT to repeat. Ask yourself: Why didn't these strategies work, and what have I learned?

For instance, you might have had the following situation: "All the dieting gurus told me, 'Don't deprive yourself.' Well, I didn't deprive myself. However, I went too far.

Whenever I wanted cookies, I ate them. I would try having just one, but I couldn't stop. I put on 10 pounds following the 'don't deprive yourself' diet."

Examine successes. One of the most important techniques associated with permanent weight loss is to review your successes. For instance, from Atkins you might have learned you didn't need bread to feel satisfied by a sandwich: Just the meat and veggies wrapped in a lettuce leaf were satisfying on their own. From South Beach you might have learned about good carbs versus bad carbs. Maybe Weight Watchers helped you realize that surrounding yourself with supportive people keeps you motivated. Or with Jenny Craig you might have learned portion control by eating the program's prepared foods.

Write down everything you've learned from your past successes. Then hold on to those facts, attitudes and behaviors to keep the weight off.

The problem: Diets are exhausting. They take time, effort, and often don't provide enough calories

for sustained energy.

The fix: Planning is the answer. Develop an action plan by thinking ahead. You can minimize crises by anticipating obstacles and planning how to surmount them. There are seven characteristics of effective planning and goal setting you can remember with the acronym SMARTER: Specific, Motivating, Achievable, Rewarding, Tactical, Evaluated, Revisable.

See: dietdetective.com/column/getting-smarter.aspx and check out the following goal-planning guide to help put your goals in action: "Get Back on the Diet Track" dietdetective.com/columns/get-back-on-the-diet-track.aspx.

Also, eat smart. If you don't eat enough food, especially essentials such as fruits and vegetables, you will feel deprived and tired. Also, don't ignore exercise. It can help you stay strong, and research shows that it will help give you energy.

The problem: If "diet" is simply another word for deprivation, it makes sense that any time we deny ourselves food, we

will want to eat more than ever. We tend to want things we can't have, so why would we think food was any different? Keep in mind, if you restrict too much (and eat too few calories) your body can hold on to the fat because it thinks it's starving.

The fix: Do not restrict yourself too much. Balance is key, and you need to eat less of the garbage foods and more high-quality healthy foods. Yes, you do need to make some changes in your diet, but if you toss out everything but lettuce, celery and the occasional apple, you're setting yourself up for failure. The key is to compromise: Make healthier, lower-calorie choices. Also, follow the advice of experts: Eat lean protein to fend off hunger. Fill up on vegetables. When eating bread and pasta, make sure it's 100 percent whole-grain — and limit amounts. By doing that you'll be able to keep those cravings under control.

CHARLES STUART PLATKIN Ph.D., M.P.H., is a nutrition and public health advocate and founder of Dietdetective.com Copyright 2011 by Charles Stuart Platkin. All rights reserved. Sign up for the free Diet Detective newsletter at dietdetective.com.

Nemacolin Woodlands presents annual fall festival

Submitted to The Dominion Post

FARMINGTON, Pa. — The fourth annual Fall Festival at Nemacolin Woodlands is slated for Oct. 8. This year's event begins at 11 a.m. and will feature hot air balloon rides, as well as activities and offerings for guests of all ages.

"Our Fall Festival was

originally planned to showcase the beauty of this season in the Laurel Highlands and provide an opportunity for families to spend the day together," said Chris Plummer, general manager of the luxury resort southeast of Pittsburgh. "This event has grown substantially, and the addition of the hot air

balloon rides will certainly provide our guests a spectacular view of the mountains in all of their splendor. Each year, we explore different options when planning the festival to make certain that we offer something for every member of the family."

For the first time ever, admission to the Fall Festi-

val is complimentary, and an All Access Pass for resort activities, including the Fat Bird Flyer Zip Line, Jeep Ride Alongs and the ropes courses, will be available at a discounted price.

Hot air balloon rides will be handled on a first-come, first-served basis and are \$10 for adults and \$8 for children ages 4-12. Fall Festival 2011 will once again feature a Craft Beer Brewfest with more than 30 beers supplied by vendors and brewers from throughout the region. An additional fee for admission to this

venue provides unlimited tasting for guests above the age of 21.

Skill contests and prizes will highlight the Fourth Fall Finale Golf Scramble, a nine-hole event on the Links Golf Course, while a candy apple-making session and pumpkin-carving demonstration are new to the festival.

Live entertainment will be provided by The Delaneys, Chuck Cantalamessa and Reggaematic. Fans can come out and meet their favorite on-air personalities as radio partner WDVE will broadcast from the resort's Adven-

ture Center from 10:30 a.m.-5 p.m. Saturday.

A craft fair features local artisans exhibiting a wide variety of hand-crafted items including jewelry, candles, hand knitted apparel and wood-crafts. Nemacolin's popular carnival games, as well as bounce houses and more, will be offered for children along with arts and crafts and a pumpkin patch.

For a complete schedule of the day's events or to register for the craft fair or Fall Finale Golf Scramble, visit the website at nemacolin.com.

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Sports reporter Ed Owens alternates Wednesday sessions with Drew to give you another angle.

Chat opens at kickoff and remains open until an hour after the game

Ben Conley, copy editor who was previously a sports writer and editor in Ohio, chats with you about the game.

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Inside Thursday

September 2011 **home & real estate**

Home & Real Estate Special Section

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If you Read you Know THE DOMINION Post

Every last Thursday of every month

WVBG hosts fall festival for children

Submitted to The Dominion Post

After the response of participants in the 2009 and 2010 Fall Children's Festivals and with support from the Kiwanis Foundation, the West Virginia Botanic Garden is again sponsoring a Fall Children's Festival from 1-4 p.m. Oct. 16 at 1061 Tyrone Road. There is no admission fee. The featured event will be the construction of fairy houses in the Fairy Garden. The garden has four new fairy houses, but the woodland sprites need many more. For a small donation, pictures will be taken of each child with his or her fairy house, courtesy of Autumn McDaniel.

In a new activity this year, a child can plant a bulb in a pot to grow at home. The pots, bulbs, potting soil and directions will be provided. Also, the Children's Discovery Museum of West Virginia will have selected activities and a display of work. Other activities will include pumpkin painting, pine cone bird feeders, nature bingo, leaf crafts and many others. Order forms for spring blooming bulbs will be available, as well as the sale of WVBG souvenirs. Bring cash or check, as the WVBG does not accept credit or debit cards. Bulbs may also be purchased online at wvbg.org.

Seasonal refreshments include homemade pumpkin cookies, fruit breads, apple cider, and do-it-yourself trail mix. Parking is somewhat limited, so carpooling is recommended. Info: Ellen at ellen1121@peoplepc.com or 304-282-5913.

SILVERSNEAKERS NATIONAL SENIOR FIT PROGRAM

including range of motion, cardio circuitry, balance, core and muscle strengthening. 11 a.m.-noon Mondays, 10-11 a.m. Wednesdays and 11 a.m.-noon Fridays at Lakeview fitness center. Certified instructors. No charge for PEIA insurance members.

AEROBICS

5 p.m. Mondays and Wednesdays, 6 p.m. Tuesdays and Thursdays at the old Westover Elementary School, basement studio, 200 West Park Ave. First class is free. Info: 304-291-9240.

PILATES

6 p.m. Mondays and Wednesdays, the old Westover Elementary School, basement studio, 200 West Park Ave. First class is free. Info: 304-291-9240.

ZUMBA TONING

Westover Gym, 200 West Park Ave., Westover. For all ages and fitness levels. Cardio and toning all in one. Class times are 9 a.m. Monday-Saturday, 5 p.m. Monday-Friday. \$3 per class. First class free. Instructor: Dawn O'Dell. Info: 304-276-9105 or email dawn.odell@yahoo.com.

ZUMBA

7 p.m. Tuesdays and Thursdays at the Elks Lodge, 1943 Chestnut Ridge Road. Info: Elks, 304-599-1943 or instructor Sheree Toth at 304-599-8228. Cost is \$4, no membership necessary.

SCULPTING

Westover Gym, 200 West Park Ave., Westover. Seated stretching and strengthening to improve balance, build muscle and strengthen bones. Class times are 10 a.m. Monday-Friday, 6 p.m. Monday-Friday and 10 a.m. Saturday. First class free. Instructor: Dawn O'Dell. Info: 304-276-9105 or email dawn.odell@yahoo.com.

ZUMBA

Z Place To Be Corner Plaza, Kingwood Shopping Center, 6 p.m. Mondays and Wednesdays with Darby, 10 a.m. Saturdays with Darby. \$5 per class, first class is free. Info: 304-698-7317.

LATIN FITNESS WITH ALEX

Zumba classes with Colombian native Alexandra Amador, 6:30 p.m. Mondays and Thursdays at Chestnut Ridge Church (CRC) and 8:30 a.m. Saturdays at the old Sabraton School. There is also a special class at 6:30 p.m. the last Wednesday of every month at CRC to raise funds for displaced families and children in Colombia. Info: latinfitnesswithalex.com or call 304-319-1299.

PILATES AND KETTLEBELLS

8:30 a.m. Tuesdays and Thursdays and 6 p.m. Tuesdays, at St. Francis de Sales Church. Info: Call Alicia at 304-216-6670.

LAKESIDE PHYSICAL THERAPY AND LIFE ENHANCEMENT CENTER

2195 Cheat Road, Morgantown: All yoga and pilates classes are free with a membership at Lakeside PT — Monday: 8:30-9:30 a.m. Hatha yoga with Nicole Gauthier-Schatz, 11 a.m.-noon, arthritis aquatics class; Tuesday: 8:30-9:15 a.m. pilates with Janice Manzo, 10:30-11:30 a.m. BodyFlow with Lauren Brennen, 5-6 p.m. arthritis aquatics class, 6-7 p.m. and 7-8 p.m. BodyFlow with Lauren Brennen; Wednesday: 9:30-10:45 a.m. basic Vinyasa/restoratives yoga with Gauthier-Schatz, 11

a.m.-noon arthritis aquatics; Thursday: 8:30-9:15 a.m. pilates with Manzo, 10:30-11:30 a.m. and 11:45 a.m.-12:45 p.m. BodyJam with Brennen, 5-6 p.m. arthritis aquatics; Friday: 8:30-9:30 a.m. Vinyasa yoga with Manzo, 11 a.m.-noon, arthritis aquatics; Saturday: 9-10 a.m. Preggie Vinyasa Flow yoga with Gauthier-Schatz, 10:15-11:15 a.m., Vinyasa Flow yoga intermediate level with Gauthier-Schatz. Info: 304-594-2500.

GET FIT AND INSPIRED

at the new Preston Community Arts Center, 123 S. Price St., Kingwood. Classes meet from 5:30-6:30 p.m. Tuesdays and Thursdays, and are taught by Lee Martinec, clinical exercise physiologist, fitness practitioner and certified personal trainer.

WANT TO TRY YOGA

Come to happy hour yoga at BlissBlissBliss every Friday at 6 p.m. 100 percent of your donation goes to charity. For details, call 304-685-9942 or visit the blissblissbliss.com.

YOGA CLASSES

Classes at all levels, seven days a week, certified instruction, group classes, individualized classes, personal program designed for individ needs also available. Inner Life Yoga Studio, Chelsea Square, 1137 Van Voorhis Road, Morgantown. Info: innerlifeyoga.com, 304-296-1744.

THE 12-WEEK SIMPLY FIT PROGRAM

will host meetings from 5:30-7 p.m. every Tuesday evening through Dec. 14. Newcomers are welcome. The first session is free. The goal of this weight loss and wellness program is to bring out the healthiest you by returning to a whole-foods diet, increasing exercise and resilience to stress. Weekly outdoor meetings provide group support, education and exercise. Contact Kimberly at 304-276-4956, kawilliams8@msn.com for more information and registration.

RISQUEROBICS

Sexy chair dance fitness. Women only. Must be 18. Class held at CTA, 950 Parkway Drive. For info and registration, go to fitnessbyemma.com, email fitnessbyemma@yahoo.com or call 727-437-8004.

MORGANTOWN FITNESS BOOTCAMP

will be offered from 6-6:45 a.m. Monday, Wednesday and Friday; 9:15 a.m.-10 a.m. Monday, Wednesday and Friday; and 6-6:45 p.m. Tuesday and Thursday at Krepps Park (Champion Training Academy for inclement weather). Info:

Gemma Hughes at 727-437-8004 or Sarah Ott at 304-288-6720 or email mofitbootcamp@gmail.com.

FALL FITNESS AT MARILLA CENTER

hosts power cardio, a cardio-fusion class with high/low floor, step, interval and kickboxing aerobics

with tubing, weighted balls, hoops and weights, along with strength and flexibility training, 6-7 p.m. Mondays and Thursdays. 11-week session begins Monday with certified instructor Debbie Palmer. Info: BOPARC, 304-296-8356.

ZUMBATHON

to benefit the Susan G.

Komen for the Cure, a global nonprofit that raises money for breast cancer research, 11 a.m.-1 p.m. Oct. 15 at Morgantown High School. \$10 donation. Instructor Dawn O'dell. 75 percent of the ticket fee benefits the charity. Info: 304-276-9105 or email dawnodell@yahoo.com.

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Mail and online orders received after Wednesday, October 19th, 2011 will be available at the Will Call window after 4pm on the evening of the event.

Tickets available at Morgantown and Kingwood Offices

or on-line at www.dominionpost.com

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Humorist offers 'dreadfully distasteful lists'

'TEN WAYS TO RECYCLE A CORPSE: AND 100 MORE DREADFULLY DISTASTEFUL LISTS' by Karl Shaw; Three Rivers Press.

REVIEW

BY CARL HARTMAN
The Associated Press

This book could be called magnetic. It pulls you in, the way a magnet pulls a paper clip, and it doesn't want to let you go.

It recounts Julius Caesar's attempt to cure his baldness and Cleopatra's recommendation: The bodies of domestic mice, burnt and ground up, horse teeth mixed with bear grease, and marrow from deer bones.

That pulls you into the effects of a French king's contrivance to mask his own loss of hair: A voluminous, powdered, curly wig. Distinguished men — see portraits of George Washington and

other Founding Fathers — wore powdered wigs for almost two centuries. After Louis XIV comes a remedy Napoleon tried. It consisted mainly of dogs' paws and the hooves of a certain animal.

If you read on for another 188 pages, you'll find that Adolf Hitler — though he didn't make the list — also knew of a "miracle cure" for baldness, from which he hoped to make his fortune. Ingredients and actual prof-

itability are not given.

So don't start "10 Ways to Recycle a Corpse" at bedtime. You may lose a lot of sleep. The book's subtitle warns that it includes "100 More Dreadfully Distasteful Lists."

One chapter justifies the book's title, suggesting profitable and mostly legal ways to dispose of dead bodies. One is to sell parts to legitimate trading companies, which resell them to recognized medical organizations.

Top prices (2010) include tendons at \$1,000 each. Corneas fetch \$6,000 a pair; the book says, but adds that it's illegal to sell human body fat to cosmetic firms.

Author Karl Shaw assures readers in an introduction that he has "tried in good faith to ensure that everything in this book, as far as possible, is accurate, although of course some of these 'facts' are open to debate and interpretation."



Library adds Kindle to its compatibility

MORGANTOWN PUBLIC LIBRARY SYSTEM is excited to announce that its eBook collection is now compatible with the world's bestselling eBook reader, the Amazon Kindle. Patrons can now download popular and classic eBooks to a Kindle device or any mobile device running the free Kindle app, such as iPhone, iPad, Android and more.

To get started, visit <http://wvdeli.lib.overdrive.com>. Kindle users can browse the library's collection of bestselling and classic eBooks from a PC or Mac computer, check out titles using a library card, and select "Get to Kindle" to deliver eBooks to their Kindle device or any devices running the free Kindle app.

The Morgantown Public Library System also offers audio books, music, videos, and Disney's children's books for use on a PC or Mac computer and popular mobile devices such as a Smartphone, MP3 player, and other eBooks readers such as the Barnes & Noble Nook and Sony Reader.

West Virginia Digital Entertainment Library Initiative (WVDeli) began in April 2008 with a group of north central libraries striving to keep pace with new technologies for our patrons.

There are more than 15,000 items available for our patrons. Those items are proving to be very popular and have circulated more than 112,000 times. Now with the addition of the Kindle, the library is anticipating a high demand for eBooks, so patrons are encouraged to take advantage of the "Always Available" eBooks, where you will find many great classics, with no need for holds. We will continue to build the eBook collection, so keep checking back for more titles.

Morgantown Public Library System (as part of WVDeli) partners with OverDrive, Inc. (overdrive.com), a global leader in eBook distribution for libraries and schools, to offer this service. You must have a library card to take advantage of this service. Stop by the library for more information or visit our website at morgan-town.lib.wv.us.

THIS COLUMN is provided by staff at the Morgantown Public Library.

Headline Books featured at 70th Annual Buckwheat Festival

Submitted to The Dominion Post

TERRA ALTA — Meet national award-winning authors in the Headline Books Inc. booth at the 70th Annual Preston County Buckwheat Festival. They will be in Art & Craft area in the bottom of the Community Building on Brown Avenue in Kingwood — open from noon-10 p.m. Thursday, 10 a.m.-9 p.m. Friday and Saturday and 10 a.m.-4 p.m. Sunday.

Several new releases will be for sale.

Award-winning illustrator Ashley Teets will be there all

four days painting children's faces.

Thursday's line-up:
■ Stanley Toompas, an optometrist in Philippi, with his twin brother, Stephen, a pharmacist who lives in Bridgeport, compiled 31 short stories of their childhood growing up in Clarksburg, in a book titled "I'm the One the Other Isn't."

Friday's line-up:
■ Melinda Chambers of Romney holds three Mom's Choice Awards for her children's books. In the category of Best Children's Books: Values & Life Lessons books, "We Are

Whooo We Are" and "Fraidy Cat," won gold, and "The Day The Snapdragons Snapped Back" won the Silver Award. The Mom's Choice Awards is an awards program that recognizes authors, inventors, companies, parents and others for their efforts in creating quality family-friendly media, products and services. Chambers was a featured author in New York this May at Book Expo America.

■ Stephanie Corum of Williamsport, Md., wrote "Antics in the Attic," which won honorable mention at the

San Francisco Book Festival. In "Antics in the Attic," things don't just go bump in the night at Zach's house. They go clickety, clickety and skritchety, skritchety. Illustrations are by Susan Tater.

■ Barbara Myers of Morgantown wrote "Lily & Nana" with her then-5-year-old granddaughter Lily Hamilton about the everyday things the pair likes to do together. Myers, a retired early childhood educator, saw the genre of children's literature lacked books on intergenerational subjects. They will sign books from 2-4

p.m. Friday.

■ Melissa Ridenour of Morgantown penned "What Would You Do? A Kid's Guide to Staying Safe in a World of Strangers" to instruct young readers in a gentle question-and-answer format that shows them how to make good decisions about their safety, empowering children in a non-threatening way to take a proactive role in staying safe from predators and harm. She will also be in the Headline Books booth on Saturday.

Saturday:

■ Ashley Ball of Terra Alta is a high school student, horsewoman and author. In the new release "My Horse Samson," Ball writes about how her family adopted horses rescued from neglect and how she trains and shows one of the horse's foals to be a champion.

■ Uncle Dave Howard of Waynesburg, Pa., wrote "Lady's Day to Play" about his Jack Russell-cocker spaniel-poodle. The book also features his hand-drawn, computer-aided illustrations and rhyming verse as he takes them through a typical day in Lady's life. Howard, who writes his books as Uncle Dave, gives a portion of his sales to research about Sudden Infant Death Syndrome, which claimed the life of his niece's baby. He wrote the book as a baby shower gift for his niece.

■ Melanie Michael of Cumberland, Md., tells the story of an insignificant, grey-mouse sock-puppet named Nerfnerd who believes he leads a decidedly pitiful life. But, when he's tossed into the clothes hamper to remove a rather large ketchup stain that covers his whole nose, most of one button-eye, and about half of his right ear; he finds his life is far from pitiful and is considerably richer than the other characters he encounters.

■ Barbara Smith of Philippi is a freelance writer/editor, and medical ethicist, Emerita Professor of Literature and Writing and former Chair of the Division of the Humanities, Alderson-Broaddus College. She will sign copies of her novel, "Through The Glass," an upbeat story about a stained glass artist whose studio faces a cul-de-sac in the outskirts of Logan.

■ Helen Hedrick of Petersburg will sign copies of her children's books including "Tails, Trails, & Pies: An Appalachian Cattle Drive." Hedrick writes from her childhood memories and her books are all Appalachia-based. *USA Book News* named it a finalist for Best Juvenile Non-Fiction in the Best Books 2010 Awards Sunday.

■ Myers and Hamilton will be in the Headline Books booth from 10 a.m.-2 p.m. Sunday.

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Latin Fitness by Alex hosts Zumba fundraiser

Submitted to The Dominion Post

As part of its fundraiser for poor children in Colombia, Latin Fitness with Alex is hosting a drawing to win a free month of Zumba classes. There is a \$1 fee to enter. You can enter as many times as you wish and every dollar counts as an entry. At the end of October, a name will be randomly selected.

All the proceeds will go toward the studio's Colombian fundraiser. The studio is almost halfway to its goal, having collected \$2,429 so far.

If you are new to Latin Fitness with Alex and would like to know more about the fundraiser, go to latinfitnesswithalex.com and watch the videos of the delivery of Christmas' presents in 2009 and 2010 to hundreds of children and displaced families living in extreme poverty.

FACTS TO LIVE BY

McCLATCHY NEWSPAPERS

The National Cancer Institute estimates 21,990 women will be diagnosed with ovarian cancer this year, and 15,460 will die from the disease.

Ovarian cancer has the highest mortality rate of all female reproductive cancers, partly because of a lack of early symptoms and an effective screening test. So it's often diagnosed at advanced stages when the cancer has spread beyond the ovaries.

In honor of Ovarian Cancer Awareness month (September), here are some misconceptions and truths about ovarian cancer that could save your life:

MYTH: The Pap test can diagnose ovarian cancer.

FACT: A Pap smear is used to diagnose cancer of the cervix (the opening of the uterus), but not other cancers of the female reproductive tract.

MYTH: Ovarian cancer has no symptoms.

FACT: Symptoms are not specific and often mimic other diseases, but they include pelvic or abdominal pain or discomfort, persistent gas, nausea and indigestion, frequency or urgency of urination in the absence of an infection, unexplained weight gain or loss, pelvic or abdominal swelling, bloating and feelings of fullness, ongoing unusual fatigue and unexplained changes in bowel habits.

MYTH: Ovarian cysts and ovarian cancer are the same thing.

FACT: Most ovarian cysts are not cancerous (or benign). Cysts may be found on the surface of an ovary or inside it, and contains fluid. Most cysts go away with time.

MYTH: There are no diagnostic tests that can be used to detect ovarian cancer.

FACT: Even though no reliable screening test exists, annual vaginal exams to feel for abnormal swelling and tenderness, transvaginal sonography and a blood test to determine the level of a tumor marker called CA-125 are all used to help determine the need for a CT scan, X-rays and tissue samples from the ovaries.

MYTH: There are no known risk factors for ovarian cancer.

FACT: Risk factors include personal or family history of breast, ovarian, endometrial, prostate or colorectal cancer; increasing age, unexplained infertility; no pregnancies or very late pregnancy; no history of oral contraceptive use; and taking high-dose estrogen without progesterone.

MYTH: Ovarian cancer does not run in my family so I can't get it.

FACT: All women are at risk for ovarian cancer. Only about 10 percent of cases are hereditary.

MYTH: Taking birth control pills increases your risk of getting ovarian cancer.

FACT: Studies show taking the pill over a number of years actually decreases a woman's risk of getting ovarian cancer. Other things that may reduce risk: having one or more children, particularly if the first is born before age 25, and breast feeding; as well as tubal ligation and hysterectomy.

MYTH: Ovarian cancer has no cure.

FACT: If ovarian cancer is detected early and treated properly, the five-year survival or cure rate is 90 percent. However, only about one in four cases are diagnosed before the cancer has spread, and late diagnosis has a significantly lower survival rate of only about 29 percent.

BY THE NUMBERS

1 in 72: Number of women who will be diagnosed with ovarian cancer in their lifetime

92 percent: Chance of surviving 5 years or more if diagnosed in the earliest stages

27 percent: Chance of surviving 5 years or more if diagnosed in the latest stages

19 percent: Percentage of cases diagnosed in the earliest stages

63: Median age for diagnosis

\$4.4 billion: Estimated amount spent each year in the U.S. on ovarian cancer treatment

OVARIAN CANCER AWARENESS MONTH

September is Ovarian Cancer Awareness Month. Its symbol is a teal ribbon. The Ovarian Cancer National Alliance offers suggestions on getting involved, including a campaign to urge legislators to increase research funding. They also have a selection of teal merchandise to support the cause. Find out more at www.ovariancancer.org.

The month's color also lines up with the National Ovarian Cancer Coalition's t.e.a.l. campaign: Take Early Action and Live.

Ovarian cancer is the deadliest gynecological disease. So why isn't anyone talking about it?



ILLUSTRATION BY CAMILLE WEBER/MCT

WHAT IS OVARIAN CANCER?

The National Cancer Institute gives this definition: "Cancer that forms in tissues of the ovary (one of a pair of female reproductive glands in which the ova, or eggs, are formed). Most ovarian cancers are either ovarian epithelial carcinomas (cancer that begins in the cells on the surface of the ovary) or malignant germ cell tumors (cancer that begins in egg cells)."

TYPES OF OVARIAN CANCER

There are more than 30 types of ovarian cancer, according to the National Ovarian Cancer Coalition. The ovarian cancers are classified according to the type of cell from which they start. Cancerous tumors can start from three common cell types:

- **Surface Epithelium** — cells covering the lining of the ovaries
- **Germ Cells** — cells that are destined to form eggs
- **Stromal Cells** — cells that release hormones and connect the different structures of the ovaries

STAGES OF OVARIAN CANCER

According to the National Cancer Institute, these are the stages of ovarian cancer. The earlier in the stages the diagnosis comes, the greater the chances for survival.

- **Stage I:** Cancer cells are found in one or both ovaries. Cancer cells may be found on the surface of the ovaries or in fluid collected from the abdomen.
- **Stage II:** Cancer cells have spread from one or both ovaries to other tissues in the pelvis. Cancer cells are found on the fallopian tubes, the uterus or other tissues in the pelvis. Cancer cells may be found in fluid collected from the abdomen.
- **Stage III:** Cancer cells have spread to tissues outside the pelvis or to the regional lymph nodes. Cancer cells may be found on the outside of the liver.
- **Stage IV:** Cancer cells have spread to tissues outside the abdomen and pelvis. Cancer cells may be found inside the liver, lungs or other organs.

TREATMENT FOR OVARIAN CANCER

There are three main treatment types for ovarian cancer, according to the National Ovarian Cancer Coalition:

- 1. Surgery:** Removing the cancerous growth through surgery is both the most common method of diagnosis and the most common treatment. Surgery is usually performed by a gynecologic oncologist.
- 2. Chemotherapy:** Chemotherapy is the treatment of cancer using chemicals that travel through the bloodstream to destroy cancer cells or stop them from growing both in and outside the ovaries. Chemotherapy is used in the majority of cases as a follow-up therapy to surgery.
- 3. Radiation Therapy:** Radiation therapy uses high-energy X-rays to kill cancer cells and shrink tumors (only rarely used in the treatment of ovarian cancer in the United States).

TERMS TO KNOW

- **Benign:** Noncancerous.
- **Biopsy:** A surgery performed to remove tissue for examination in order to determine whether cancer is present.
- **CA-125:** A blood protein that can be measured and is an important tumor marker in ovarian cancer.
- **Chemotherapy:** The treatment of cancer by chemicals (drugs) designed to destroy cancer cells or stop them from growing.
- **Cyst:** A fluid-filled sac.
- **Hysterectomy:** Surgical removal of the uterus.
- **Malignant:** A term used to describe a cancerous tumor.
- **Metastasis:** The spread of cancer from one part of the body to another.
- **Oncologist:** A physician who specializes in cancer therapy and handles general medical problems that arise during the disease.
- **Staging:** The stages that describe how far a cancer has progressed, based on the size of the primary tumor and on whether and where it has spread.
- **Tumor:** A lump, mass or swelling. A tumor can be either benign (noncancerous) or malignant (cancerous).

RESOURCES

- **National Cancer Institute:** www.cancer.gov/cancertopics/types/ovarian
- **National Ovarian Cancer Coalition:** www.ovarian.org
- **Ovarian Cancer National Alliance:** www.ovariancancer.org
- **Ovarian Cancer Research Fund:** www.ocrf.org
- **American Cancer Society:** www.cancer.org/cancer/ovariancancer/

SOURCES: THE NATIONAL OVARIAN CANCER COALITION; NATIONAL CANCER INSTITUTE

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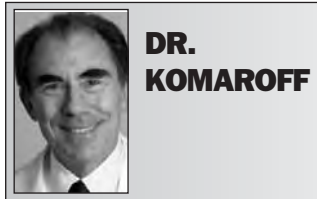
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Sleep key to general well-being



DR. KOMAROFF

DEAR DOCTOR K: For the past few months I've been having a lot of trouble falling asleep, basically every night. I'm groggy and can't concentrate on anything all day. I'd give anything for a good night's rest.

DEAR READER: Trouble falling asleep often occurs because a person is over-stimulated. There may be unusual stresses in your life that cause a lot of anxiety. With most of my patients, however, there's no one thing they can put their finger on that explains why they are lying there having trouble falling asleep. Here are some of the things I tell my patients to do, and not to do, to fall asleep more easily:

- Go to bed and wake up at the same time every day, and avoid naps. Get your body used to a regular sleep pattern.
- Cut down on caffeinated beverages during the day. Believe it or not, having caffeine after noon can make you sleep less soundly 10 hours later.
- Avoid heavy meals before bedtime.
- Eliminate alcohol before bedtime. A little "nightcap" may make you feel sleepy right after you

take it, but it has a stimulating effect two to four hours later that can interrupt your sleep.

■ Exercise daily, preferably early in the day. Regular exercise improves your sleep, although vigorous exercise in the hours just before bedtime can be stimulating and make it hard to fall asleep.

■ Eliminate noise or bright lights that might be disrupting your sleep, even if you are not aware of it.

■ Use a fan, white noise machine or a recording of nature sounds to lull you to sleep. (By the way, I do this myself, and I'm convinced it helps me sleep more soundly.)

■ Maintain a comfortable temperature in your bedroom, slightly on the cool side.

■ Try not reading or watching TV in bed. They may be stimulating you even if you think they are relaxing you. (If you don't have trouble falling asleep and love to read or watch TV in bed, there's no reason not to.)

DR. KOMAROFF is a physician and professor at Harvard Medical School. To send questions or for more info: www.AskDoctorK.com.

Wednesday, Sept. 28, 2011

If from time to time in the year ahead you get some very strong hunches regarding business or other serious matters, do not treat them with indifference.

LIBRA (Sept. 23-Oct. 23) — Not only will companions appreciate your charisma, they will equally welcome your leadership qualities as well.

SCORPIO (Oct. 24-Nov. 22) — Someone who needs to vent will share private information with you that others won't hear until much later.

SAGITTARIUS (Nov. 23-Dec. 21) — When involved in a group activity, be sure to make the rounds instead of singling out one person for special attention.

CAPRICORN (Dec. 22-Jan. 19) — Capricorns can be single-minded and standoffish or extremely outgoing when necessity demands.

AQUARIUS (Jan. 20-Feb. 19) — If at all possible, seek endeavors that will enable you to utilize your imagination and creativity.

PISCES (Feb. 20-March 20) — It might look to others that you're likely to take things at face



BERNICE BEDE OSOL

value, but actually you won't be easily deceived.

ARIES (March 21-April 19) — There is no excuse for ducking an important decision just because you think it's overly tricky.

TAURUS (April 20-May 20) — It's important to realize that details can be just as important as major factors when rendering a decision.

GEMINI (May 21-June 20) — You'll get far more out of being with companions who are young in spirit than you will spending time with somber fellows.

CANCER (June 21-July 22) — It is so wonderful of you to be protective and cherishing of those you love, but you must take care to leave your dear ones some breathing space.

LEO (July 23-Aug. 22) — Your natural ability to read the character of others is exceptionally pronounced. However, keep your critical evaluations to yourself.

VIRGO (Aug. 23-Sept. 22) — You could have some real gems of information that'll save people money. Don't hold back.

CROSSWORD

- ACROSS**
- 1 Bangkok native
 - 5 I love (Lat.)
 - 8 Rani's husband
 - 12 Bride part
 - 13 Axiom
 - 14 Football shape
 - 15 Coffee servers
 - 16 Light bulb part
 - 18 Realize
 - 20 Kitchen spice
 - 21 Hurricane center
 - 22 Flour holder
 - 23 Spotless
 - 26 Homburg cousin
 - 29 Forward
 - 30 Melody
 - 31 Even so
 - 33 Folk song mule
 - 34 Impartial
 - 35 Dry and withered

- DOWN**
- 1 Play about Capote
 - 2 Queen of Olympus
 - 3 "Misbehavin'"
 - 4 Rather than
 - 5 Caine role
 - 6 Water pipe
 - 7 Night flier
 - 8 Cheese often grated
 - 9 With, to Yves
 - 10 Tarzan's mate
 - 11 Mi. above sea level
 - 17 Nitrogen compound
 - 19 Novelist — Rand
 - 22 Crooked
 - 23 Truckers' radios
 - 24 Savings' partner
 - 25 First name in jazz
 - 26 Weld
 - 27 Hearty loaves
 - 28 Space lead-in
 - 30 Zig or zag
 - 32 Countdown start
 - 34 Ruling group
 - 35 Russian tea-maker
 - 37 Not as big
 - 38 Fishing lure
 - 40 opposite
 - 41 Cypress feature
 - 42 Ms. Ferber
 - 43 Premed course
 - 44 Hoarfrost
 - 45 Snakes
 - 46 CPA employer
 - 47 — had it!
 - 49 Part of i.e.

Answer to Previous Puzzle

BAR	SLAB	NUNC
UTA	HALE	OGEE
LOG	CABIN	PLOD
KNEAD	WAYNE	
NEE	AIL	
GMAN	QUIT	PAW
REBA	UND	ORE
ORB	III	BREA
WVA	ATTN	REAR
CHIEF	TRY	GPA
ZEST	BAKED	DHAM
ARLO	IDEA	ONO
ROAN	TOAD	EGG

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DILBERT

BY SCOTT ADAMS

WISE GARBAGE MAN, TELL ME WHY POWERPOINT SLIDES ARE SO BORING.

POWERPOINT IS A LOT LIKE GARBAGE. IT'S ONLY DELICIOUS IN SMALL DOSES. TOO MUCH CAN KILL YOU.

THAT ANALOGY ONLY WORKS FOR FLIES.

OOOH. LOOK WHO THINKS HE'S BETTER THAN FLIES.

PEANUTS

BY CHARLES M. SCHULZ

SOMETIMES IF YOU STAND NEAR THE CORNER, A BEAUTIFUL HOLLYWOOD-TYPE GIRL WILL COME BY IN A CONVERTIBLE, AND TAKE YOU HOME..

"ANIMAL CLINIC"?

WHY AM I STANDING IN FRONT OF AN "ANIMAL CLINIC"?

THE DOCTOR WILL SEE YOU NOW!

NON SEQUITUR

BY WILEY

BOB BEGINS TO REGRET HIS DECISION TO STAY FOR ONE LAST DRINK

GREAT... JU-U-UST GREAT...

BEETLE BAILEY

BY MORT, GREG & BRIAN WALKER

LOOK WHAT I GOT AT MY BIRTHDAY PARTY!

IT'S A G-PAD... I THINK THE "G" STANDS FOR "GEEZER"

WHEN YOU PRESS THE BUTTON, IT TELLS YOU WHERE THE NEAREST BATHROOM IS

FRANK & ERNEST

BY BOB THAVES

MATH

2+2=

DON'T OVERTHINK IT, ROBBY.

BORN LOSER

BY ART & CHIP SANSON

I'M HAVING A LANDSCAPE DESIGNER COMPLETELY REDO MY GROUNDS!

I RECENTLY REDID MY YARD MYSELF!

HIS IDEA OF A LANDSCAPE REDESIGN IS ADDING A NEW LAWN GNOME!

HAGAR THE HORRIBLE

BY DIK BROWNE

REMEMBER, MEN... IT'S NOT IF YOU WIN OR LOSE, IT'S HOW YOU PLAY THE GAME!!

THAT WAS THE WORST PEP TALK I'VE EVER HEARD!

MARMADUKE

BY BRAD & PAUL ANDERSON

"If you ask me, he's glad the vet doesn't make house calls."

GARFIELD

BY JIM DAVIS

BEEDLE BEEDLE BEEDLE

GRRR

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BY DEAN YOUNG & JOHN MARSHALL

I'M THINKING OF TAKING UP WATERCOLORS AS A HOBBY.

I REMEMBER WHEN YOU SAID YOU WERE GOING TO TAKE UP THE UKULELE AS A HOBBY, DEAR.

IN RETROSPECT, THAT WAS A BAD IDEA.

WELL, YOU HAVE NO MUSICAL TALENT, HONEY.

NO I MEAN TELLING YOU WAS A BAD IDEA!

FOR BETTER OR FOR WORSE

BY LYNN JOHNSTON

WE'RE GOING TO BE VERY QUIET—BECAUSE THIS IS A HOSPITAL.

STEVE IS GOING TO BRING THE BABY TO THE WINDOW SO WE CAN SEE.

LOOK! LOOK AT THE BABY!

MOM?... WHY DO THEY COME SO SMALL

PIRANHA CLUB

BY BUD GRACE

MY HAIR IS AWFUL, MONSIEUR PIERRE! I CAN'T DO A THING WITH IT!

I, PIERRE DE PARIS, WEEEL MAKE ZE HAIR UFF ZE MADAM TRES BEAUTIFUL!

WHACK! WHACK! WHACK! CUT! SHAVE! WHACK!

I CALL EET ZE "WOODPECKER"