

Heart program set for Saturday
Assessments available.
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INSIDE TODAY!
Senior Post

Morgantown, WV

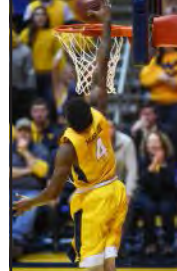
Post

dominionpost.com

Struggle vs. Aggies
aggravates Huggins

Ahmad's late FTs help
Mountaineers hang on.

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Single copy \$2.00

SUNDAY

Jan. 29, 2017

WEATHER

Cloudy with some
snow showers.
High 34 Low 22
Your complete forecast
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Judge rules in
Neese civil case
Insurance providers do not
have to provide a defense
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BOLYARD, Marie
HENDERSON, Allen
KINTZ, Willard S. III
MOLISEE, Clarence O.
O'NEIL, Robert
PAILES, William IV

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Justice picks
Clements for state
Senate seat
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DOW + 266.53
NASDAQ + 104.86
S&P 500 + 23.38

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Pets of
the week
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IN THE POST,
TOMORROW

Church appeals
zoning decision

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Looking back: Brian Ferguson

Residents involved
in the murder case
reflect 15 years later

BY ALEX LANG
The Dominion Post

Thursday marks the 15th anniversary of the killing of Jerry Wilkins. A decade-and-a-half later, his mother says she has forgiven his killer.
'I just want to say, I miss Jerry all the time. I love Jerry and I will never stop loving him,' Deborah Brown-Hep-

A FORMER WVU student — Brian Ferguson — was convicted of murdering another student in 2002. Ferguson was featured in a Washington Post article about prisoner re-entry efforts. See that story on Page 2-A.

worth said Saturday, from her Florida home.

The man convicted of his killing walks free and maintains his innocence. But, to prosecutors, jurors and friends, Brian Ferguson is the man who com-

SEE FERGUSON, 2-A



The Dominion Post file photos

Deborah Brown, mother of murder victim Jerry Wilkins, hugs a friend after a Mon County jury found Brian Ferguson guilty of murder in 2002.

Prehistoric party



Emily Cowen/The Dominion Post

Liam Surret, 3, points to a triceratops during his first trip to Discover the Dinosaurs UNLEASHED, at Mylan Park, on Saturday.

Discover the Dinosaurs comes to Mylan Park

MORE PHOTOS are available on
dominionpost.com.

The Dominion Post

Families visiting Mylan Park on Saturday got the chance to go back in time thanks to VStar Entertainment Group's Discover the Dinosaurs UNLEASHED.

In this walkthrough exhibit, kids and their parents were treated to 17 animatronic dinosaurs and other displays detailing what the world was like tens of millions of years ago. People could discover

SEE DINOSAURS, 2-A



Kids dig for dinosaur fossils at Discover the Dinosaurs UNLEASHED.

Emily Cowen/The Dominion Post

Big brands can help fund fake news

Associated Press

NEW YORK — Wittingly or not, major global corporations are helping fund sites that traffic in fake news by advertising on them.

Take, for instance, a story that falsely claimed former President Barack Obama banned Christmas cards to overseas military personnel. Despite debunking by The Associated Press and other fact-checking outlets, that article lives on at 'Fox News The FB Page,' which has no connection to the news channel although its bears a replica of its logo.

And until recently, the story was often flanked by ads from big brands such as the insurer Geico, the business-news outlet Financial Times, and the beau-

ty-products maker Revlon.

This situation isn't remotely an isolated case, although major companies generally say they have no intention of bankrolling purveyors of fake news with their ad dollars. Because many of their ads are placed on websites by computer algorithms, it's not always easy for these companies to steer them away from sites they find objectionable.

Google, the biggest player in the digital ad market, places many of these ads. The company says it bars ads on its network from appearing against 'misrepresentative content' — its term for fake news — yet Google spokeswoman Andrea Faville acknowledged that the company sold ads on the site with the Christmas-card story. Those ads

vanished after The Associated Press inquired about them. Faville declined to comment on their disappearance.

Media advertising was much simpler when companies had only to buy ad space in newspapers or magazines to reach readers in a particular demographic category. Digital ads, by contrast, can wind up in unexpected places because they're placed by automated systems, not sales teams, and targeted at individuals rather than entire demographics.

In effect, these ads follow potential customers around the web, where a tangle of networks and exchanges places them into ad slots at online publications. These middlemen have varying standards and levels of interest in helping advertisers ensure that their ads avoid controversy.

Teen found dead

Police identify body as a WVU student

The Dominion Post

The Morgantown Police Department is investigating an unattended death of a WVU student near Deckers Creek.

According to a police press release, officers were called to the downtown area around 8:20 a.m. Saturday and spoke to someone who believed that there was a deceased person lying along the Deckers Creek Trail near the Walnut Street Bridge.

Officers found an unresponsive black man lying next to the trail. He was identified as Arthur William Bagenda, 19, of Bethesda, Md. He was listed in WVU's directory as a pre-psychology student.

'The university community is saddened by the tragic death of Arthur William Bagenda,' read a statement issued by WVU.

SEE DEAD, 2-A

WWII museum acquires demand for U.S. surrender

Associated Press

NATICK, Mass. — A museum with a huge trove of World War II-era items acquired two key documents, including one from the Germans demanding the U.S. surrender.

The Natick-based Museum of World War II says the latest additions 'epitomize the American spirit at the end of the war.'

The museum said it acquired the English version of a German letter demanding the U.S. surrender at Bastogne, Belgium, in 1944.

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DINOSAURS

FROM PAGE 1-A

when certain dinosaurs lived, how much they weighed and where their fossilized remains were discovered.

Dinosaur species on display included the familiar triceratops and iconic tyrannosaurus rex, or the iguanodon featured in Disney's 2000 film "Dinosaur."

A less familiar example was the baryonyx, a carnivore discovered in Europe with crocodile-like features that paleontologists believed used its long claws for fishing.

"We find that 4- to 8-year-olds get the most out of it but I've seen people of all ages enjoy it," said Meghan Edwards, one of the paleontologists guiding the visitors.

Discover the Dinosaurs UNLEASHED will continue today, from 10 a.m. to 7 p.m. Admission is \$15 for adults and seniors and \$12 for children; children under age 2 are free with a paid adult.

DEAD

FROM PAGE 1-A

"We send our thoughts and prayers to Arthur's family, and the Division of Student Life has already been in touch to offer support and comfort. The university has also reached out to Arthur's roommates. Counseling is available through the Carruth Center or students may visit the office on the Evansdale campus."

The investigation was forwarded to the Morgantown Police Department Detective Division. Anyone with information regarding this incident is asked to contact the MPD at 304-284-7522.

The Carruth Center can be reached by calling 304-293-4431.

No additional information could be obtained in time for this report.

CORRECTIONS/ CLARIFICATIONS

Errors should be brought to the attention of Managing Editor Pam Queen, 304-291-9433 or pqueen@dominionpost.com.

LOTTERY

WEST VIRGINIA Daily 3: 8-3-8 Daily 4: 8-5-4-4

PENNSYLVANIA (afternoon)

Pick 2: 0-0 Pick 3: 3-1-7 Pick 4: 0-7-7-4 Pick 5: 8-0-5-6-2 Cash 5: 4-21-22-28-42 Treasure Hunt: 5-8-13-15-17 (evening)

Pick 2: 6-5 Pick 3: 3-4-3 Pick 4: 8-2-1-9 Pick 5: 5-2-1-7-5

MARYLAND (afternoon)

Pick 3: 8-4-9 Pick 4: 5-5-8-8 (evening)

Pick 3: 8-8-4 Pick 4: 9-6-7-6 Bonus Match 5: 2-27-31-33-38 Bonus Ball: 13 5 Card Cash: JH-QS-KS-10C-6S

ALL LOTTERY numbers were not available at press time.



William Wotring/The Dominion Post

Looking down Inglewood Boulevard at the intersection with University Avenue, the site where Jerry Wilkins was murdered in 2002.



The Dominion Post file art

Brian Ferguson (left) and attorney Jim Zimarowski (right) listen as the verdict is read in November 2002.

FERGUSON

FROM PAGE 1-A

mitted the crime. Brown-Hepworth agrees: Brian Ferguson is guilty.

"Yes he is. Yes he is." On Feb. 2, 2002, Wilkins, a WVU student, was shot in Evansdale. At his trial later that year, a jury convicted Ferguson of first-degree murder. He was sentenced to life without parole.

Ferguson was granted a new trial a decade later. Then, he pleaded to second-degree murder while maintaining his innocence. He was released from jail and now works in Washington, D.C.

Some of those involved with the Morgantown case spoke to The Dominion Post about the case days before the anniversary.

Must be a mistake

Dallas Branch is a professor emeritus at WVU College of Physical Activity and Sports Sciences and was Wilkins' teacher and adviser.

"He was a great guy," Branch said.

At WVU, Wilkins was a mentor with the Pass Key program, which helped minority students' transition to college. He also was president of his program, and Branch described him as a leader of leaders. Wilkins was in his final semester and hoped to work in the NFL one day, Branch said.

His mother said her son was spoiled, but and he became someone who tried to help others. Someone who was a star basketball player in high school. Someone who got his college career on track when he joined the National Guard. Someone who was spiritual. Someone who gave his graduation money to a cousin so she could buy a dress. Someone Brown-Hepworth wanted to emulate.

"Jerry, when I grow up I want to be just like you," Brown-Hepworth tells others when she talks about her son.

It was about 7:20 p.m. Feb. 2, when police responded to the shooting at University Avenue and Inglewood Boulevard. Phil Scott was the first police officer to arrive. At that time, he was a shift commander with Morgantown Police.

Scott said he tried to talk to Wilkins.

"I asked him what happened. 'What happened, who did this to you?' Obviously he couldn't communicate," Scott said. "If he could have, it sure would have helped the case."

The wound — a gunshot to the shoulder — seemed survivable, Scott said.

During the trial, sev-

eral witnesses testified about founding Wilkins and trying to keep him alert.

"When we first got there he could hardly talk," Holly Breuer testified. "He was just moaning and he just said, 'I don't want to die.'"

Scott said EMS took Wilkins in an ambulance and another officer was on the way to talk to him once he was stabilized at the hospital.

"I was shocked when they called me and said he died," he said.

Wilkins died from internal injuries — the bullet hitting his heart and a lung.

Friends called Brown-Hepworth, who didn't believe the reports. Wilkins must have been in the crossfire; he'd never be in that situation.

"I remember getting the call he had been shot and I knew it had to be a mistake," she said. But, people kept saying they thought Jerry would be OK. "I never imagined, not one second that my son was going to die."

She and her now-husband hurried to the car to drive from New Jersey to Morgantown. About 30 minutes on the road, word came that Wilkins had died.

"I was just devastated. I was numb and it just was not real. It was not real," she said.

There were memorial services in Morgantown and New Jersey. Seeing the packed church, hearing the way the Alpha Phi Alpha members talked about Jerry, made Brown-Hepworth realize her son was more than she imagined.

"It was like going to a celebrity's funeral," Brown-Hepworth said. "I had no idea God anointed him so."

Scott wasn't involved with the investigation, but remembered that it didn't take long to identify a suspect.

While not speaking to the Ferguson case, Scott said at MPD officers were careful anytime they charged someone with a capital crime.

"We always would probably want a little more [evidence] than you need," Scott said.

Former Prosecuting Attorney Marcia Ashdown said her office believed Ferguson was guilty. Wilkins didn't have any enemies, except for Ferguson, and the case appeared to be a dispute over a woman, Ashdown said. The State's argument included a previous altercation involving a knife between the two.

Ashdown said they felt a lot of pressure because everyone wanted to see justice served.

During the trial, Brown-

Ferguson finds new purpose

THIS STORY originally appeared in The Washington Post. It is reprinted with permission.

BY JUSTIN WM. MOYER

The Washington Post

Brian Ferguson, who was hand-picked by D.C. Mayor Muriel E. Bowser three months ago to lead a city agency, oversees a staff of seven and has an annual budget of \$490,000.

About three years ago, he was serving a life sentence for murder.

Ferguson is the director of the Mayor's Office of Returning Citizen Affairs, tasked with helping D.C. residents released from prison get back on their feet. The office's goal is to ease the transition of inmates back into society, connecting them with jobs, housing and other services.

Ferguson faces a tough road. In 2015, the D.C. inspector general found the office to be understaffed, underbudgeted and not fulfilling its mission. Another report, released by the nonprofit Council for Court Excellence, raised many of the same questions about the agency.

Ferguson's personal story, meanwhile, is worthy of a Charles

Dickens novel.

He was a 20-year-old college student in West Virginia when he was accused in 2002 of fatally shooting a fellow classmate — a crime he says he didn't commit. He was sentenced to life in prison, far from his family in Washington, then set free 11 years later, after a high-powered legal team got his sentence overturned.

He found himself in a changed world, surrounded by unfamiliar technology in a changed city, and looking for a job with a murder conviction. It's the kind of story former inmates know well.

"I'm a proud, successful returning citizen," Ferguson said. "The things I've had to deal with have shaped me as a man and a person."

'A very stark reality'

A District native, Ferguson grew up in Michigan Park during the crack epidemic that began in the late 1980s, but he says he drew inspiration from his rough surroundings.

"I saw that as much negativity that was going around about that epidemic, there was a great amount of strength and resiliency in neighborhoods and

SEE PURPOSE, 3-A

Hepworth said she was of one mind.

"In my mind, my whole purpose in life was that his murderer get justice."

Guilty verdict, new trial

The jury found Ferguson guilty of first-degree murder and recommended life in prison without parole. One of the jurors said the case was emotional, stressful. Not just for the suspect and victim's family, but the jurors as well.

The juror said she was emotional when the verdict was read. She was fearful of retaliation from someone involved.

She said the jury believed the state proved its case. "In my opinion, he did, he did kill the boy," the juror said, later adding, "I believe in my heart he was guilty."

Ashdown said those who worked the case in her office were grateful with a guilty verdict.

"We believe it was the result that should have been returned," she said.

Brown-Hepworth said she prayed in the days before the verdict.

"When we heard the verdict, I was not shocked," Brown-Hepworth said, "but just thanked Jesus."

The state Supreme Court denied Ferguson's initial appeal. But, in 2012, he filed a request to review the case. Monongalia County Circuit Court Judge Philip Gaujot ruled that a possible other suspect — who could have provided reasonable

doubt — was not fully investigated and presented by the defense and Ferguson should be released pending a new trial.

According to court records, a federal drug suspect said that another man, while intoxicated, said he shot Wilkins. Police testified that during an interview that man denied the confession and he was ruled out as a suspect.

Ashdown said they never had real cause to believe the claim.

Ferguson's defense Attorney Jim Zimarowski declined an interview request for this story.

The new trial was a blow to Brown-Hepworth.

"I was in shock," she said. "It was like losing my son all over again."

The Supreme Court agreed with Gaujot. Chief Justice Allen Loughly wrote a dissenting opinion, saying the defense did everything it could to defend Ferguson.

"In fact, it is fair to say that the State had overwhelming evidence that pointed to Mr. Ferguson's guilt," he wrote in his opinion.

The State faced an uphill battle in re-trying the case, Ashdown said. Witnesses had left the area and there were other evidentiary issues. That was part of the reason behind the plea agreement.

Brown-Hepworth said she knew prosecutors decided not to retry the case before the phone rang and had a simple message for prosecutors.

"I know that you've done everything you pos-

sible could to get justice for Jerry," she said. She added it was then Jerry's spirit filled her, telling her she did everything she could, that it was time for her to live her life.

"I forgave Brian Ferguson at that moment."

Ferguson entered his plea as an Alford plea, which means he doesn't discuss the facts of the case, or participation in the crime, but admits there is enough evidence for a jury to convict him.

It is still a guilty plea.

Not taking my joy

The plea called for Ferguson to get credit for the time served and for his release from the Mount Olive Correctional Center.

He works at the D.C., Mayor's Office of Returning Citizen Affairs, which assists inmates returning to society.

Ashdown said she hopes Ferguson learned from his experiences and can be a safe member of society. She said she continues to believe Ferguson committed the crime.

Brown-Hepworth said she prayed that Ferguson would mentor others in prison. While it wasn't her plan, she realizes that God answered her prayer and Ferguson has to live with the consequences of his actions.

"I wanted Brian Ferguson to be in jail for the rest of his life," Brown-Hepworth said. "At the end of the day God is in control and I'm free. Nothing Brian Ferguson can say or do, I will allow to take my joy."

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PURPOSE

FROM PAGE 2-A

families," he said.

His parents split before he was a year old, and although he did well on standardized tests, he wasn't interested in school.

"He stayed out as much as he stayed in," said his father, James Ferguson.

In 2000, Ferguson landed at West Virginia University in Morgantown. He soon had a 4.0 grade-point average.

"Once he was there, he found out that, 'Oh, school is not boring,'" said his mother, Lynn Bush.

But Ferguson began to clash with a popular graduate student, Jerry Wilkins. Wilkins worked in the university's sports management program and volunteered in a mentoring program for minority students. Ferguson, who is black, and his girlfriend were members.

About 7 p.m. on Feb. 2, 2002, Wilkins, who was in his final semester at WVU, was shot in the back in front of his apartment. Prosecutors charged Ferguson with murder. They alleged that he thought Wilkins was interested in his girlfriend and that Ferguson had a grudge against Wilkins, stalking and threatening him as much as a year before the shooting. Court records indicate that witnesses gave varying descriptions of the gunman, and Ferguson was arraigned weeks later.

"Jerry was very well liked, very well respected," said Dallas Branch, a professor emeritus in the WVU sports management department. WVU named a scholarship after him. "He was just a great guy. ... He had big dreams to work in the NFL, and so it was just a shame."

In November 2002, Ferguson was convicted of Wilkins' murder and received a sentence of life without the possibility of parole in 2003. He spent a decade behind bars at the Mount Olive Correctional Complex, about a three-hour drive south of Morgantown.

"It was a very stark reality," he said in an interview at his D.C. office. "Doing 11 years in any situation is difficult. Doing it when you know you shouldn't be there in the first place is even more difficult."

Ferguson searched for a way out.

In Mount Olive's law library, he researched legal options in hopes of freeing himself. Back in Washington, a high-powered legal team that included future U.S. Attorney General Eric H. Holder Jr. took on his case.

Paul Schmidt, a partner at Covington and Burling who worked on Ferguson's defense, said Ferguson's new legal team argued that he had ineffective assistance of counsel during his trial because his attorney failed to interview a man

who allegedly confessed to killing Wilkins.

"It's hard to look at how important this evidence was ... and not see the problem," Schmidt said.

In 2013, a West Virginia court granted Ferguson a new trial. Prosecutors allowed him to enter an Alford plea — he didn't admit guilt but acknowledged there was enough evidence to convict him. The court sentenced him to time served.

Prosecutors remain convinced of his guilt — as did a state Supreme Court judge who, in an acid dissent, said the decision to grant Ferguson a new trial "laid waste to the considerable efforts and resources of the State and the jury in bringing [him] to justice."

"We would not have prosecuted him if there had been any kind of doubt in our minds," Morgantown prosecutor Marcia L. Ashdown said. Of the plea agreement, she said, "Once a decision is made, it's a decision that an office like mine accepts."

'I spent 11 years dreaming'

Ferguson's father picked him up from Mount Olive in 2013. Ferguson moved in with his mother, near Georgia Avenue.

"I didn't want to stop anywhere until I got back home," he said. "I spent 11 years dreaming about being back in the District."

For six months, as part of his plea deal, he wore an



Washington Post photo

Brian Ferguson

ankle bracelet.

He found the resources offered by the city's Court Services and Offender Supervision Agency, which works with people on probation, inadequate after being referred to jobs that no longer existed.

So Ferguson turned his felony record into a strength, winning a fellowship from D.C. nonprofit Halcyon Incubator to develop a database of resources for returning citizens and working on the city's "ban the box" law, which limits the ability of employers to consider a job applicant's criminal history.

He also was admitted to Georgetown University as a transfer student in fall 2015

— and didn't shy away from talking about his 13-year absence from school.

"If you're transferring in and it's been more than two years since your last class, you have to explain why," he said. "Normally that's for people who decided to take a break and travel the world."

After working at the city's Office of Human Rights, Ferguson was recommended to the mayor by his predecessor at the returning-citizens agency.

In trying to turn the agency around, Ferguson's priorities are centralizing information about services available to returning citizens and facilitating family trips to correctio-

nal facilities — some of them hours from the District — where D.C. inmates are housed.

"Everything is in place to hit the ground running," he said.

Ferguson also talks to friends back at Mount Olive every week. When he was married in October, two former inmates, one just released after 27 years, were there.

Just because prison wasn't good doesn't mean it wasn't good for something.

"What it taught me was the importance of reaching back and helping everyone you can possibly help," he said. "I dislike the term 'reaching down.' It's not a 'down' thing."

Mon General Hospital

HealthFair

February 24 & 25 Morgantown Mall

HealthFair is an annual opportunity for individuals to participate in health screenings, get an overall picture of their health and learn what steps to take to create a healthy lifestyle. Pre-Register now for some of the many wellness screenings and events.

Ultrasound

(limited appointments available)

FREE ultrasounds of the gallbladder, aorta and carotid arteries will be offered during HealthFair from 7 a.m. - 2 p.m. on Friday and 7 a.m.- 12:30 p.m. on Saturday. The gallbladder ultrasound checks for gallstones, the aorta ultrasound checks for aortic aneurysms, and the carotid ultrasound checks for the build up of plaque that can lead to a stroke. **To register, please call (304) 285-2730 or (304) 599-7358, Monday - Friday, 8 a.m.- 4 p.m.**

If you've had this screening within the past two years, and the results were normal, you do not need another screening unless directed by your physician. A six hour fast is required for best results.

*Electrocardiograms (EKG) and Echocardiograms will also be offered during HealthFair but only on a walk-in basis. No pre-registration is required.

Shingles Vaccine, Flu Shot and Pneumonia Vaccine

Giant Eagle Pharmacy will be offering the shingles vaccine, flu shot and pneumonia vaccine at HealthFair. Pre-registration is available and walk-ins are welcome. To inquire about cost for each or to pre-register call (304) 599-2369. Please bring your insurance card with you.

Multiphasic Blood Analysis/PSA/TSH

Mon General will be offering the Multiphasic Blood Analysis for **\$30**. The PSA (Prostate Specific Antigen) screening will be available to men for an additional cost of **\$15** and the TSH (Thyroid Stimulating Hormone) will also be offered for an additional cost of **\$15**.

To register for the Multiphasic, PSA, TSH or to print out a registration form, please visit mongeneral.com/healthfair.

Pre-registration and payment deadline is February 6. Payment with credit card is required for online registrations.

No registrations will be taken by phone. Walk-ins will be accepted from 9-11 a.m.

Baby Crawl

The Baby Crawl, sponsored by The Perinatal Education Program of Mon General and the Hazel Ruby McQuain Birth Center, will take place on Saturday afternoon. This event features babies, all under the age of one, competing in a 20-foot crawl. Several heats are held and concludes with the winners of each heat participating in a final crawl-off. To register your baby for this year's crawl visit mongeneral.com/healthfair.

For a complete list of screenings, activities and other events during HealthFair, look for our full page ad in The Dominion Post on Sunday, Feb. 19.

FREE CPR Class

Mon General Hospital clinical educators will be offering free CPR classes at HealthFair. Each class is four hours long and participants will learn what to do for choking, when to call for help, and how to perform CPR until help arrives. Class covers adults, children and infants. Class size is limited and pre-registration is required by calling (304) 285-2730 or (304) 599-7358.

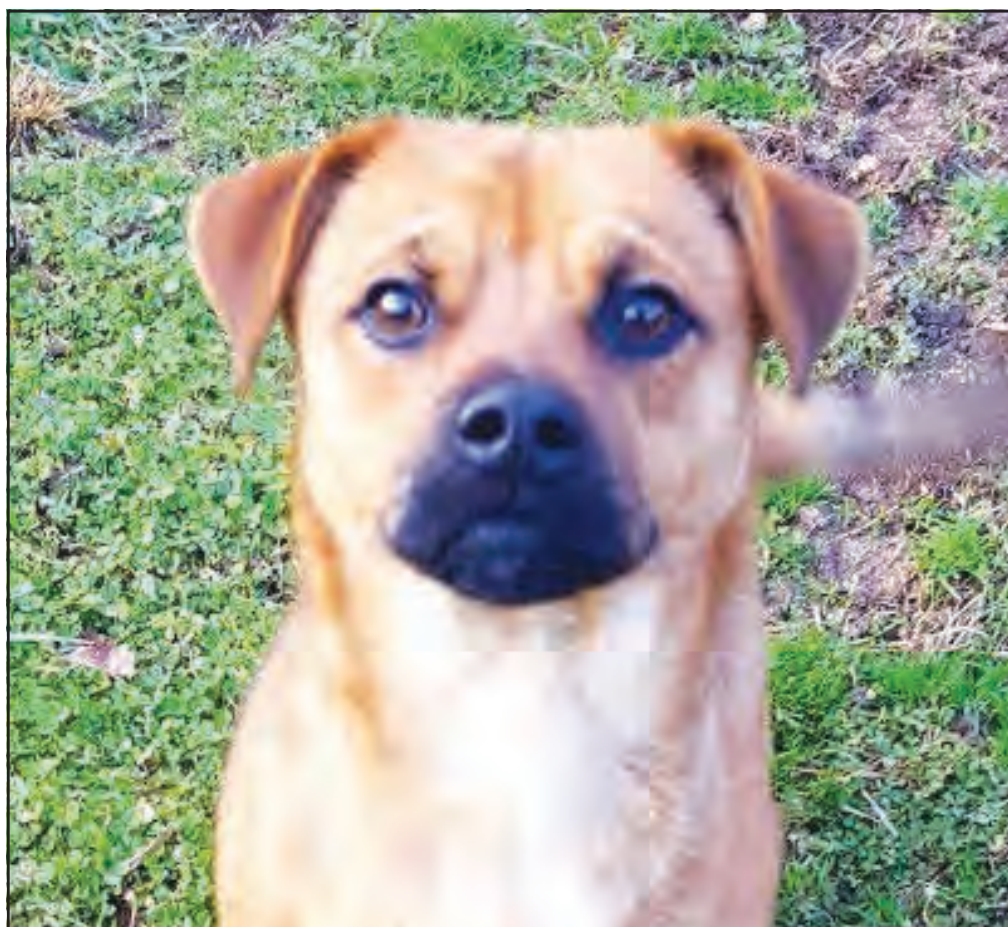
Class times are: Friday, February 24, Noon - 4 p.m.
Saturday, February 25, 8 a.m.-Noon





Lucy is a 5-month-old kitten with lots of love to give. She can be very shy, but once she gets to know you she is fine. She would do well in a home without children.

Submitted photos



Chowdar is a 1 1/2-year-old beagle mix who has lots of fun-loving energy. He enjoys playing and is a professional at tug-of-war. He knows a few tricks, but would rather show you love instead. Chowdar is a big kisser and snuggler. He gets along well with other dogs, but would prefer to eat alone.

You can help pets in need when you shop

Submitted to The Dominion Post

You can support the Marion County Humane Society when you use your Kroger Plus Card. To get started, sign up online at Kroger.com/communityrewards. Then click "Community," then "Community Rewards," then click "Enroll," fill in your information, click "Enroll." When it prompts you to pick an organization, search for MCHS by name or

organization Number 84355. Individual purchases will begin counting toward your organization within 7-10 days. Every time a member scans the card, your organization starts earning a rebate.

These animals are up for adoption at the Marion County Humane Society's No-Kill shelter, in Fairmont. All animals adopted will be heart worm tested, up to date on vaccines,

spayed/neutered, and given a flea preventative. In addition to visiting the shelter, you can call 304-366-5391 or email information mcwvhs@gmail.com for more information.

Thanks for considering an animal from the Marion County Humane Society. Visit: mchswv.com.

Adoption fees for dogs are \$175.

Adoption fees for cats are \$75.

MCHS to host winter craft show

Submitted to The Dominion Post

The Marion County Humane Society is hosting a winter craft and vendor show from 10 a.m.-4 p.m. Feb. 18, at the New Fairmont Armory. The show will include face painting, a basket raffle and money prizes. The main raffle prize will be announced at 2 p.m., with smaller prizes given throughout the show. A

PROCEEDS WILL benefit the Marion County Humane Society.

selection of pets available for adoption will be at the show, and their adoption fees will be half off.

Vendors or crafters interested in a table, email Ashley_bartholow@aol.com.

Shop • Donate • Volunteer

Animal Friends Thrift Shoppe

Tues., Thurs. & Fri. 11am-5pm
Sat. 10am-5pm

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Mon, Preston may have high levels indoors

National Radon Action Month promotes testing

FOR MORE INFORMATION about radon or to set up an appointment to have your home and/or business checked, call the health department at 304-598-5131 or visit monchd.org.

Submitted to The Dominion Post

January is National Radon Action Month, which aims to increase public awareness of radon, promote testing and mitigation and advance the use of radon-resistant new construction practices.

Ultimately, an increased public awareness will save many lives from radon-induced lung cancer.

The Environmental Protection Agency found that Monongalia and Preston counties are among 20 West Virginia counties with a high potential for elevated levels of radon indoors, so it is especially important to test your home and/or business for high radon levels. Homes or businesses that have radon levels of 4.0 pCi/l (picocuries per liter) or higher should install a system to reduce the amount of radon gas in the atmosphere.

Radon is a gas that cannot be seen, smelled or tasted. Radon is the result of radioactive metals breaking down in rocks, soil and groundwater. Exposure to radon occurs primarily by inhaling the air that comes through cracks and gaps in buildings and homes.

Radon comes naturally from the earth, so exposure to small doses of the gas is constant. The amount of exposure that occurs is the critical issue in determining health consequences. Exposure to high levels of radon over time increases the risk of lung cancer, which may take years to appear. Radon is the second leading cause of lung cancer, after cigarette smoking, and accounts for more than 20,000 lung cancer deaths per year in the United States.

Joseph Lawson, Monongalia Health Department (MCHD) sanitarian, said, "Radon gas breaks down and emits radioactive energy to the lungs when inhaled. After many years of exposure, it can cause lung cancer. Many people are not aware that radon is present in this county at a higher rate than usual. If you have high radon levels in your home or business, you could be receiving harmful doses of radiation. Testing for radon is the only way to measure the presence of radon."

SEE RADON, 6-A

BRIEFS

Staff, submitted reports

Dr. Raymond will offer free dentistry on Valentine's Day

Dr. Dominic J. Raymond II will offer free dentistry on Feb. 14 at his office, located at 56 Mileground Road as part of the Doctors With a Heart Program. Services are available to those over 18, out of work and without dental insurance. Services are limited to examinations, fillings, extractions and radiographs.

Appointments are required and can be made by calling 304-296-2273.

Doctors With a Heart Inc. is a doctor-sponsored charity organization that provides free dental services each Valentine's Day to those who cannot afford healthcare.

WVU Retired Faculty to host program Wednesday

The WVU Committee of Retired Faculty will present a program for all retired WVU faculty, spouses and guests at 2:30 p.m. Wednesday, Feb. 1, at Heritage Point in Morgantown.

Linda Bunn, associate state director, AARP West Virginia, will discuss "How to Make a Lifelong Home/Aging in Place."

Refreshments will be provided by the WVU Foundation.

BOPARC will fix broken wall

Repairs to cost total of \$50K at Jack Roberts Park

BY BEN CONLEY

The Dominion Post

An effort by the Board of Parks and Recreation Commissioners (BOPARC) and residents of the 1st Ward to repair or replace the crumbling retaining wall that borders Jack Roberts Park continues.

The wall originally ran along the length of the park bordering Madigan Avenue before rounding the corner at the

UPDATE

intersection with Leonard Street. Following the collapse of part of the wall in 2015, a stretch of the structure was removed. Old stone was collected and BOPARC is storing it, in case the wall can be either rebuilt or the original stone can be incorporated into a new structure.

During the most recent regular BOPARC meeting, Margaret Roberts, representing the Jack Roberts Park Preservation Association, said that because of cost and modern code enforcement regulations, the 4-foot wall may have to be replaced with

SEE WALL, 6-A



Lindsey Fleming/The Dominion Post

A wall on the corner of Madigan and Leonard streets, at Jack Roberts Park, shows signs of deterioration.

Fight like a girl



Emily Cowen/The Dominion Post

Participants practice self-defense at a seminar hosted by Rough Kitty Saturday at Mountaineer Mall.

Rough Kitty hosts self-defense seminar

The Dominion Post

Rough Kitty Women's Self Defense held an introductory seminar on self-defense for trails and parks inside the Mountaineer Mall Saturday afternoon.

Instructor Josh Fowler demonstrated a number of simple, practical maneuvers to protect oneself from an attacker. He showed how to move toward an adversary and grab the wrist at an angle to break grip, instead of pulling the wrist back or driving one's body weight forward to break choke hold.

Fowler said this class was meant to show only practical moves and responses to situations to an assault. He noted that even if participants retain only a third of what is taught, they will be prepared.

"There is no fast and easy solution to what we're here for. Learning to defend yourself is a lifelong practice," he said, noting he practiced for 12 years and still has more to learn.

Fowler also said the course delved into intense categories to provide a realistic perspective and prepare participants for potential scenarios.

Fowler said he would be conducting a full-length course in March.



Emily Cowen/The Dominion Post

Molly Banfield (left) and Emma Banfield practice self-defense moves. More photos are on dominionpost.com.

While the introductory seminars were free, donations were collected and passed on to Planned Parenthood, which helped organize the program.

Emily Thompson, area field organizer for Planned Parenthood, said the organization provides services for 2.5 mil-

lion women throughout the country and the self-defense demonstration is an extension of that mission.

Fowler said anyone that couldn't attend Saturday's seminar, but wants to learn can contact him by looking up Rough Kitty on Facebook.

Riffle selected as new Marion sheriff

BY ALEX LANG

The Dominion Post

New Marion County Sheriff Jimmy Riffle said without a strong relationship with the community, it is hard for the department to complete its mission.

"I think it's essential," Riffle said. "I don't know how you can solve problems if you don't know where they are."

That is why working with area law enforcement agencies, first responders and the community in general is one of the top items the sheriff of two weeks wants to tackle.

With less than a month on the job, Riffle said he and his staff weren't able to make sweeping changes enact new initiatives. But, they said to the deputies to make themselves more visible and hopefully, one day, they will attend the fairs or community meetings.



Alex Lang/The Dominion Post

Marion County Sheriff Jimmy Riffle took charge of the department this year.

On Jan. 1, Riffle took the reins of the Marion County Sheriff's Department after his November election. That came after he retired following 27 years of service in the department, finishing with the rank of sergeant.

Even with a few high-profile happenings in the first couple of

weeks on the job — including a deputy injured while assisting at a vehicle fire and a standoff that involved dozens of police officers — Riffle said the transition wasn't too bad.

"So far it's been really

SEE RIFFLE, 6-A

WVU institute to host heart health program

Free assessments, screenings included

FOR MORE INFORMATION about this program, call 1-877-WVU-4HRT (988-4478).

The Dominion Post

The Seventh Annual Women Love Your Heart screening program will be from 8 a.m.-1 p.m. Saturday at the WVU Heart and Vascular Institute at Suncrest Towne Centre.

Heart disease is the number one killer of women, claiming more lives than all forms of cancer combined. The WVU Heart and Vascular Institute is partnering with the WVU National Center of Excellence in Women's Health and

“More women than men die of heart disease each year, and women experience different symptoms than men typically do.”

Dr. Samantha Crites, Cardiologist in Women's Health and

the WVU Extension Service to help women care for their hearts. Women Love Your Heart provides free screenings, assessments and services, including:

- Blood pressure
- Body fat
- Glucose/cholesterol
- Cardiac risk assessment
- One-on-one healthy nutrition counseling sessions
- Pharmacy discussions
- Personal fitness instruction

All attendees are asked to bring a list of medications and supplements. Fasting is preferred but it is not required for the cholesterol and glucose tests.

"More women than men die of heart disease each year, and women experience different symptoms than men typically do," Dr. Samantha Crites, cardiologist at the WVU Heart and Vascular Institute, said. "The more women know, the better prepared they will be to make the healthy choices and life-style changes that can make a huge difference."

"As caretakers, women's own health needs are often neglected. Women Love Your Heart events celebrate the power we have as women to band together to wipe out heart disease and stroke," Betty Critch, WVU Center of Excellence in Women's Health executive director, said.

Gift baskets will be awarded as door prizes. Attendees can make a memory at the heart-themed photo booth and share their stories with other women on social media using #LoveYourHeart.

The WVU Schools of Medicine, Nursing and Dentistry and the WVU Human Nutrition and Foods program are participating, offering education and instruction on exercise, diet and wellness. The American Heart Association will be on hand to help participants understand their risks and find their motivation for keeping their hearts healthy.

This program is funded in part by the WVU Extension Service, with support from the Foundation for the National Institutes of

SEE HEART, 6-A

EMAIL obituaries to obits@dominionpost.com.

Lora Bolyard

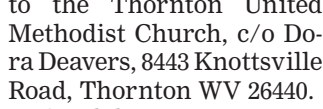
Lora Ann Sheets Bolyard, 81, of Newburg, went home on Thursday, Jan. 26, 2017, at her residence with family by her side.

She was born May 23, 1935, in Independence, daughter of the late James Everett and Elsie Senora Watkins Sheets.

Family and friends will be received at Bolyard Funeral Home, 79 Morgantown Ave., Newburg, from 11 a.m. Sunday, Jan. 29, until the 1 p.m. funeral service with the Rev Carl Trickett officiating. Interment will follow at Blackwood Cemetery.

A special thank you to Amedysis Hospice of Morgantown for their help and special care of Lora Ann. In lieu of flowers, memorial donations may be made to the Thornton United Methodist Church, c/o Dora Deavers, 8443 Knottsville Road, Thornton WV 26440.

Condolences: bolyardfuneralhome.com



Lora Bolyard

Marie Bolyard

Marie Victoria Orlando Bolyard, of Suncrest, died Monday, Jan. 23, 2017, at home with family at her side.

She was born April 19, 1927, in Morgantown, a daughter of the late Domenico Antony (Tony) Orlando and Renata Sampaoli Orlando. Marie was the last remaining member of the Orlando family.

She spent her early years in Marion County while her parents operated the Superior Supply Store. Upon moving to Morgantown, Marie's parents opened a grocery store on Beechurst Avenue. The store, in 1941, became Tony's Restaurant. Along with her parents, Marie, her sisters Lena and Nancy, and her brother, Edward, worked tirelessly serving classic Italian meals to customers for the next 53 years. She and her brother were the last to operate the family business. Following her retirement, Marie stayed active, cooking for family gatherings, gardening and decorating her home.

Marie was a member of St. Mary Roman Catholic Church. She was active in the Catholic Daughters, Columbiana Lodge, Sons of Italy and was a lifetime member of Mon General Hospital Auxiliary. She was active in fundraising for the Mon General Hospital Ball of the Year and the Monongalia Arts Center.

Surviving her are her daughters, Starlyn Baxter, Vicki Cosner (Edgar) and Carolyn Hizak (Steve); her son, Charles E. (Annalia); four grandchildren, Rachel DeBacker (Jason), Jason Weaver, Kiersten Hizak and Kelsey Hizak; two great-grandchildren, Mark and Sawyer DeBacker; nephews, Rick Fortuna and Anthony Fortuna; nieces, Renee Tonon Witt (John) and Lisa Fortuna.

In addition to her parents, she was preceded in death by her husband Charles A. Bolyard; sisters, Lena Tonon and Nancy Fortuna; brother, Edward; brothers-in-law, Robert Tonon and Ernest Fortuna; son-in-law, Mark Baxter; granddaughter, Jennifer Baxter; and nephew, Bobby Tonon.

The family would also like to extend a sincere thank you to the doctors, nurses and staffs of Mon General Hospital, Mapleshire Nursing Home and Rehabilitation Center, Morgantown Hospice and most importantly, Michelle, all of whom provided Marie with excellent care during her final days.

A mass of Christian Burial was celebrated Saturday Jan. 28, at St. Mary Roman Catholic Church with Pastor John V. Di Bacco Jr. officiating. Burial was at East Oak Grove Cemetery.

Memorial donations may be made to the St. Mary Building Fund, 334 University Ave. Suite B, Morgantown, WV 26505.

Services and arrangements were handled by Hastings Funeral Home.

Condolences: hastingsfuneralhome.com



Allen Henderson

Allen Keith Henderson, 35, of Core, entered into rest on Jan. 27 2017.

Fred L. Jenkins Funeral Home is in charge of arrangements, which are incomplete.

Robert O'Neil

Robert Edward "Buck" O'Neil, 92, passed away at Sundale Nursing Home on Jan. 25, 2017.

In accordance with the family's wishes, cremation services will be provided by Hastings Funeral Home.

Friends and family will be received at Hastings Funeral Home, 153 Spruce St., Morgantown, from noon Monday, Jan. 30, until the 2 p.m. memorial service

with the Rev. Dr. James M. Leonard officiating. A private family inurnment will take place at Beverly Hills Memorial Gardens.

In lieu of flowers, please send memorial donations to the First Baptist Church 432 High St., Morgantown, WV 26505.

Condolences: hastingsfuneralhome.com

William Pailes IV

William H. Pailes IV, 85, of Morgantown, passed away Wednesday, Jan. 25, 2017, at home.

William, "Bill" was born in Brooklyn, N.Y., in 1931, the son of the late Mildred and William H. Pailes III.

Bill served his country as a medic in the Navy during the Korean War and after receiving his master's degree from the University of Iowa in 1968, moved to Morgantown to begin his career as a research biochemist with NIOSH, where he continued until his retirement.

He was a talented artist whose hobbies included traveling, camping, square dancing and philanthropy. He enjoyed golf, especially playing with his sons, and could often be found playing a round at the Meadowponds with old friends.

One of his greatest loves was the Boy Scouts of America, for which he served as a leader for over 40 years. Bill was Morgantown's Troup 65 Scoutmaster for almost 25 years and Assistant Scout Master for another 20 years, during which time his scouting program recognized over 80 boys with Eagle Scout. He was the recipient of the Silver Beaver Award and District Award of Merit for his contributions to Boy Scouting. During his tenure, he completed the Woodbadge adult leader training, served on the Mountaineer Area Council Executive Board for over 25 years, was the Boy Scout National Jamboree Scout-

master, participated as a member of the National Jamboree staff for many years and facilitated several memorable Troop 65 scouting trips to Philmont Scout Ranch, Florida Sea Base, Charles L. Sommers Canoe Base and the Maine High Adventure Base.

Bill is survived by his wife of 57 years, Virginia; his children, Catherine Pailes Matthews (Phil); William H. Pailes V (Nichole); Robert F. Pailes (Georgeanne); and grandchildren, Olivia, Jack, Jessica, Alexia, Hallie, Madison, Siena and Ronan. He is also survived by his brother, Richard Pailes (Roberta); sister, Jeanne Cromwell; sister, Pam Helms (David); brother, Arthur Pailes (Vicki); and several nieces and nephews.

The family would like to thank Dr. John Lobban, Dr. Alan Hess, the staff at Mapleshire Nursing and Rehabilitation Center, Debbie, Ellen and Shirley for their caring and kindness. A special thank you as well to the Green family and Hank Burton for their support and valuable friendship to Bill and his family.

Per his wishes, Bill's ashes will be spread at Sanibel Island, Fla., a favorite family vacation spot. Troop 65 will host a memorial service at a later date.

In lieu of flowers, please send donations to the Bill Pailes Scouting Adventure Fund, Boy Scout Troop 65, Suncrest UMC, 479 Van Voorhis Road, Morgantown, WV 26505, or fundme.com/bill-pailes-scouting-adventure-fund.

Condolences: hastingsfuneralhome.com



Clarence O. Molisee

Clarence O. Molisee, 74, of Reedsville, passed away Wednesday, Jan. 25, 2017, at Mon General Hospital.

He was born in Mason town on Aug. 14, 1942, a son of the late Samuel Molisee and Mary (Murphy) Molisee.

He worked for many years as a coal miner.

He is survived by five sisters, Mary Molisee, of Reedsville, Patricia Molisee, of Reedsville, Louise Wilhelm, of King-

wood, Faye Melchek, of Masontown and Clara Bowling of St. Louis, Mo.; and one brother, John Molisee.

To honor his wishes the Field Funeral Home, in Masontown, will provide cremation and there will be no public services.

Condolences: fieldfuneralhome.com



Pearl Harbor Navy diver dies at 103

Associated Press

SAN DIEGO — Ken Hartle, who as a Navy diver during World War II had the grim task of retrieving bodies from ships sunk by the Japanese at Pearl Harbor, has died. He was 103.

Hartle died Tuesday afternoon at an Escondido, California, center for people with Alzheimer's disease or dementia, the San Diego Union-Tribune reported Friday. A reporter was at his bedside with Hartle's son and daughter three hours before his death.

Hartle may have been the oldest surviving Pearl Harbor salvage diver, said David Ball of San Diego, an officer with the Navy Divers Association.

Hartle and his fellow Seabees worked in the days before scuba diving equipment was common-

place. His heavy canvas diving suit and brass helmet weighed more than 200 pounds.

Japan's Dec. 7, 1941 surprise attack on Pearl Harbor sank or beached 18 ships. Among them was the battleship Arizona, which went down with 1,177 crew members.

Hartle was working as a civilian ship-fitter at a Navy yard in the San Francisco Bay Area when the war broke out but he wasn't allowed to enlist until 1943 because his job was deemed too important to the war effort.

Hartle was proud of the work he performed over the next two years, his children said. He risked death by towing away unexploded torpedoes and salvaging ships and planes, first at Pearl Harbor and later from Maine to the Philippines.

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: 2:30 p.m., O, D, NS, WA, (speaker last Sunday), Manchin Health Care Education Center, 401 Guffey St., Fairmont; 6 p.m., O, 11th step, NS, Rock Forge Presbyterian Church, 3085 Earl L. Core Road (W.Va. 7 east); 7 p.m., O, ST, NS, Sunrise Chapel, 20 Sunny Chapel Road, Fairmont; 7 p.m., O, NS, WA, Church of the Covenant, Grafton. (O, open; D, discussion; NS, no smoking; WA, wheelchair accessible; ST, step and tradition study). Info: 1-800-766-4442; mrsca.org.

ALCOHOLICS ANONYMOUS (AA): 10 a.m., C, D, S, log cabin at Westover Park; noon, O, D, 17 Club, No. 1 Brookstone Plaza, Green Bag Road; 6 p.m., O, D, NS, A, Woodburn Hall, Room 110, WVU Downtown Campus; 6 p.m., O, D, NS, A, Chestnut Ridge Hospital; 8 p.m. Primary Purpose Group, 17 club on No. 1 Brookstone Plaza., BB (BB, big book study; O, open; C, closed; NS, no smoking; S, smoking; A, accessible). Info: 304-291-7918; aawv.org.

AL-ANON: 6 p.m., 17 Club, No.1 Brookstone Plaza, off Green Bag Road. Adult children of alcoholics, public welcome. Info: 304-296-7939.

ALMOST HEAVEN Hunting, Fishing and Motorcycle Club: 8 a.m., Westover United Methodist Church fellowship hall, 28 North St. Westover. Breakfast is served.

DIVORCE CARE/DIVORCE CARE FOR KIDS: (ages 5-12): 6 p.m., Trinity Assembly of God, Fairmont. To register: 304-363-8237.

John Hurt, Oscar-nominated actor, dies at 77

Associated Press

LOS ANGELES — The versatile actor Sir John Hurt, who could move audiences to tears in "The Elephant Man," terrify them in "Alien," and spoof that very same scene in "Spaceballs," died. He was 77.

Hurt, who battled pancreatic cancer, died Friday in London according to his agent Charles McDonald.

Twice nominated for an Oscar for playing the tortured John Merrick in David Lynch's "The Elephant Man" and for his role as the heroin addict Max in "Midnight Express," Hurt's career spanned over 50 years. After minor television and film appearances, his breakout came in 1966 as Richard Rich in Fred Zinnemann's "A Man For All Seasons," followed by his portrayal of Caligula

“We’re all just passing time, and occupy our chair very briefly.”

John Hurt

in the BBC miniseries "I, Claudius" in 1976.

Hurt brought gravitas to Alan Parker's 1978 film "Midnight Express," for which he received a supporting actor Oscar nomination (he lost to Christopher Walken for "The Deer Hunter") and an uneasy humor to Kane in Ridley Scott's "Alien," immortalized by his disturbing death scene, which Mel Brooks later poked fun at with Hurt's help in "Spaceballs."

"It was terribly sad today to learn of John Hurt's passing," Mel Brooks wrote on Twitter. "He was a truly

magnificent talent."

Hurt is unrecognizable in perhaps his most memorable role as the lead in David Lynch's "The Elephant Man." He endured eight hours in the makeup chair daily to transform into John Merrick. The elaborate mask prohibited him from sleeping lying down or even eating while it was on.

"To be quite honest, the film was misery to make because of the physical problems, so if it's working I'm jumping for joy," Hurt said in a 1980 interview. Hurt did score a lead actor Oscar nomination for the

role, but lost out to Robert De Niro's performance in "Raging Bull."

Hurt was also a prolific voice actor, appearing as Hazel in the animated "Watership Down," and as Aragorn in Ralph Bakshi's "The Lord of the Rings." He also voiced The Horned King in "The Black Cauldron" and provided the narration for "Dogville."

In the "Harry Potter" films, Hurt played the wand-maker Mr. Olivander. In recent years, he appeared in notable fare such as "Melancholia," "Tinker Tailor Soldier Spy," "Only Lovers Left Alive" and "Snowpiercer."

"We're all just passing time, and occupy our chair very briefly," Hurt said in a 2015 interview while undergoing treatments for the early stage cancer.

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BRIEFS

Associated Press

Killing of mom, daughter under investigation

NORTH LAUDERDALE, Fla. — The Broward County Sheriff's Office is investigating the killing of a mother and daughter.

Deputies were called to a home shortly before dawn on Saturday on received reports of shots being fired.

Authorities said that they found a girl and a woman. The girl was pronounced dead at the scene, while the woman died at a hospital.

The sheriff's office so far has not released many details on the incident.

Parents found guilty of locking up son

LAWRENCEVILLE, Ga. — A jury convicted a couple of child cruelty for locking their oldest son in a basement.

WSB-TV reported jurors decided Friday in the case of Recardo and Therian Wimbush.

They locked their then-12-year-old son in a basement for 18 months as punishment and neglected to care for another son's malignant cancer. The Department of Family and Children Services acted on an anonymous tip in 2014 that led to their arrests.

The jury found them innocent of the four more serious first-degree cruelty charges but guilty on three counts of second-degree cruelty.

The Wimbushes, who served as their own attorney, face up to 30 years in prison.

A juvenile court will decide whether any of the couple's 10 children see

their parents again.

10 injured in party shooting at Armory

BROWNSVILLE, Tenn. — Authorities said 10 people were injured in a shooting at a party at a National Guard Armory.

Tennessee Bureau of Investigation spokeswoman Susan Niland said the shooting occurred before midnight Friday when a fight broke out at the armory. Authorities believe the facility had been rented out for a party.

Niland said the victims, including two juveniles and eight adults, were taken to Jackson General Hospital. Two are expected to be transported to The Med in Memphis with non-life threatening injuries.

Niland said seven others were treated for injuries and released, or are being released.

The scene at the armory was cleared.

The Tennessee Bureau of Investigation and the Brownsville Police Department are still investigating the shooting.

LAX to get scanners to speed up security

LOS ANGELES — Los Angeles International Airport will be getting new fingerprint and iris scanners for passengers who want to speed through security lines.

The *Los Angeles Times* reported Saturday that biometric screening company Clear will install kiosks by the end of March in Los Angeles and at Atlanta Hartsfield-Jackson International Airport and Minneapolis-St. Paul International Airport.

Historian: Till witness gave false testimony

Associated Press

NEW YORK — The woman at the center of the trial of Emmett Till's alleged killers acknowledged that she falsely testified he made physical and verbal threats, according to a new book.

Historian Timothy B. Tyson told *The Associated Press* on Saturday that Carolyn Donham broke her long public silence in an interview with him in 2008. His book, "The Blood of Emmett Till," comes out next week.

"She told me that 'Nothing that boy did could ever justify what happened to him,'" said Tyson, a Duke University research scholar whose other books include "Blood Done Sign My Name" and "Radio Free Dixie."

Emmett Till was a black 14-year-old tortured and killed in 1955 in Mississippi after allegedly whistling at a white woman, then known as Carolyn Bryant.

His murder became national news, was a galvanizing event in the civil rights movement and has been the subject of numerous books and movies. During the trial, Bryant said he grabbed her; and, in profane terms, bragged about his history with white woman.



AP file photo

Emmett Till's photo on his grave marker in Alsip, Ill. The FBI announced in 2005 that Till's body would be exhumed to conduct an autopsy to determine the cause of death. The autopsy was never performed.

The jury was not present when she testified.

Donham's then-husband, Roy Bryant, and his half brother, J.W. Milam, were acquitted by the all-white jury. Both men, who later told *Look* magazine they did murder Till, have since died. Milam's widow, Juanita Milam, would later tell the FBI she believed that Carolyn Bryant fabricated her story. Juanita Milam died in 2014. The Justice Department re-examined

the case a decade ago, but no one was indicted as a murderer or an accomplice.

On Saturday, the maker of a documentary on Till said he had long been sure that Bryant's story was false.

"His mother had mentioned that Emmett had a speech impediment and that the things Bryant claimed he was saying he could not have said easily," said Keith Beauchamp, whose "The Untold Story of Emmett Till" came out in 2005.

Tyson said that he spoke with Donham after her daughter-in-law, Marsha Bryant, contacted him. Bryant had read "Blood Done Sign My Name," about a racist murder during his childhood in Oxford, N.C., and invited Tyson to meet with her and Donham.

Tyson said he and Donham had two conversations and that he planned at the time to place the material in the archives at the University of North Carolina.

Mosque destroyed in blaze

Associated Press

VICTORIA, Texas — An early morning fire Saturday destroyed a mosque that was a target of hatred several years ago and experienced a burglary just a week ago.

A clerk at a convenience store spotted smoke and flames billowing from the Islamic Center of Victoria at around 2 a.m. and called the fire department.

"It's sad to stand there and watch it collapse down, and the fire was so huge," Shahid Hashmi, the Islamic center's president, said. "It looks completely destroyed."

Victoria Fire Marshal Tom Legler asked for help from the Texas Fire Marshal's Office and federal Bureau of Alcohol, Tobacco, Firearms and Explosives to determine what caused the blaze. Hashmi said authorities told him it was too early to speculate.



An early morning fire burns atop the Islamic Center of Victoria, Texas on Saturday.

AP photo

"None whatsoever right now," the center director said. "We don't have any lead or information as to what started the fire and what happened. So I'm sure it's going to be a few days, they told us, before they can come up with any answers for us."

The congregation's pastor, known as an imam, was awake in the early morning hours and checked online

surveillance of the mosque and found no alarm active and the doors unlocked, Hashmi said.

"He was worried about it and drove over there," Hashmi said. "By that time, fire engines were already there pouring water on the fire."

No injuries were reported. It took about four hours to extinguish the blaze.

Airport to be closed

Associated Press

SANTA MONICA, Calif. — A Southern California city and the federal government on Saturday said they reached a deal to close Santa Monica's airport, ending a lengthy legal battle over the site.

Under the agreement, the city can close the airport after 2028 and carry out plans to turn the 227-acre property into a park, Santa Monica officials said.

In the meantime, the city can shorten the airport's single runway to 3,500 feet from its current length of nearly 5,000 feet, which means larger jets will no longer be able to take off or land, city officials said.

Lawmakers won't publicly commit to 'bathroom bill' repeal

Associated Press

RALEIGH, N.C. — North Carolina's governor insists there are enough votes to kill the state's "bathroom bill." But a survey by *The Associated Press* and eight North Carolina newspapers shows less than a third of lawmakers are willing to publicly commit to that stance.

A closely watched deal to repeal the law fell apart during a December special session amid distrust between Democrats and Republicans. The law known

A closely watched deal to repeal the law fell apart during a December special session amid distrust between Democrats and Republicans.

as House Bill 2 sparked backlash from businesses and LGBT advocates who say it's discriminatory because it requires transgender people to use restrooms in many public buildings that correspond to the sex on their birth certificates. It also excludes sexual orientation and gender identity from statewide antidiscrimina-

tion protections.

Only 12 of 50 state senators and 40 of 118 current House members said they support abolishing the law, nearly all of them Democrats. On the other side, 13 representatives and six senators said firmly that they want the law to remain.

But the survey doesn't give a clear answer about

the likelihood of undoing the law. In both chambers, those giving a "yes" or "no" were outnumbered by those on the fence or declining to participate.

"It's going to be a heavy lift. I hesitate to comment one way or another without seeing a specific proposal," said Republican Rep. Josh Dobson, who represents mountain counties.

About 10 Republicans in each chamber said they were open to finding a solution but would have to see what's included in a repeal bill.

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BRIEFS

Associated Press

Israeli official was unaware of French meeting

JERUSALEM — Israel's Health Ministry said a top official, who recently met with the secretary general of France's far-right political party, was unaware of the person's identity — and the meeting was stopped once it became clear.

Health Ministry Spokesman Eyal Basson said Saturday the ministry's deputy director general attended a meeting billed as focused on medical cooperation and did not know Nicolas Bay represented the National Front. Basson said within five minutes, the meeting was halted.

Israel has no official ties to the party because of its far-right ideology and its history of anti-Semitism. Party leader Marine Le Pen is a leading presidential candidate in the upcoming election.

Bay tweeted some photos of his meetings with multiple Israeli officials. Those with an army colonel and the Health Ministry official were later deleted.

Italian minister says to nurse in offices

ROME — First, Pope Francis encouraged women during baptism ceremonies in the Sistine Chapel to nurse their crying, hungry babies. Now an Italian minister said there will soon be a directive to public offices making clear that women are welcome to nurse there, too.

Public Administration Minister Marianna Madia tweeted that "nursing shouldn't be banned anywhere."

On Saturday, Italy's postal system, Poste Italiane, said in a statement that nursing isn't banned in its post offices. It rejected a complaint by a woman, initially posted on Facebook and picked up by Italian media, that post office officials in the northern town of Biella told her she couldn't nurse her son and denied her the use of a bathroom to clean him.

Poste Italiane said they will contact the mother to address the "misunderstanding."

Egypt's leader blasts 'evil people'

Associated Press

CAIRO — Returning to some of his favorite topics, Egypt's president on Saturday called on Egyptians to stand together against terrorism, angrily denounced the "evil people" plotting against his country and made a stern warning: There would be no comeback if Egypt fell to Islamic militants.

"Terrorism will not end unless we all stand together. Don't cover your eyes and pretend that it does not concern you," President Abdel-Fattah el-Sissi said to participants on the second and final day of a youth conference in the southern city of Aswan. "If Egypt is lost, it will not come back. Those who fall in the abyss never come back."

"Did Afghanistan ever

Terrorism will not end unless we all stand together. Don't cover your eyes and pretend that it does not concern you.

Abdel-Fattah el-Sissi
President of Egypt

come back? Did Somalia ever come back? Why do you think we can come back?"

El-Sissi also sought to debunk a cornerstone of the ideology of militants: Those who don't agree with their radical interpretation of Islam or oppose their actions would burn in hell.

"Leave us alone to live our lives and you are welcome to go to heaven," he said, addressing the militants. "You tell us that we

are not good people and we will go to hell. Fine, but God's hell is enough, there is no need for you to subject us to your hell as well."

A general-turned-president when elected by a landslide in 2014, el-Sissi was the chief architect of ambitious and politically risky economic reforms introduced last year to kick start the country's stagnant economy and secure a \$12 billion loan from the IMF.

Italian trial set for Berlusconi case

Associated Press

ROME — A Milan judge on Saturday ordered Silvio Berlusconi to be tried on corruption charges, damping the former Italian premier's hopes of running soon for office again after being sidelined by a tax-fraud conviction.

The Italian news agency ANSA, reporting from Milan, Judge Carlo Ottone De Marchi said, after a hearing on an indictment request by prosecutors, set the trial to begin April 5 in that city.

Milan daily Corriere della Sera said the former three-time premier is accused of having shelled out

some 10 million euros, plus expensive gifts to some 20 young women who attended sexy parties at his Arcore villa near Milan. Prosecutors allege Berlusconi aimed to "buy" the women's silence in trials involving him.

Berlusconi's lawyers denied any wrongdoing by their client. One of them, Federico Ceconi, said to reporters Berlusconi faces "the first trial for the crime of generosity."

Berlusconi, 80, heads the center-right Forza Italia party, which is in opposition.

The latest indictment stems from an investigation into whether the pay-

ments constituted corruption in judicial proceedings or if the billionaire media mogul was legitimately helping the young women, who were invited to the so-called bunga-bunga parties at his residences.

Last year, a judge ordered a trial for Karima el-Mahroug and 22 others accused of accepting bribes and lying on the stand to protect Berlusconi on charges of having paid for sex with el-Mahroug when she was an underage teenager and he premier, and using his influence to cover it up.

Prime Minister Trudeau: Canada welcomes refugees

Associated Press

TORONTO — Canadian Prime Minister Justin Trudeau has a message for refugees rejected by U.S. President Donald Trump: Canada will welcome you.

He said he also intends to talk to Trump about the success of Canada's refugee policy.

Trudeau reacted to Trump's visa ban for people from certain Muslim-majority countries by tweeting Saturday: "To those fleeing persecution, terror & war, Canadians will welcome you, regardless of your faith. Diversity is our strength #WelcomeToCanada."

Trudeau also posted a picture of him greeting a Syrian child at Toronto's airport in late 2015. Trudeau oversaw the arrival of more than 39,000 Syrian refugees soon after he was elected.

A spokeswoman for Trudeau said he has a message for Trump.

"The Prime Minister is

looking forward to discussing the successes of Canada's immigration and refugee policy with the President when they next speak," spokeswoman Kate Purchase said to *The Associated Press*.

Trudeau is also expected to visit the White House soon.

The prime minister refrained from criticizing Trump to avoid offending the new president. More than 75 percent of Canada's exports go to the U.S.

Toronto Mayor John Tory weighed in, noting that the city is the most diverse in the world.

"We understand that as Canadians we are almost all immigrants, and that no one should be excluded on the basis of their ethnicity or nationality," Tory said in a statement.

Trump signed a sweeping executive order Friday that he billed as a necessary step to stop "radical Islamic terrorists" from coming to the U.S.

Drug education in works

County Commissioners say delays on the state level held up program

The Dominion Post

KINGWOOD — Preston County Commissioners remain committed to funding an elementary-level drug education program, even if it has to be in the next school year.

Commissioners Craig Jennings, Dave Price and Don Smith set aside \$10,000 in the fiscal year for drug education for elementary students.

The allocation came after commissioners heard that little drug abuse prevention education is offered at the elementary level.

So far, the program has not started, but Commission President Jennings said Friday that they hope for an update on its status within a few weeks.

The commission is working with the state attorney general's office on the program.

"What happened was the at-

UPDATE

torney general said 'Hey, we've got a program, let us work it over a little bit and see if it fits the need you guys have ... and you could use your money maybe a little bit locally,' Jennings said. "What we would do is supplement what they already have."

However, delays occurred at the state level because of personnel changes in the attorney general's office and the election, Jennings said.

If implementation is delayed past the end of the fiscal year, he expects the funds to be rolled over

into the new fiscal year.

"Our thought is, we've got young children that wouldn't handle being in a vehicle without a seatbelt on. If they see you smoking a cigarette, they'll all but think you're the devil. I don't know why they don't have that same mind set when it comes to drugs," Jennings said.

"We're just scared to death and concerned we're going to lose a generation," to drugs, Jennings said.

And that concern will continue as those children grow, he said, and try to enter the workforce.

Empty Bowls dinner slated for Saturday

Food for Preston to host 11th annual fundraiser

THE EMPTY BOWLS dinner will be 4-7 p.m. Saturday at the Kingwood Community Building. Dinner is \$15, free for children under 10. Those who pay will get to keep their soup bowl.

BY JENIFFER GRAHAM
For The Dominion Post

KINGWOOD — Saturday will mark the 11th Preston County Empty Bowls soup dinner.

The dinner is held every year by Food for Preston (FFP). Money raised helps stock the shelves of the county's 10 food pantries. It also provides food for the FFP Backpack Feeding Program.

Tammy Laney, coordinator of Food for Preston, said the dinner has grown every year.

Along with soup, the dinner includes bread and a dessert.

Karen Bright, treasurer of FFP, said groups and individuals helped paint the bowls. She said FFP has two kilns that were bought with a grant and anyone who wants to can paint a bowl.

"Once it is finished you can donate it to Empty Bowls or purchase it," she said. "We had one group do them for their family reunion. Someone else did one with their newborn's hand prints on them. They make great family heirlooms."

Alex Evans, coordinator of The Raymond Wolfe Center, said money from the Empty Bowls dinner is a source of funding for their food pantry. The Raymond Wolfe Center is a Wellness Works food pantry. It stocks food for people with special dietary needs.

"We try to have low-salt items, sugar-free items and things like Ensure on hand," she said. "We use the money we receive from Food for Preston's Empty Bowls dinner to buy these items."

"Part of our Christmas give away came from this money. We used it to buy the hams," Evans said.

The Christmas give away was food baskets for low income households. It provided food for the families' Christmas dinner. In December the Raymond Wolfe Center provided food for 322 families with 720 individuals.

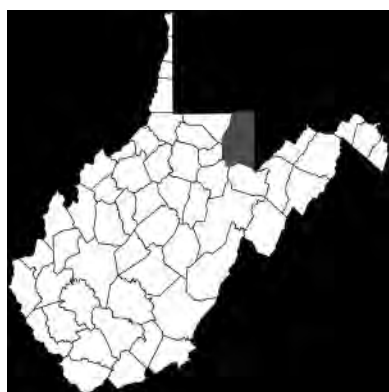
Evans, who also helps with the Empty Bowls dinner, said each food pantry donates two dozen cookies for the event and a raffle item.

"This year I made a Winnie the Pooh quilt," she said.

Anyone interested in volunteering with Food for Preston can call 304-379-3519 to receive information about volunteer options at individual pantries.

Monetary donations to the program can be sent to Food for Preston, P. O. Box 1175, Kingwood, WV 26537. Donations for Raymond Wolfe Center can be dropped off at the Raymond Wolfe Center, 134 S. Price St., or call 304-329-3644.

PRESTON FOOTNOTES



Historic apple trees

Do you know of old apple trees in Arthurdale? A volunteer approached Arthurdale Heritage Inc. (AHI) about grafting the old varieties to save their history for future generations to enjoy.

If you know of apple trees in Arthurdale, have some on your property, or have a fond memory of apples in the community, please let AHI know. Email ahi@arthurdaleheritage.org or call 304-864-3959.

Buckwheat winners

The Preston County Buckwheat Festival brought home honors from the West Virginia Association of Fairs and Festivals 2017 Communications Awards.

The festival got second place in the program or premium book and web site categories.

Buy a brick

Engraved bricks are still available in Rowlesburg's Main Street Garden. Replace a blank brick with your personal brick.

Main Street Garden is a shady oasis at the corner of Main and Buffalo streets, with the engraved brick walkway and a vintage bluestone path. Birch trees, a Bradford pear, evergreens, dogwoods and specimen plantings adorn the garden, as well as a corner iron entry archway and an Amish built gazebo with wrought iron benches.

Bricks can be in memory of a family name or a personal name. The walkway is for everyone, not just deceased friends and relatives.

Download the brick order form at rowlesburg.org. Bricks are \$50 each.

ITEMS FOR Preston Footnotes can be submitted to kingwood@dominionpost.com.

Expanding for emergencies



William Wotring/The Dominion Post photos

Members of the Kingwood Volunteer Fire Department and members from Camp Dawson, now a substation with Kingwood, pose at Camp Dawson: Brad Owens (front, left), Victor Morris, Seve Ruggles, Josh Ruggles and Ethan Rouzee; (back, left) Maj. Jason Diaz, Carol Oldenburg, Corky Thomas, Chuck Reed, Jim Rohr, Corey Gowen, Scott Bexfield, Perry Barlow and Sgt. Maj. John Edwards.

KVFD, Camp Dawson partner for substation

BY KATHY PLUM
The Dominion Post

CAMP DAWSON — Kingwood Volunteer Fire Department (KVFD) and the West Virginia National Guard partnered to establish a fire substation at Camp Dawson.

Post Commander Maj. Jason Diaz said the station is the culmination of more than two years of planning and preparation. Dawson Emergency Services Coordinator Victor Morris said the idea came from West Virginia Adjutant Gen. James Hoyer. Hoyer signed the letter of agreement with KVFD.

For Dawson, which does live fire training and has an airfield, there's the added benefit of having trained firefighters close by who work on the post and are familiar with the layout.

For Kingwood and the rest of Preston County, it adds 11 trained firefighters, equipped with an engine and Humvee, to the list of responders.

All are sworn members of Kingwood VFD and answer to Chief Perry Barlow.

"We want to benefit KVFD, and the adjutant general made it clear that he wants us to benefit the community," Morris said.

Diaz said Dawson has always had a great relationship with KVFD, which conducts exercises on post and helps with training at times.

KVFD, one of 12 fire departments in Preston County, is re-



Ethan Rouzee (left) and Brad Owens look over a bag with ropes at Camp Dawson.

sponsible for 53 square miles in the center of the county. The territory stretches from the bridge across the Cheat River at Albright to the watering trough on Cheat Mountain, and from half mile past the Victory car dealership on W.Va. 7 west nearly to Birds Creek Road on W.Va. 26 south.

The department has 35 trained firefighters but, like all volunteer departments, availability hinges on work schedules, time of day and other circumstances. Most days six or seven can respond.

While not all 11 of the Dawson substation can respond at all times, and they are limited to Monday through Friday, it adds needed help.

For example, they were called out recently when firefighters from several departments responded to a blaze and manpower was short.

"There's a perfect example where it benefits the whole county," Kingwood Assistant Chief Ethan Rouzee said. He estimated half of the department's

SEE KVFD, 11-A

PEOPLE OF PRESTON

Theresa Goff

Where you live: Terra Alta.

Occupation: Housewife.

Education: Bachelor's.

Family: One son, and I'm engaged.

Hobbies: Selling Tupperware and making jewelry.

Pet peeve: Disorganization.

How long have you lived in Preston County: 14 years.

Favorite thing about Preston County: The quiet.

One thing you would change about Preston County: More community spirit.

Favorite Preston County place: Monroe's



Underground fires, toxins in unfunded cleanup of old mines

Associated Press

PRESTON COUNTY — An underground coal mine fire burns beneath a sprawling hillside in West Virginia, the pale, acrid smoke rising from gashes in the scarred, muddy earth only a stone's throw from some houses.

The fire, which may have started with arson, lightning or a forest fire, smoldered for several years before bursting into flames last July in rural Preston County. The growing blaze moved the mine to the top of a list of thousands of problem decades-old coal sites in West Virginia awaiting cleanup and vying for federal funds.

State officials said \$4.5 billion worth of work remains at more than 3,300 sites abandoned by coal companies before 1977, when Congress passed a law establishing a national fund for old cleanups. That program was part of an effort to heal the state from the ravages of an industry that once

dominated its economy but fell on hard times.

"West Virginia is right at the top for needs," said Chuck Williams, head of Alabama's efforts and past president of the National Association of Abandoned Mine Lands Programs. He said Pennsylvania, Kentucky and West Virginia — all states with a mining history that extends back two centuries — account for the lion's share of unfinished work among the 28 states and Indian tribes in the program.

Despite being one of the most affected, federal officials have only one-third of West Virginia's proposed cleanup costs on their \$7 billion national list of high-priority work. The sites include old mines that leak acidic water into streams and kill wildlife and dangerous holes that attract children. Tunnels and caverns beneath homes also need to be shored up and new water lines are needed where wells are polluted.

"Our program exists to abate health and safety haz-

ards," said Rob Rice, chief of the West Virginia Office of Abandoned Mine Lands and Reclamation, which is handling the mine fire. "We have so much need. It's frustrating for us."

Environmental improvements are a secondary, but major benefit, he said.

"This whole area has been extensively mined," Jonathan Knight said, riding recently through the exurbs east of Morgantown. A planner for the state office, he said housing developments were built above old mines that many homeowners don't even know about.

The state will get \$23.3 million from the federal reclamation fund this year, which is replenished by fees on mining companies. The mines pay 12 cents per ton of underground coal mined and 28 cents per ton from surface mining, but the funding dropped the past three years with a downturn in coal production.

It will cost about \$1 billion just to extinguish all of



Rob Rice (left) chief of the West Virginia Office of Abandoned Mine Lands and Reclamation, and planner Jonathan Knight check on the smoldering underground fire at a long-abandoned coal mine in Preston County.

AP file photo

West Virginia's 43 fires in abandoned mines, according to the state office. They could have been caused by forest fires, arson, lightning strikes or even old underground explosions that never went completely out.

About \$5 million will be spent to extinguish the Preston County fire, smoldering a stone's throw from houses in a mostly rural area near the hamlet of Newburg. In October, the office spent \$209,400 to cut trees and plug holes feeding

the fire with oxygen.

The state office, with about 50 staff, is paid from the federal Abandoned Mine Reclamation Fund, along with the contractors it hires. Together they close mine portals, extinguish fires, support collapsing hillsides and sinking houses and treat acidic water leaking out along with dissolved metals. The need for drainage work won't end for centuries. The grants also fund water lines to replace polluted wells.

"There's more water

within mine pools in West Virginia than there is in the lakes of West Virginia," Rice said. "More than 2,500 miles of streams are severely degraded because of mine drainage in West Virginia."

The federal program is scheduled by law to expire in 2021, leaving behind about \$2.5 billion in a trust fund expected to pay for any ongoing work needed by 25 states and three Indian tribes to address problems from pre-1977 abandoned coal mines.

PRESTON COUNTY MARRIAGE LICENSES

Oct. 26 DUPONT , Ernest James, and PAULEY , Christina Marie Ramsey	Nov. 22 OWENS , Albert Franklin, and CAMPBELL , Mary Jane	Dec. 14 SHAW , Danny Ray, and SHINGLETON , Raecheal Lynn Friend
Nov. 15 REED , Robert Edward, and DALTON , Barbara Gail	Dec. 9 POLAK , David Michael, and WEST , Rebecca Lee Forman	Dec. 15 BELL , Charles Robert, and LAREW , Jodi Lynn Jennings

KVFD

FROM PAGE 10-A

17 calls so far this year were to assist other departments.

Each of the new firefighters has undergone 120 hours of training.

"Kingwood has always prided itself on doing a good job, on being trained and on giving back to the community, because they

give us a lot," Barlow said.

Capt. Charles Reed was one of those who volunteered for the new substation. "I just saw this as a possibility of being a part of something and to help the community," he said.

"I hope that we make the model for other entities, that we make this work," Barlow said. "As the leader of this organization, you cannot put a monetary value on

that asset," he said of firefighters giving their time.

Equipment for the substation was donated by the Rand, Clendenin, Pinch and Sissonville fire departments, along with Putnam County departments.

"This new fire department has kind of blazed the trail," and the hope is others will follow, State Public Affairs Officer Lt. Col. Melissa Shade said.

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Price per person: \$1,550/Double Occupancy | Reservation Deadline: 7/03/17

September 6-11: Myrtle Beach, SC
Price per person: \$908/Double Occupancy | Reservation Deadline: 7/31/17

October 5-8: Lancaster, PA | "Jonah" at Sight & Sound Theatre
Plus "The Buddy Holly Story" - Dutch Apple Theatre & "Vegas Legends" - Am. Music Theatre
Price per person: \$700/Double Occupancy | Reservation Deadline: 9/05/17

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Aboard Adventure of the Seas — Ports of Call: Philipsburg, St. Maarten; Basseterre, St. Kitts/Nevis; St. Johns, Antigua; Castries, St. Lucia and Bridgetown, Barbados
Price per person: \$2,160/Double Occupancy/Balcony Cabin | Reservation Deadline: 8/21/17

November 27-30: Gaylord Opryland Hotel, Nashville, TN
Price per person: \$930/Double Occupancy | Reservation Deadline: 9/27/17

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Teresa Curtis at 304-389-5334.
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FIVE-DAY FORECAST FOR MORGANTOWN: TODAY (34°/22°), MONDAY (29°/23°), TUESDAY (42°/28°), WEDNESDAY (38°/22°), THURSDAY (33°/16°). Includes regional weather map and almanac data.

NATIONAL WEATHER TODAY: Map of the US with weather systems. Includes AccuWeather.com logo and various weather icons.

ALMANAC

Associated Press. Today is Sunday, Jan. 29, the 29th day of 2017. There are 336 days left in the year. HIGHLIGHT: IN 1820, King George III, the British monarch whose 59-year reign included the loss of the American colonies...

Siblings start to resent funding parents' shortfall

DEAR ABBY: I love my parents and would do anything for them. They have never been good about managing money. They are both retired now and on a fixed income, and they have been asking me or one of my four adult siblings for money to help with their bills each month...



DEAR ABBY: How do you discourage someone's friendliness without being rude? An elderly man recently moved in with his family in our neighborhood. He roams the neighborhood and approaches anyone he sees to introduce himself and start a conversation...

TV LISTINGS

Table with columns for time slots (6 PM, 6:30, 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30) and rows for Broadcast Channels, Cable Channels, and Movie Channels.

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JUSTIN JACKSON

Huggins writes off advice about team's woes at free throws

IN RECENT WEEKS — if not longer — cards, letters and emails poured into the WVU men's basketball office, as if it were a Christmas station on the North Pole in December.

They are not requests for tickets, nor are they congratulatory words for the Mountaineers' exciting victory over second-ranked Kansas last Tuesday.

They are instead words of advice from all walks of life, which is not a bad thing, except if the subject is WVU's free-throw shooting.

The Mountaineers were 12 of 23 from the foul line Saturday, during their 81-77 victory over Texas A&M.

That is 52 percent. It nearly cost WVU the ball game, and for the record, no, it is not the Mountaineers' worst performance from the line this season.

"I've gotten all these letters from all of these guys who have the solution," said WVU head coach **Bob Huggins**, who is 14th all-time at WVU as a player in career free-throw percentage (82 percent). "Not one of those guys is above me in the career free-throw percentage. I've looked. In the paper today, the 13 guys ahead of me, none of them sent me a letter."

It is a great attempt at humor by Huggins on what is becoming a touchy subject for WVU.

Didn't begin that way. It was almost a running joke at the start of the season, as WVU ran up 30-point wins while still missing 13 free throws.

WVU now shoots 65.7 percent from the line this season. Only Iowa State and Kansas are worse in the Big 12.

There is nothing funny about the missed free throws anymore, hence the words of advice from construction workers, teachers, computer technicians and probably even a few doctors, lawyers and auto mechanics who make up WVU's great fan base.

They have grown weary of watching all the clanks — the loud groans on each late miss coming from the WVU Coliseum on Saturday as evidence — and with the best of intentions have tried to do their part in fixing the problem.

Just one problem: "Those people have never stood up in front of 14,000 people when you had to make a free throw," Huggins continued. "Those people have never stood up in front of 14,000 people after you just ran like crazy for an hour and 45 minutes."

"Anybody can stand there and make a free throw when there is nobody in the gym and you haven't run and all that."

To be sure, Huggins has heard it all: Hire a shooting coach. Have the players shoot free throws in practice when they're tired. Hypnosis.

That's right, hypnosis. Think you were the only one out there with that idea?

"I got this thing to have them shoot free throws after they've exerted themselves," Huggins said. "What am I supposed to do, make them run a sprint and then shoot a free throw? How would you have enough time to do anything?"

The complexities of the college game are lengthy, as Huggins laid out in describing the number of things a team needs in order to compete at a top-25 level, including out-of-bounds plays and different offenses against zone and man-to-man defenses.

"Those guys have never sat where I sit, who send me the letters," Huggins said. "It's easy to come up with ..."

His voice trailed off before Huggins began discussing other complexities of life and today's kids who live it.

In the end, Huggins' take on free throws was simple, "For all of those people, send them a note for me. Tell them this: 'If you want to shoot free throws well, recruit better shooters.' That's the best way."

JUSTIN JACKSON is a reporter for *The Dominion Post*. Write to him at columns@dominionpost.com.

Buchanan wins Hardman Award again

WVU soccer star voted state's top amateur athlete

BY TODD MURRAY
The Dominion Post

It's not easy to surprise Kadeisha Buchanan.

Winning the 2016 Hardman Award as the state of West Virginia's top amateur athlete did just that for the former WVU women's soccer star.

Buchanan also claimed the



Kadeisha Buchanan

Hardman.

The award is voted on by members of the West Virginia Sports Writers Association.

"I am very honored and in a bit of shock to hear that I have won the Hardman Award again,"

award last year. She is the first female repeat winner of the oldest statewide award, which dates to 1934 and honors the late *Charleston Gazette* sports editor A.L. "Shorty"

Buchanan edged out WVU rifle standout Ginny Thrasher in the Hardman balloting.

said Buchanan, a defender who is playing professionally with Olympique Lyonnais, in France.

"I was lucky enough to win this award once, but to win it again is a true honor. I believe this is a great reflection of my hard work paying off."

Buchanan, a native of Bramp-

ton, Ontario, is the first repeat winner since Marshall quarterback Rakeem Cato, who won the award in 2013 and 2014.

She will be honored at the 71st Victory Awards Dinner, on May 21, at the Village Square Conference Center, in Clarksburg.

Buchanan edged out WVU rifle standout Ginny Thrasher in the Hardman balloting. Thrasher led WVU to an 18th NCAA title and earned the first Olympic gold medal of the 2016 Rio de Janeiro Summer Games.

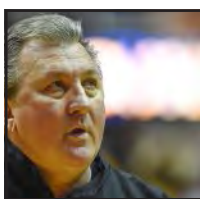
SEE BUCHANAN, 7-B

(18) WVU 81, TEXAS A&M 77



William Wotring/The Dominion Post

WVU's Jevon Carter protects the ball from Admon Gilder, of Texas A&M, during Saturday's SEC/Big 12 Challenge game, at the Coliseum.



“Our effort sucked. It absolutely sucked. That’s what it came down to.”

Bob Huggins, WVU head coach

Struggle vs. Aggies aggravates Huggins

Ahmad's late FTs help Mountaineers hang on

BY JUSTIN JACKSON
The Dominion Post

The 18th-ranked WVU men's basketball team will see its name rise in the polls next week and the Mountaineers ended their six-game losing streak against SEC teams on Saturday.

It did not come without a few uh-ohs, you've-got-to-be-kiddings and some old-fashioned covering of the eyes, as the Mountaineers held off Texas A&M for an 81-77 victory in front of 12,836 fans inside the WVU Coliseum.

Esa Ahmad clinched the game with two free throws with 4.4 seconds remaining and WVU point guard Jevon Carter added 19 points and nine rebounds, but this was not the team effort the Mountaineers were hoping for in



Esa Ahmad

74-61 lead with 1:39 remaining.

But, in the next 87 seconds, the Mountaineers (17-4, 5-3 Big 12) nearly let it all slip away.

Don't believe it can go downhill that quickly? Take a look:

- Texas A&M guard J.C. Hampton scored on a drive with 1:32 remaining, followed by Carter going 1-for-2 from the foul line.
- Hampton, who scored 11 of his

SEE STRUGGLE, 3-B



Game 22
(18) WVU at Iowa State 9 p.m. Tuesday
TV: ESPNs, Comcast chs. 36, 851
RADIO: 100.9 FM
PAPER: *The Dominion Post*

To see photos & video, go to ...
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Intensity in focus vs. Texas

'Horns undefeated in conference play

WVU WOMEN'S BASKETBALL

BY TODD MURRAY
The Dominion Post

The WVU women's basketball team delivered a clinic in the fine art of how not to protect the ball in its first meeting with 12th-ranked Texas.

WVU committed 21 turnovers, leading to 30 Longhorns points in a 73-63 loss, at the Coliseum, on Jan. 14.

Game 22
(22) WVU women at (12) Texas 4 p.m. today
RADIO: 100.9 FM
TV: FS1, Comcast chs. 30, 857

To see photos & video, go to ...
dominionpost.com

Texas' guards sparked the victory with their defensive intensity. "They got up into us," said WVU coach Mike Carey, whose No. 22 Mountaineers (16-5, 4-5 Big12) face Texas (15-4, 9-0) at 4 p.m. today, in Austin.

"Instead of attacking or getting them off us and making a play, we got back on our heels and put the ball above our head. They created turnovers, which created easy buckets at the other end. It's easy to make lay-ups, and we created a lot of lay-ups for them. It's something we can't do this game."

The Longhorns tote a 13-game win streak into today's contest.

Texas has not lost since falling to top-ranked UConn, 72-54, on Dec. 4, in the Jimmy V Classic, in Uncasville, Conn.

Texas improved to 9-0 in the Big 12 Conference with Wednesday's 77-69 win, at TCU.

The Longhorns' guards accounted for 46 of their 73 points against WVU. Ariel Atkins scored 15 points, Brooke McCarty 11 and Lashann Higgs 10 off the bench.

"Their guards are athletic, and they play hard," Carey said. "Texas plays extremely hard, and they have great players. They have some great athletes they put on the floor, and they are pretty deep. We have to match that intensity."

The Longhorns outscored WVU, 48-24, in the paint, with the guards accounting for most of

SEE INTENSITY, 5-B

Martinsburg girls hold off Mohigans

University High's girls waltz by Westinghouse

PREP ROUNDUP

The Dominion Post

C.C. Hertelendy scored 15 points and visiting Martinsburg never trailed after grabbing a 14-9 lead in the first quarter Saturday in beating Morgantown, 55-46, in girls' basketball.

"We were hanging around and couldn't get over the hump," said Morgantown coach Jason White, whose defending state champs fell to 9-6 while the Bull-

dogs improved to 14-2. "We had [the lead] down to a single possession several times, but every time we cut it down, give credit to Martinsburg, they came down and made a big shot," White said. "We couldn't keep them at bay at that point."

"I'm proud of the kids' effort, though. I thought we rebounded really well and the kids played really hard."

Fallon Nicholson netted 11 points and Cassie Parks 10 for the Mohigans, who next play Thursday, against Parkersburg, in the Big Atlantic Classic, held in Beckley.

SEE PREP, 5-B



Morgantown High's Courtney Quinn (left) and a Martinsburg player fight for a rebound during Saturday, at MHS.

Mark A. Shephard/
For The Dominion Post

MHS's Happ-Lasure working hard to earn another shot at state

A shoulder injury kept him out of tourney last year

PREP WRESTLING

BY CARLY CONTRAGUERRO
The Dominion Post

Arguably the biggest platform for high school wrestling is the state championship. Only the top four place winners in the regional tournament in each weight class are able to compete.

During the 2015-'16 season, Morgantown High's Cory Happ-Lasure, a junior at the time, was at his peak, winning the qualifying match to make it to state in the 152-pound weight class.

He never got to wrestle. He had shoulder trouble throughout the season and when he was illegally slammed by his opponent in the qualifying match, the joint popped out of place.

Happ-Lasure tried to practice through the injury but continued to hurt his shoulder. Ultimately, he had to pull out of the tournament.

"It was just really disappointing," Happ-Lasure said. "That season was the hardest I had ever worked. I felt like as soon as I was wrestling to my full potential I got injured."

He found out he had a labral tear, necessitating surgery and therapy. He recovered just three months later, ready to tackle his senior season with the help of a shoulder brace.

"It makes sure my shoulder stays in place if I get into a bad or weird position where my shoulder isn't as strong as it used to be," Happ-Lasure said. "It just gives me extra support and strength, so I wear it all the time just in case."

Happ-Lasure said he has an extra drive to get back to where he was last year competing in regionals.

Head coach Joe Abu is in his first year of coaching and did not see Happ-Lasure endure the injury. But he said the wrestler's hard work on and off the mat will result in a positive outcome.

"He is one of the most dedicated kids I have ever met," Abu said. "He puts the time in during wrestling practice and outside with his diet. He is

“**He is one of the most dedicated kids I have ever met. He puts the time in during wrestling practice and outside with his diet. He is one person I don't have to worry about not giving me his best.**”



Joe Abu
MHS coach

one person I don't have to worry about not giving me his best. He was in phenomenal shape from the beginning, and that self-motivation goes far."

The regional tournament is not until Feb. 18, but many of the opponents Happ-Lasure faces in matches now he will meet again at the regional.

"I am definitely thinking about the opponents I will see there," he said. "With the matches I have now, I am just trying to get my confidence level up."

"It would mean a ton to me to be able to compete at the state tournament. I feel like there are limitations with my injury because in certain situations, I don't feel as comfortable as I used to. So it would mean a lot to prove to myself that my hard work paid off."

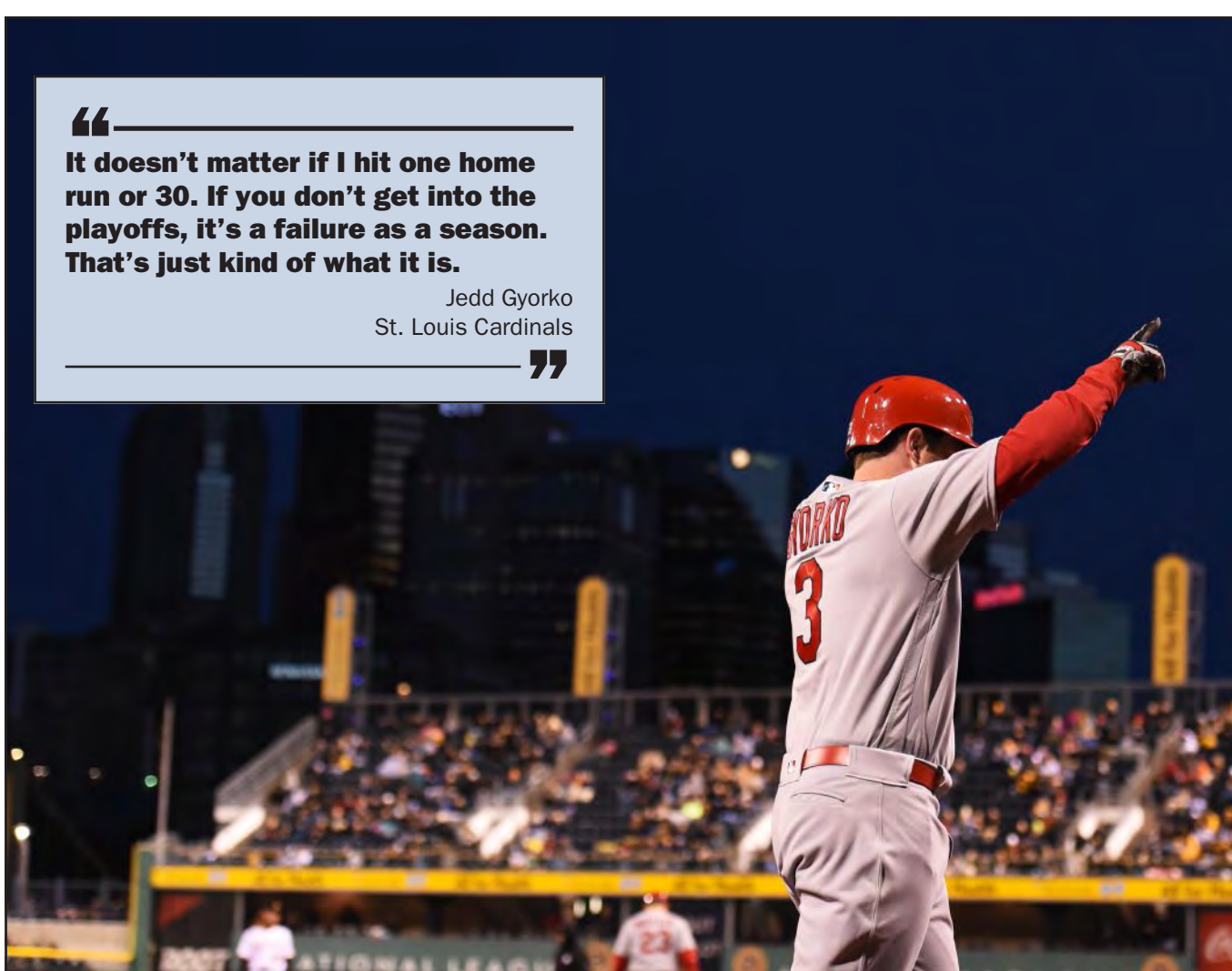
Abu said a concern as a coach is to make sure Happ-Lasure does not reinjure himself while helping him gain confidence in his strength.

"I want to make sure he is always stretched before taking the mat," Abu said. "But he has the heart and the drive to return to his full potential. He is a cornerstone of the team. I would love to have more Corys. He is a hard-working kid in the classroom as well. He is what I see for the wrestling program as far as a phenomenal student-athlete and overall great human being."

The Mohigans were scheduled to wrestle at the Calhoun County Classic on Saturday, then host a home quad meet at 6 p.m. Wednesday, against Clay-Battelle, Mapletown (Pa.) and Frazier, from Perryopolis, Pa.

“**It doesn't matter if I hit one home run or 30. If you don't get into the playoffs, it's a failure as a season. That's just kind of what it is.**”

Jedd Gyorko
St. Louis Cardinals



William Wotring /The Dominion Post file photo

Jedd Gyorko points skyward after hitting a home run against the Pirates at Pittsburgh's PNC Park last season.

Gyorko: Can't beat winning

Ex-WVU standout laments playoffs weren't in cards

BASEBALL

BY TODD MURRAY
The Dominion Post

Jedd Gyorko scrutinizes only two statistics when evaluating his debut season with Major League Baseball's St. Louis Cardinals.

The former University High and WVU star couldn't care less about his career-high 30 home runs or his .243 batting average, his .801 OPS or his 59 RBIs in 2016.

The only thing that matters to the Cardinals' infielder is the final outcome.

"Win, loss," said Gyorko, an honored guest at the fifth annual WVU baseball leadoff dinner, on Saturday night, at the Morgantown Event Center. "That's what it comes down to."

"It doesn't matter if I hit one home run or 30. If you don't get into the playoffs, it's a failure as a season. That's just kind of what it is. I've always played to win the game. I don't do anything as far as statistics for myself. I just try to go out there and help the team win."

The Cardinals' 86-76 record wasn't good enough to overtake the eventual World Series champion Chicago Cubs in the National

League Central. Nor was it sufficient to grab one of the two wildcard berths.

That opportunity ended for St. Louis on the final day of the regular season, as San Francisco defeated the Los Angeles Dodgers to snatch the final wild-card spot.

St. Louis missed the playoffs for the first time since 2010, after being only a year removed from compiling a Major League-best 100-62 record.

All of baseball will take aim this season at the Cubs, who will be favorites to repeat as World Series champions after ending their 108-year championship drought.

"We're more worried about ourselves than what the Cubs are doing," said Gyorko, who leaves for spring training, in Jupiter, Fla., on Feb. 12. "Obviously, they had a great year last year, and they're going to have a great team again."

"We just have to go out and make sure we're ready to take care of things we can control. If it comes down to playing them, hopefully, we can beat them."

Gyorko, 28, proved to be a versatile piece of the Cardinals' infield puzzle a year ago. He played every infield position as St. Louis dealt with a number of injuries.

He played 46 games at second, 26 at shortstop, 39 at third and 11 at first.

Reports out of St. Louis indicate that he'll battle Jhonny Peralta for the starting job at third, with Matt Carpenter poised to play first base this season.

"I'm prepared to do whatever they ask," Gyorko

said. "Versatility is a thing that is becoming more prevalent and important in the big leagues. I want to keep that versatility going and prepare myself as much as I can."

Gyorko's comfort factor heading into spring training is significantly higher than it was a year ago, when he arrived in Florida as the newbie who knew only a few of the Cardinals players.

"There's not a whole lot of uncertainty not knowing any of the guys," he said. "I've been able to talk to some of them over the off-season and build those relationships and get ready to get it started again."

While Gyorko detested missing out on making the postseason for the first time, he relished playing in St. Louis, which many consider the best baseball town in the country.

"It was great," Gyorko said. "No matter what the situation, Monday afternoon or Saturday night game, there are 40,000 people there. The stadium is always full. They are always supporting us no matter what. It's definitely the best place to play."

Gyorko began preparing for the 2017 season shortly after arriving back home in Morgantown, in October.

He took a few weeks off before beginning his weight-training regimen. He started baseball work after Thanksgiving.

That work intensified this month.

"At the beginning of January, it really starts ramping up," he said. "Right before spring training, I go

lighter on the weights."

Gyorko keeps a low profile when he's home in Morgantown in the offseason, spending his time with his wife, two sons and other family members.

That's something WVU baseball coach Randy Mazey admires about Gyorko.

"He's not about the flash and the glamour," Mazey said. "He's just about being a great baseball player and getting his work in and doesn't care to have a lot of notoriety. These days with YouTube and Internet, kids love hype. Jedd's not that guy. He doesn't like hype."

"At the same time, he had one of the best second halves in all of Major League Baseball last year. He is who he is: A quiet kid who goes about his business and works really hard. He's got to be one of the best baseball players to wear the Mountaineer uniform, and he's done it quietly and he's been a great Mountaineer."

Gyorko follows Mazey's Mountaineers as much as he can during the Cardinals' season.

He'll always be interested in how WVU does, and he's rooting for the Mountaineers to make an NCAA regional for the first time since 1996.

"I think the expectation is high," Gyorko said. "I know they have a lot of returning guys. They were young last year and are really still young this year."

"The next step they have to get to is a regional and get into the tournament and anything can happen. They'll start moving up the chain of being a big-time program."



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Submitted photo

The glass targets were sometimes stuffed with feathers so the shooters could "see the feathers fly." These are on display at the Shooting Academy at Nemacolin Woodlands.

Balls of glass made to be shot saved many a pigeon

THE SHOTGUN SHOOTING sports have been around for a long time, but today's sporting clays shooting has been here in the U.S. only since 1980.

It was started over in England in the early 1900s. Trap shooting has been here since 1825 and skeet was started between 1910 and 1915.

The first targets were glass balls. **Charles Portlock**, of Boston, started the sport of shooting glass balls. However, the game did not meet with too much success since the traps that threw the balls only threw them straight up in the air. This was not much of a challenge for a good shooter who would shoot pigeons released from a trap and dart off



DAVE MILNE

curving and twisting. The problem of throwing the targets straight up was solved by a man named **Adam H. Bogardus**, in 1877. He introduced his new trap for throwing the balls along with a new patented ball. Often the balls were stuffed with feathers because the shooters liked to "see the feathers fly." The greatest trap shooters of the day were Bogardus, **Annie Oakley** and **Ira Paine**. In a one-day competition, Bogardus

broke 5,681 glass balls before missing one and Oakley broke 4,722 out of 5,000.

Another great shooter of the day was "**Doc**" **Carver**. Not only was he a great shot on glass balls, but was considered by many to be the greatest commercial buffalo hunter of all time. Carver and Bogardus first met in competition in Louisville, in 1883, at a live pigeon shoot. Carver won by one bird.

These glass targets and the trap that threw them evolved into clay discs known as clay pigeons, after which they were named and were developed to try to save. In the 1870s and early 1880s, millions of birds, most of them passenger pigeons, were slaughtered by hunters and trap

shooters in clubs in the larger cities and towns. **Ira Paine** was the first person to stuff the balls with feathers or powder.

These glass ball targets were made in the U.S., Canada and Europe. They came in various colors, but amber was the most common. They were hand blown and about 2.5 inches in diameter. They had a jagged hole at the top where the blower's tube met the glass. Since they were made to be broken, the blower didn't finish the hole and left it rough. Plain glass balls usually sold for \$1 per hundred and the embossed ones went for \$1.35 per hundred.

The glassblower put a molten glob of glass on the

end of his pipe, put it in the mold, then gave it a puff of air to inflate it in the mold. Some of the molds were made to leave a geometric design on the ball and some left a name on it. Either of these left a non-smooth surface on the ball, which made it easier to break since a shotgun pellet may ricochet off of a smooth surface.

The era of glass ball shooting was rather short and these balls have now become collectors' items. The most expensive one ever sold at auction brought \$29,120. Most of them sell for around \$100. These balls are not easy to find and rarely are they found for a cheap price at a yard sale because the sellers

don't realize what they have. Sometimes they're found in barrels packed in sawdust at an old gun club or where an old shooter from years gone by once lived.

Collectors have to be careful of what they are looking at. It may or may not be a target ball because there are other balls out that look a lot like a target ball but are actually made for some other purpose. Balls that are sometimes confused with target balls are lightning rod balls and fishing net balls. Lightning rod balls have two holes so the rod can pass through them and a fishing net ball has no holes.

DAVE MILNE serves on the state Natural Resources Commission.

Serena sets majors record, tops Venus in final for 23rd

AUSTRALIAN OPEN TENNIS

TOURNEY RESULTS in Scoreboard, Page 2-B.

Associated Press

MELBOURNE, Australia — Serena Williams held up a Grand Slam winner's trophy for the 23rd time, celebrating her unrivalled place in history, and received a congratulatory letter and a pair of custom-made shoes from Michael Jordan, the name most synonymous with No. 23.

Venus Williams got to watch from close range again, and shed tears more of joy than regret after being beaten in a major final for the seventh time by her record-breaking younger sister.

Serena won the all-Williams final, the ninth in Grand Slam history and the second in Australia, 6-4, 6-4, on Saturday night.

With her record seventh Australian Open title, Serena moved ahead of Steffi Graf for the most major titles in the Open era.

The Williams sisters are close. They started out playing together in Compton, Calif., hardly a hotbed for tennis, with their father, Richard, and mother, Oracene, as coach and mentor. And they still practice

and travel together around the world.

They met for the first time at a major at Melbourne Park, in 1998 — Venus won that one. In 2003, when the younger of the Williams siblings completed her "Serena Slam" of four consecutive titles, Venus was on the other side of the net. She didn't reach another Australian final for 14 years.

When Serena sat on the court, holding both arms up to celebrate on Saturday, Venus walked over to her sister's side of the net for a hug. "This was a tough one," Serena said. "I really would like to take this moment to congratulate Venus, she's an amazing person — she's my inspiration.

"There's no way I would be at 23 without her — there's no way I would be at one without her. Thank you, Venus, for inspiring me to be the best player I can be and inspiring me to work hard."

Asked if it felt awkward to be on the receiving end of so many losses to her sister, Venus, 36, didn't flinch.

"No, because I guess I've been here before," she said. "I really enjoy seeing the name 'Williams' on the trophy. This is a beautiful thing."

Venus won the last of her seven majors in 2008, at Wimbledon. She didn't

make the second week of a major for a few years as she came to terms with an energy-sapping illness — she was diagnosed with Sjogren's syndrome in 2011. And she only made it back to the semifinals last year at Wimbledon.

Another shot at a first Australian Open title was a sign of progress, she said.

"That's exactly where I want to be standing during these Grand Slams, is on finals day, having an opportunity," she said. "That's the highlight of all this, is to be in that moment."

Serena Williams, meanwhile, enjoyed the fact she made history in Melbourne. Only Margaret Court, with 24, is in front of her in terms of overall Grand Slam singles titles, although the Australian great won 13 of her Grand Slams before the Open era began, in 1968.

"My first Grand Slam started here, and getting to 23 here, but playing Venus, it's stuff that legends are made of," Serena said. "I couldn't have written a better story."

Roger Federer will be aiming to increase his all-time men's record to 18 when he takes on 14-time major winner Rafael Nadal early today, completing the singles finals lineup of all 30-somethings.

BUCHANAN

FROM PAGE 1-B

Ryan Switzer and Segar Bonifant also received support. Switzer is a Charleston native and record-setting University of North Carolina football player. Bonifant has starred for the West Liberty University men's basketball team.

"Any kind of recognition 'Keisha' can bring to soccer and this university she is so proud of," WVU women's soccer coach Nikki Izzo-Brown said.

"For her to represent West Virginia University with such a prestigious award throughout the state just means everything to her. She cares so much about West Virginia and obviously the women's soccer team and the athletic department."

Buchanan's remarkable year included leading her Mountaineers to their first-ever appearance in the NCAA College Cup and taking home a bronze medal in the Rio Games with her Canadian women's national team.

Buchanan also won the 2016 Hermann Trophy as

the NCAA's top women's soccer player.

She is a four-time All-American and four-time Big 12 Conference defensive player of the year.

Izzo-Brown said it was an honor to coach Buchanan and watch her development as a player and person during her four years in Morgantown.

"She wouldn't say a word her freshman year on the field to anybody and then she was commander-in-chief this past season on the field," Izzo-Brown said. "No question physically, athletically, tactically, technically and then mentally she grew so much here."

Buchanan said she will look back fondly on her time in West Virginia.

"I'll always remember the tremendous support I received from the WVU staff and the West Virginia citizens," she said.

"The love and support they show the WVU women's soccer team is like nothing I've ever seen before. Everyone made it very easy for me to call West Virginia University and Morgantown my second home."

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It's time for Steelers to pay Antonio Brown

PRO FOOTBALL COMMENTARY

BY JOE STARKEY

I'LL BE BLUNTLY HONEST HERE: Antonio Brown deserves a massive new contract.

How any rational person could think otherwise is beyond me. Look at the production. Look at the work ethic. Look at the fact that unlike some of his teammates, Brown plays every game and passes every drug test.

Is he at times foolish, selfish and inconsiderate, to borrow his coach's words?

Oh yes. He can be all that and more. He is a classic wide receiver diva, in love with his numbers almost as much as his smile. He "pouts" when he doesn't get the ball, to borrow his quarterback's word. He apparently needed sideline counseling during the AFC championship, and he broke team etiquette (do the Steelers have team etiquette?) by going live from the locker room after a playoff win, perhaps as part of his lucrative deal with Facebook.

But if that's your argument against paying the man — that he's selfish and overly dramatic — please tell me there's more. Because that's laughable when you consider Brown is absolutely not the team's top drama king (did you hear the quarterback might retire?) and is not nearly as selfish as players

who miss games either because they can't find their way to a drug test (hello, **Le'Veon**) or put down the pipe (hi, **Martavis**).

I don't think Brown ever showed up plowed on the South Side after a play-off win and got into it with a bouncer; either. His transgressions are harmless by comparison.

Now, if Brown feels he can get away with certain behaviors, it's probably because he can. And I would ask: Is it possible players feel empowered to express themselves any way they please when they hear their quarterback, after a win that improves the team to 4-1, openly question the head coach's practice methods?

When it comes to Brown's actual resume, the pluses beat the minuses the way the New England Patriots beat the Steelers last Sunday. So you go ahead and obsess over his iPhone habits and occasional temper tantrums. I'll focus on the other side of the ledger, which in part reads like this:

- Essentially won the AFC North — and bailed out his quarterback — by scoring a super-human touchdown against Baltimore. Think people might have questioned why **Ben Roethlisberger** threw short of the goal line into traffic with seconds ticking away if Brown hadn't busted through three players to score?
- Tortured the Miami



AP file photo

Steelers receiver Antonio Brown (right) stiff-arms New England cornerback Logan Ryan during the AFC championship game Jan. 22.

Dolphins for two spectacular early touchdowns in the Steelers' first home playoff win since 2010.

- Clinched the win at Kansas City by bursting free for a third-down catch.

- Caught 481 passes over the last four years, most of any player in NFL history over a four-year stretch.

- Started 63 of 64 regular-season games during that time, missing only the season finale this season because coach **Mike Tomlin** rested him.

- Finished second in the NFL in catches and

touchdown catches this season and might have finished first in both had he played against the sorry Browns.

It's true he had a slow night in Foxborough, but Brown became the object of **Bill Belichick's** evil designs after Bell went down, and the Steelers had no other viable receiving option. That's another reason to pay Brown, by the way: There is nobody dependable behind him, what with **Sammie Coates'** 11 broken fingers and Bryant's preference for pot over pigskin.

Tomlin made what one

might deem a threat after the video incident, saying of Brown's general behavior, "I think that's why oftentimes you see great players move around from team to team."

Yeah, well, Tomlin has another receiver who can't stay clean, a running back who hasn't started and finished the same season yet (not that Bell can help the injuries), a practice-squad player who keeps getting suspended, an assistant coach who can't control himself and a quarterback who only gave the Tomlin-haters fodder by dropping his little

Recruiting reforms could spell an end to the signing-day circus

COLLEGE FOOTBALL

Associated Press

The first Wednesday of February in college football has become a celebration of hat-picking suspense and hopeful speculation. Schools use national signing day to excite their fans, market the program and impress future recruits with a flashy welcome.

On one day, thousands of high school football players make their commitments to schools official.

A few last-minute flips, mad moms and disappointed dads provide a dash of intrigue. Every now and then a teenager pulls out a puppy to announce he will attend some school with a dog mascot. Signing day has become something of a circus, and as the folks at Ringling Bros. and Barnum & Bailey can attest, this is not a good time to run a circus.

The phenomenon of national signing day as a spectacle could be heading toward extinction with the likely introduction of an early signing period. Wednesday's signing day will mark the end of an era.

"I hope so," said Mid-American Conference Commissioner John Steinbrecher, who has been part of two groups that have been working on reforming football recruiting for three years.

All the freaking out and fawning over players who have never played a college game creates unrealistic expectations for the newbies and, to some, seems unfair to the ones already on campus.

"You're celebrating stuff that is speculative in nature," Florida athletic director Scott Stricklin said.

Steinbrecher said: "At times, it seems a bit unseemly."

A wide-ranging proposal of recruiting reforms, including a 72-hour December signing period, is in the NCAA pipeline and on target to be approved in April. The proposal also would create opportunities for recruits to take earlier official visits to campuses. The legislation is a reaction to trends more than a potential catalyst. The vast majority of recruits are already making up their minds way before signing day, Steinbrecher said. The hope is to create more transparency and certainty in a system that currently has nonbinding offers and commitments as its foundation.

"I think it's been a long time coming," said Mike Farrell, the director of recruiting for Rivals. "I think it will help settle down some of the craziness of recruiting."

Media coverage and fan interest in recruiting spiked with the growth of the Internet in the 1990s. Over the last 15 years, signing day has become a TV event with ESPN and CBS Sports Network doing marathon coverage. It grew into hours of analysis, sprinkled with an occasional spurt of action and a smattering of uncertainty. Mini-dramas emerge when a recruit and family member don't see eye-to-eye, delaying delivery of a national letter of intent after what looked like a jubilant announcement in a high school gym. Social media get stoked for a while.

The action and uncertainty figure to be at a minimum on Wednesday.

The number of incoming freshmen enrolling in college early continues to grow, putting dozens of players on campuses, going to class and working out with new teammates,

weeks before they sign their letters. By signing financial aid papers, they are giving schools permission under NCAA rules to trumpet their arrivals. LSU, Tennessee, Miami, Arkansas, Boston College and Maryland are among the many schools that already announced their mid-year enrollees.

"There's no mystery in it," Tennessee outgoing athletic director Dave Hart said of signing day. "If you look at our last couple of recruiting classes, maybe a handful of mystery in the sense of we've got four kids we really don't know yet. The rest of them, you were pretty confident they were coming."

This year's elite recruits are a particularly settled bunch. Using 247Sports' composite rankings, only four of the 32 recruits with a five-star rating entered the last week of the recruiting cycle uncommitted.

"Twelve of the top 18 players in our composite rankings are early enrollees, and that's including three kids committed to Stanford who aren't allowed to enroll early," 247Sports director of scouting Barton Simmons said. "The colleges are really anxious to get these guys on campus early, and these kids are becoming really anxious to get on campus early because they understand what a jump start that gives them for really becoming impact first-year players."

An even more recent development has been schools trying to capitalize on the recruiting craze. Nearly every school in the country — from Temple to Fresno State — holds some type of signing day event for fans. It's a way for athletic departments to bridge the gap between the

end of the season and spring football and market ticket packages.

But if a big chunk of the class is already locked in December, what happens in February?

"That will make that signing day in February kind of moot and if you do it in December, there's already a lot of stuff going on there," Stricklin said. "I don't know if you need another event."

David Bassity, associate A.D. for communication at the University of Houston, thinks he will need another event. Not necessarily for the fans.

"I feel like you're also speaking to future recruits," he said. "Kids are becoming enamored with what the schools are doing and how it makes them feel special."

Last year, the Cougars used social media messages by local rappers, former U.H. stars and local NFL players such as J.J. Watt to welcome the signing class. It wasn't quite Michigan's "Signing of the Stars," which included appearances by Tom Brady and Derek Jeter, but it was a lot more than just a press release.

The original version of the recruiting proposal now being considered also suggested a June signing period. Coaches came out strongly against that, saying it did not allow for enough time to get to know recruits.

The June period was removed, but the opportunity for recruits to take official visits in the spring was expanded. Steinbrecher likes the idea of another signing period for recruits in July or August, so they can wrap up recruiting before their senior years. Many recruits are already committed by then. But he said this package and the new signing period are a good first step.

Knicks' Anthony says daily rumors, reports are 'mentally draining'

PRO BASKETBALL

BY BARBARA BARKER

Newsday (TNS)

Not all that long ago, Carmelo Anthony was the king of the New York basketball world. He was a perennial All-Star, the centerpiece of the Knicks' most recent rebuild and one of three players in the NBA with an ironclad no-trade clause.

Well, Anthony still has an ironclad no-trade clause, but everything else that once defined his tenure as a Knick seems to be as tenuous as the Knicks' playoff hopes. This all hit home in a 30-hour period that ended with the Knicks' 110-107 win over Charlotte on Friday.

In the span of a little more than a day, Anthony was hit with the disappointing news that he would not be playing in the All-Star Game for the first time in eight seasons, was the subject of a number of distracting trade rumors, was booed by a smattering of fans after missing some late shots — and was hailed by his teammates as a hero after hitting the most important bucket of the game.

Afterward, Anthony admitted that dealing with the daily drama can be exhausting.

"It can be. It can be," he said. "You have to deal with it, even though I try not to read it. Everywhere you go, even if you don't hear about it, someone is saying something. It can be mentally draining, mentally fatiguing. Then you have to get up and re-shift your focus to playing basketball."

Anthony said you have to be a unique kind of person to make it in New York City. "You got to be cut from a different cloth to take this day in and day out, to deal with this all day long every day. You have to take the good with the bad. I don't know how I do it, but I do it."

Anthony declined to comment specifically on trade rumors concerning him that were swirling around the league. ESPN reported Friday that the Knicks and the Clippers were looking for a third

"if there's gonna be a next season" nugget Tuesday.

Now everybody's wondering if Roethlisberger's latest Shakespearean soliloquy was aimed at what he might perceive as Tomlin's laissez-faire approach.

Roethlisberger was much clearer on something else. He said Brown's production far outweighs anything else, and he's right.

Brown has one year left on his contract, traditionally the time for the Steelers to re-sign a key player, and he outplayed that contract long ago, even though the team twice sweetened it. The parameters for a new deal were set in September 2015, when **Julio Jones** and **A.J. Green** re-upped.

Jones signed a five-year, \$71.25 million deal with \$47 million guaranteed and a \$12 million signing bonus. Green got four years, \$60 million with \$32.8 million guaranteed and a \$15 million signing bonus. If Brown is looking for **Bill Gates** money and won't take a penny less, we can have a different conversation. I'm thinking he would accept a reasonable deal, one that would take him into his early 30s. Based on what he's done these last four years, business should still be boom'.

Pay the man.

JOE STARKEY writes for the *Pittsburgh Post-Gazette* (TNS).

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Judge rules in Neese civil case

BY ALEX LANG
The Dominion Post

Insurance providers do not have to provide a defense in a civil case over the murder of Skylar Neese.

So ruled a judge last week.

The move ends a 2-year-old federal case that came out of the wrongful-death civil lawsuit filed in Monongalia County Circuit Court. With the federal decision, the local case can resume proceedings.

Skylar's parents, Dave and Mary Neese, filed the initial suit in 2014, in Monongalia County Circuit Court. According to the initial lawsuit, the two killers "willfully, maliciously, deliberately and unlawfully" murdered Skylar Neese. As a result, the family suffered mental anguish, the loss of expected income and other damages. The suit also alleges the mothers of the killers were negligent and provided the weapons and opportunity to harm Skylar Neese.

In July 2012, Skylar left her Star City home and met with Rachel Shoaf and Shelia Eddy. The three drove to the Blacksville area, where Eddy and Shoaf attacked and stabbed Skylar to death. They left her body in a wooded area. Shoaf confessed six months later and led police to Skylar's remains.

Shoaf pleaded guilty to second-degree murder and was sentenced to 30 years in prison. Eddy pleaded guilty to first-degree murder and was sentenced to life in prison with mercy, which makes her parole eligible

after 15 years. Both are at the Lakin Correctional Center, in West Columbia.

In 2014, the civil suit started against the teen killers; Tara Clendenen, Shelia's mother; and Patricia Shoaf, Rachel's mother. In September 2014, insurance providers — of home and auto insurance for the families — filed a request in federal court asking for an order saying they don't have to provide a defense in the Mon County case.

The federal court asked for guidance on two issues from West Virginia's highest court. The Supreme Court advised that public policy precludes coverage for the mothers — because Skylar's murder was expected or intended by the daughters, who were co-insured on the policies.

Last week, the parties in the lawsuit met in federal court and agreed there was nothing left to decide as a result of the Supreme Court's guidance. The only task left for the court was to rule in favor of the insurance providers, according to court records. As a result, Judge Irene Keeley filed an order granting judgment to the companies.

Part of the insurance companies' argument was the intentional murder of Skylar was not covered by their policies.

They will not have to provide a defense against the claims in the wrongful-death suit, according to records.

The case has been in a holding pattern since the federal request. It will resume with Keeley's order.

Lawsuit: State Police lack proper training for dealing with dogs

Associated Press

CHARLESTON — A lawsuit says the West Virginia State Police lack proper training in dealing with dogs. A Wood County woman stopped a trooper from shooting her dog and was arrested for it.

According to a state media outlet, the lawsuit in Charleston federal court said Tiffanie Hupp, 23, was maliciously prosecuted after she stepped in front of a trooper to stop him from shooting her dog, Buddy, while her 3-year-old son watched.

Hupp was acquitted of misdemeanor obstruction charges last year after a Wood County Magistrate Court jury trial.

The Animal Legal Defense Fund said Trooper Seth Cook testified that he decided to try to shoot based on training. The group said West Virginia State Police officers killed at least 15 dogs between 2010 and 2014.

State Police spokesman Lt. Michael Baylous declined to discuss pending litigation.

Buddy, a Labrador-husky mix, was tethered to a tree and posed no threat to Cook, according to the law-

suit. Hupp's husband, Ryan, recorded the incident on video and it gained national attention when the couple posted it online.

Hupp's stepfather called 911 after an argument with his neighbor. After troopers determined no arrests were needed, Cook walked toward Myers' house and the dog barked at him, the lawsuit states.

Cook testified at Hupp's trial that he wasn't afraid of the dog "because it couldn't reach him," the complaint states. Cook then pointed his gun at the dog and put his finger on the trigger, according to the complaint.

He testified that "he was following his training that mandates that he shoot any dog that approaches him," the lawsuit says.

When Hupp stepped in front of the officer, Cook grabbed her, threw her to the ground, pushed her against the police car and arrested her, the lawsuit states.

The Animal Legal Defense Fund is working with a national sheriff's association to try to make canine encounter training mandatory, according to a news release.

Justice picks Clements for Senate seat

Associated Press

CHARLESTON — Gov. Jim Justice picked Republican Charles Clements to fill a state Senate opening left by Agriculture Commissioner Kent Leonhardt's election.

The governor's office said Clements is a former member of the state House of Delegates. Clements currently serves as executive director of the West Virginia Route 2 and I-68 Authority and was on the governor's transition policy committee on transportation.



William Wotring/The Dominion Post

DOH to look at wall damage

A retaining wall along Powell Avenue (W.Va. 7) is crumbling and rocks are falling onto the roadway. West Virginia Division of Highways (DOH) spokeswoman Carrie Jones said that while crews may have removed debris from the road, management was not aware of the situation. Staffers will review it using agency protocol for retaining-wall maintenance, to determine whether it's eligible for state funding and should be added to the county's slide list. Projects on that list are prioritized based on need. Jones said the roadway will be kept clear of debris, regardless of who owns the wall.

PRESTON COUNTY PROPERTY TRANSFERS

Dec. 30

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BARLOW, Catherine Elizabeth estate, Edward F. Barlow Sr. estate, Carl L. Barlow estate, Barlow-Salveson trust, Ellen B.

Riggs, William J. Barlow aka, Bill Barlow, Donald P. Barlow aka, Donnie Barlow, Thomas J. Barlow, Barlow/Hall living trust and Jane B. Yates to Barlow-Conley trust, Morgan Run
BARLOW, Edward F. Sr. estate, Carl L. Barlow estate, William J. Barlow aka, Bill Barlow, Thomas J. Barlow, Ellen B. Riggs, Donald P. Barlow aka, Donnie Barlow, Barlow/Hall living trust, Barlow-Conley trust, Jane B. Yates to Donald P. Barlow and Brada A. Barlow, Kingwood

BARLOW, Catherine Elizabeth estate, Edward F. Barlow Sr. estate, Carl L. Barlow estate and Barlow-Salveson trust to William J. Barlow, Thomas J. Barlow, Ellen B. Riggs, Donald P. Barlow, Barlow/Hall living trust, Barlow-Conley trust and Jane B. Yates, Kingwood
WATSON, William H. estate, and William Robert Watson to Jason Robert Watson, Deckers Creek
TASKER, Thomas J., and Beverly A. Tasker to Evan Michal Shay, Cook Run, \$36,864

TASKER, Thomas J., and Beverly A. Tasker to Danny P. Ridenour and Ashley D. Ridenour, Cook Run, \$38,136
JOHNSON, Derek, to Daniel Bruce Bosley and Marie Angela Bosley, Snowy Creek, \$16,000
LOUGHRY, Sheila G. fka, and Sheila G. Sypolt to James A. Sypolt, Morgan Run
HARRISON, H. Summers, and Jacqueline C. Harrison to Philson D. Hinebaugh and Susan Gaye Hinebaugh, Portland District



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The right reads
Experts make picks on the best bestsellers on list.
Page 3-C

Not too late
Best way to avoid the flu is still by getting vaccine.
Page 5-C

EDITORIAL

A lesson in subtraction

Declining school enrollment will prove costly to districts

Anyone can probably read the handwriting on the blackboard, by now.

In the last month, at least a dozen school districts announced staff reductions for the 2017-'18 school year.

Some will say that sounds familiar because it does. In past years, because of numerous retirements yearly, state schools could cut positions without costing current employees their jobs.

However, the issue now is the school aid funding formula, which drops funding automatically to counties that lose population.

Enrollment figures from this school year are used to set funding levels for the next fiscal year. Fiscal years run from July 1 to June 30, encompassing a whole school year.

Recently, the Monongalia County Board of Education joined a long list of counties facing the specter of staff cuts because of fewer state dollars.

Monongalia's school district has lost payment-in-lieu-of-taxes funding and growth funds, in addition to regular budget cuts.

While Monongalia's declining appropriation is not due to declining enrollment, many school districts' reduced headcount is a result of the demise of the coal industry and families moving elsewhere.

Overall, the state reported almost 4,000 fewer students enrolled in public schools this fiscal year compared to the last one.

In the southern coalfields, county school districts saw their student enrollment drop in the last year by as much as it did in the last decade.

Not only is funding for "professional positions" lost in this headcounting, but so too is funding for "service positions," custodians, cooks and bus drivers.

Raleigh County's school district, for instance, is facing nearly \$6 million in cuts from its \$41 million budget for the next fiscal year because of declining state funding.

Imagine 14.4 percent of any budget on the chopping block, let alone one principally dedicated to children.

So while lawmakers and education officials have been content to spar with curriculum and standardized testing, declining enrollment and the school-aid formula are about to fella our state for the count.

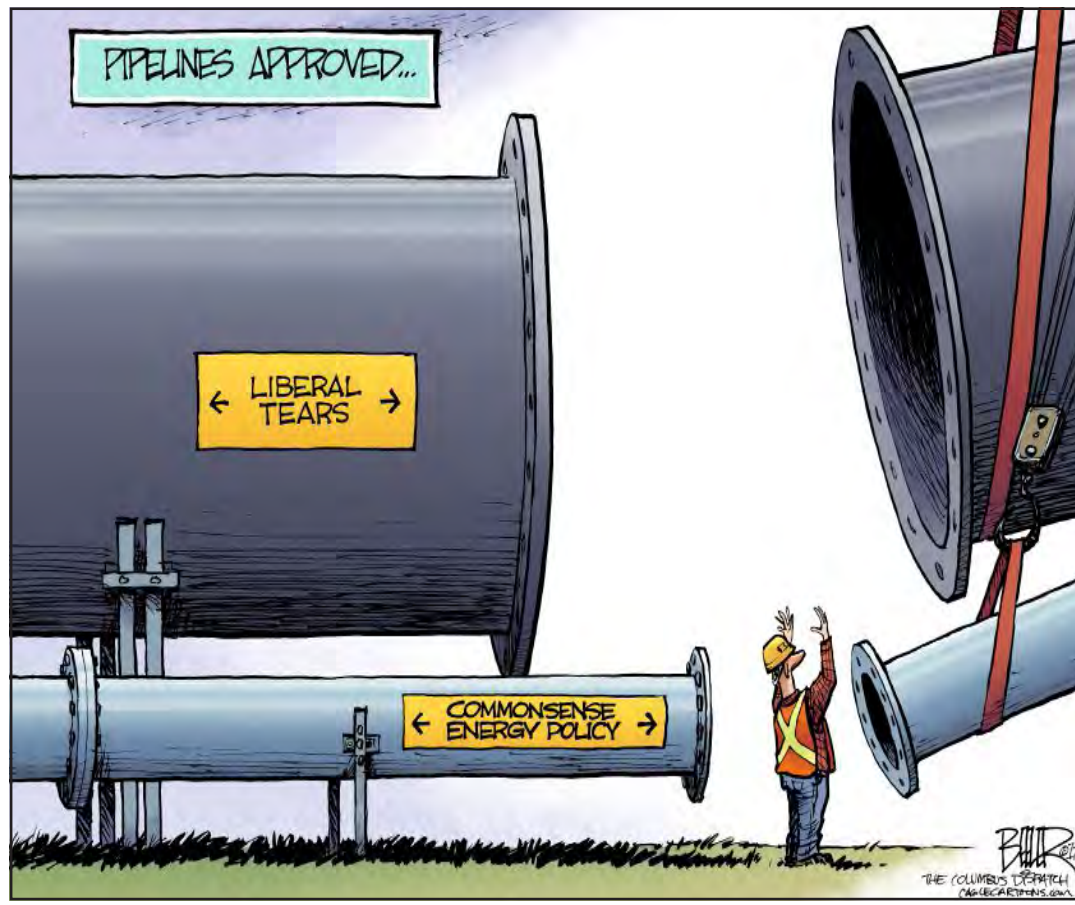
No one should expect any easy answers to this crisis in the coming legislative session. Massive budget shortfalls are looming larger by the day now and well into the future.

Much like the dilemma of the chicken and the egg, though, an economic recovery would go far to solving our state's woes, but education is integral to that recovery.

In other words, each side of this dilemma requires the other one to not just exist, but to succeed.

The new Justice administration and lawmakers will certainly face many tests in the coming months.

Though they cannot flunk any of them, passing this one will help erase a lot of doubts about our future.



LETTER TO THE EDITOR

Embracing challenges price of democracy

My wife and I recently participated in the "Sisters March" in Charleston. I was at first reticent to support the event, fearing that it would focus on "anti-Trump" sentiments rather than human rights, which was the message Connie and I wanted to voice.

I believe in the democratic process, and accept that, like it or not, Donald Trump is my president, too. But the march organizers and speakers tried hard to direct the crowd of nearly 3,000 people toward positive action, and in particular at the actions of the Legislature and our congressional delegation. And while there were "dump Trump" signs and sentiment, I saw far more calls for "love," "inclusion" and "humanity." One of my favorites read, "Right? Left?"

How about Forward?" Amen, sister. I'm glad we went.

The most fundamental of human rights are embodied in the first 10 amendments, and in particular the First Amendment to the Constitution. The first amendment written by the Founding Fathers guarantees freedom of religion, freedom of speech, freedom of the press, freedom to assemble and the right to petition the government for redress of grievances.

The First Amendment is the "first" amendment for a reason. The free exchange of uncensored information and opinion is the foundation upon which we can make decisions and take action to defend the remainder of our freedoms.

It is disturbing that President Trump has declared war on the media and vows retribution against organizations who publish items he considers unflattering to him.

Pundits on both sides of the political aisle decry "false news" and yellow journalism.

It is naive to think that biased or misleading journalism does not exist. In our world of information overload, it is challenging to sort responsible reporting from "click bait" and tempting to listen only to news sources that reinforce the opinions we already hold.

But that is a challenge we must all embrace as the price of democracy. We must be willing to do the hard work of sorting wheat from chaff.

We must demand accurate and responsible journalism from our news sources. And we must make it clear that we, the people, reserve the right to make our choices based on all of the information proffered to us — not just that deemed "true" or "patriotic" by our elected officials.

Larry E. Banta Morgantown



GENE POLICINSKI

Inaugural letter to America in the Trump era

SENDING AN "OPEN LETTER" to President Trump has been in vogue these days.

Social activists, business moguls, media chieftains and political leaders all have penned a multitude of them since the November election. Some offer advice, some raise alarms, some offer praise and some just convey insults.

All well and good — those exchanges and more are in the "free speech and free press" ethos protected by the First Amendment of speaking "truth to power" — even if the response from Trump more often than not has been to tar unfavorable messages as "untruth."

So this recent moment in history is just too ripe not to join in, but with a twist: Here's my open letter about our core freedoms of speech, press, assembly, petition and religion — as a note not to the new commander in chief, but to the rest of us — "We, The People."

For those reveling in Trump's oath of office, take a moment to consider that the freedoms of speech and press that he seems to be targeting were in no small way vital to a campaign rooted in reaching out to those who felt marginalized, ignored or even betrayed by both major parties.

Trump's ongoing "fireside tweets" are both new to American politics and an echo of FDR's similar mastery of the new medium of his era, radio, to speak directly to voters. He and we need to keep in mind that loosening libel laws to make it easier to sue a reporter also will make it easier to mount a legal challenge to all of us — including Trump — over our online comments.

And then there are Trump's biting, emotional indictments of the news media. More than 60 news and free press organizations recently sent a multi-page note to the president and Vice President Pence, asking for a meeting to discuss transparency and press access to their administration.

We, the people, should endorse that call to coverage by our independent "watchdogs on government." In turn, journalists must take action to reverse a widespread view — 74 percent in the latest State of the First Amendment survey — that the news media are failing to live up to their responsibility to be accurate and unbiased in news reports — or to, at the least, be transparent in declaring bias.

We will need to keep in mind as a nation that discussion, dissent, disagreement and debate are the hallmarks of a strong and open system of self-governance — and provide the means for self-correction when this nation goes astray. Let's consider how rare it is in the world to be able to peacefully assemble without fear of government persecution or prosecution, to petition the government for change.

In like manner, there may be those who decry the "Women's March" that followed the Inaugural parade by one day as divisive. But what a grand example to other nations: Hundreds of thousands of Americans on one day, celebrating the peaceful transition of national power after a heated, closely contested election — only to be followed a single day later, in the same space, by hundreds of thousands of Americans protesting the political particulars of that transfer.

And there's every reason to fear domestic and international terrorists. But we need to remember that targeting others solely because of their faith not only violates our nation's commitment to respecting all faiths, but resurrects images of a time when wartime fear and ethnic bias led us to intern Japanese Americans.

We may disagree — and often do — on how those five core freedoms of the First Amendment apply to any given set of facts.

But we should all stand behind them against any attempt to limit, weaken or ignore them on the basis of the variable political winds, the power of fear — or even the impact of the occasional presidential tweet.

GENE POLICINSKI is vice president and executive director of the First Amendment Center, 555 Pennsylvania Ave., Washington, D.C., 20001. Web: firstamendmentcenter.org. Email: gpolicinski@fac.org.

An identity or idea?

'America first' slogan was not ever one of Trump's creation

"From this day forward, a new vision will govern our land. From this day forward, it's going to be only America first, America first."

— President Trump inaugural address



JONAH GOLDBERG

PRESIDENT TRUMP IS SOMETHING OF A PARADOX. He roots himself in nostalgia for yesteryear — "Make America great again!" — but is remarkably unconcerned with history.

He ransacks the past for rhetorical baubles but declines to carry their historical baggage too.

In 2015, a *Washington Post* reporter had to remind Trump that his use of the phrase "silent majority" had Nixonian "over-tones." "Oh, is that why people stopped using (the phrase)?" Trump replied. "Nobody thinks of Nixon. I don't think of Nixon when I think of the silent majority."

He invokes the "forgotten man" as if he invented the term, never indicating that it was one of Franklin D. Roosevelt's central themes. His inaugural address made almost no reference to American history. His populist rejection of the status quo and the establishment suggests that he thinks the country is starting over at Year Zero. Indeed, he repeated a standard campaign line

His inaugural address made almost no reference to American history. His populist rejection of the status quo and the establishment suggests that he thinks the country is starting over at Year Zero.



that at least some historians might quibble with: That he was elected by a "historic movement, the likes of which the world has never seen before."

Which brings us to "America first," a slogan the president seems to have first absorbed from a *New York Times* reporter trying to characterize the candidate's positions. As with "silent majority," Trump

refuses to accept what that term means to many of the people who hear him use it.

Granted, it's more complicated than mainstream journalists would have you believe.

The America First Committee was founded in the spring of 1940 by isolationist students at Yale University and quickly became a major national movement — though it was never the purely right-wing phenomenon many claim. Many Republicans and conservatives supported it (including a then-15-year-old William F. Buckley, who as an adult repudiated isolationism and barred isolationists from the pages of *National Review*).

But other allies in the isolationist or "non-interventionist" cause included American

Socialist Party leader Norman Thomas, liberal journalist Oswald Garrison Villard, and such progressive icons as Charles Beard, John Dewey, Joseph Kennedy, Bernard Baruch and Progressive Party hero Robert La Follette.

Though it's true the German American Bund had opposed war, so did American pacifist organizations (until the Soviets told them to change their position). Isolationism is a bipartisan American tradition, and its defenders can claim George Washington's farewell address as proof of its pedigree.

The entire purpose of the America First Committee

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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.
"Many a true word is spoken in jest."
English proverb

GUEST COMMENTARY

New approach to education is a spinning top

BY CHRISTINE CAMPBELL

For several years, legislators have expressed a need to “increase local control” and “let teachers teach.” The only problem is the lack of action from our legislative and education leaders to actually do that.

As president of the American Federation of Teachers in West Virginia, I’ve witnessed cuts to K-12 and higher education funding, mandated instructional days, reduced health care and retirement benefits, increases in alternative-certification pathways and decreases in hiring requirements, implementation of a failed accountability system and attempts to defund our public schools.

Throughout these actions, policy makers ignored pleas from educators for competitive salaries and benefits, calendar flexibility, a hiring process to ensure the most qualified applicant, instructional resources, relevant professional development, collaboration opportunities and wrap-around services to support the social, emotional and health needs of our students.

Others express a desire to “go back to the basics.” Given the rapid rate of technological advancement, people can’t enter the workforce today with the basic skills required of the workforce 30 years ago. While my generation struggles to use an app, the current generation struggles to create an app that’s better than the billion apps already available.

We need innovation, conceptual knowledge, problem-solving and critical thinking to thrive in the current economic climate. Providing students the skills and strategies to work together to solve a problem, develop a project, debate an issue or engage in community service is the true learning model we should support, encourage and expect in public education.

Teachers and service personnel are trained to strengthen the development of the whole child and facilitate learning through real-world experience, in schools and beyond. Instead, we have become data managers, timekeepers and test administrators. This does nothing to develop a productive workforce.

Our children, our schools and our communities deserve better. Policy makers claim public education is standards, assessment and accountability. Public education wasn’t designed that way. It wasn’t meant to be a free-market enterprise where corporations profit from public tax dollars. Charter schools and voucher programs take the “public” out of public education and create a system of haves and have-nots, which won’t meet the needs of all our children. Privatization of public schools not only increases the achievement gap but also divides the students based on socioeconomic status.

Public education should promote our children’s well-being, support powerful learning and foster collaboration. Public education should inspire and encourage, while providing the tools to become compassionate, hard-working, life-long learners who make all of us proud when they go out into the world and succeed.

It’s time to reclaim our schools for our communities and our children.

It’s time for all educators — teachers, service personnel and administrators — to speak out for our students. We can provide the tools needed to become successful, educated adults but resources are critical to meet the needs of every child.

It’s time for all parents to encourage and support our children’s education by standing up for our neighborhood schools. The drop in enrollment reduces funding for our schools, which are already struggling to meet the needs of our students with the resources available.

It’s time for local businesses to stand with educators and parents to provide learning opportunities outside the schoolhouse walls. There are successful, talented people in every community who can make a difference in the life of every child just by sharing their expertise.

Let’s join together and commit today and every day to proudly stand up and speak out for our state, our communities, our public schools and the future of West Virginia, our children.

CHRISTINE CAMPBELL is president of the American Federation of Teachers-West Virginia. This commentary should be considered another point of view and not necessarily the opinion or editorial policy of *The Dominion Post*.

Perspective on life will always be a funny thing

A. Edward Warsinsky offered a multitude of witticisms, funny, poignant, thought provoking. Born in 1930, his Wheeling youth was shaped by the Depression, followed by the requisite sacrifices of World War II.

Three generations of family lovingly inhabited their three-bedroom home. Ed had the essentials of life, if not the extras. His steel mill-working father, Albert, served as a World War I Army doughboy in Germany. Once a month, Albert bought a bag of hard candies, and savored but one sweet treasure per day.

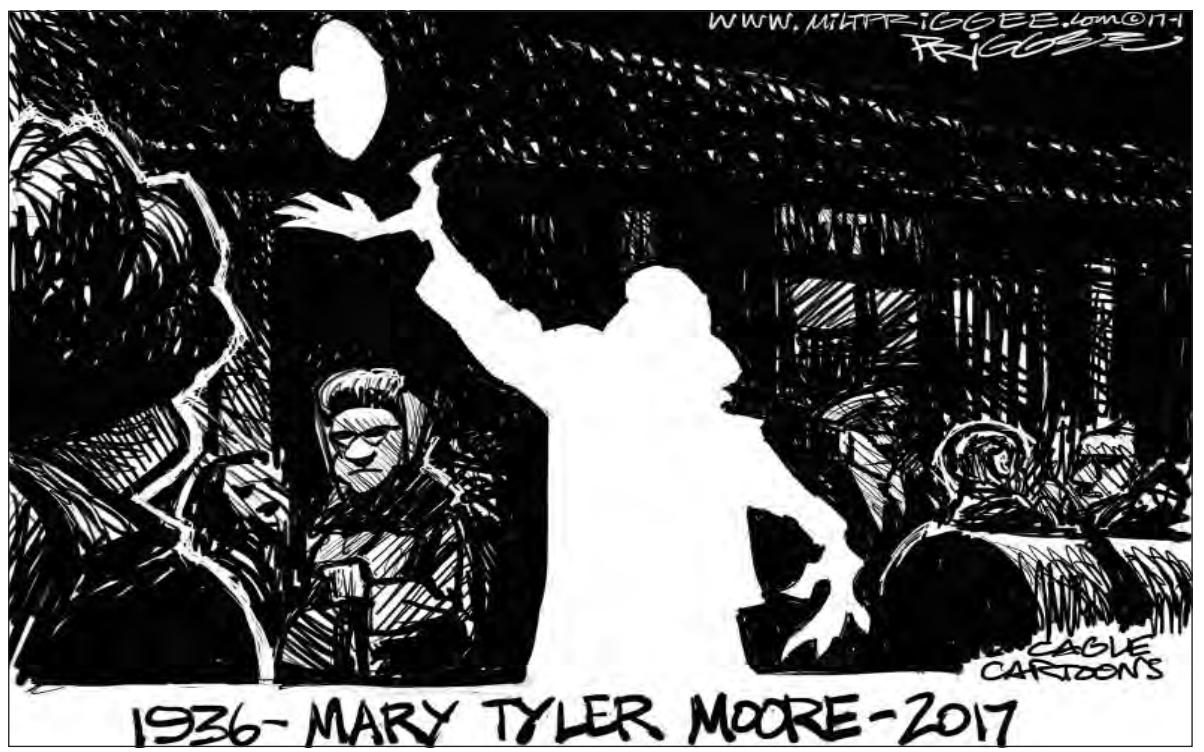
Precious foil, rationed during World War II, was folded, reused. Dishes were hand washed. Transportation was city bus, a car unaffordable.

Vacationing meant the Moundsville campground trailer park. Purchases were made outright following saving. “Waste not, want not,” the mantra of those times.

Perspective. Eighty-six years have passed since Ed Warsinsky’s birth. Foil is no longer a premium. Few fold to reuse. Candy? Buy it by the bag, the pound — for parade-watching children, hard candy little more than street garbage, bypassed for plentiful chocolate — an unimaginable delicacy for Albert. Own a dishwasher? Few homes don’t. Drive a car? Have a television or cellphone? Possess more than the two pairs of shoes (work vs. dress-up) of Ed’s era? Most of us — yes, most of us — can now choose paths of success — or not. Sadly, our satisfaction seems markedly lower than our forbears.

Complaining is rampant, socioeconomic status notwithstanding, adversely affecting even our work environments. With notable exceptions, nearly all have the essentials, the extras. The real question is, don’t most of us have enough? And if so, why can’t we recognize it? Even more, appreciate it?

Ed Warsinsky, sage observer, opined, “The best of times bring out the worst in people. The worst of times bring out the best.”



LETTERS TO THE EDITOR

MAIL LETTERS to the editor to *The Dominion Post*, 1251 Earl L. Core Road, Morgantown, WV 26505. Email letters to opinion@dominionpost.com. Include your name and phone number for confirmation purposes. Letters should not exceed 300 words.

Perspective is a funny thing.
Eleanor Green Morgantown

Election testament to Founding Fathers’ genius

Lately we all have been reading and hearing from those who shed a negative light on the Electoral College as a means to elect a president.

They go on and on about how the popular vote should be the only means to determine an election, but they fail to see that this country of ours is made up of 50 individual states that all deserve a voice in federal government decisions that would affect them.

If there were no Electoral College, small-population states like West Virginia simply would have absolutely no weight at all in the election out-

come because there would be no representation presented.

Election outcomes are determined, as they should be, by the dominating will of the collective states, not by the dominating will of select exclusive crowded urban population centers that represent a mere handful of states.

The people of this country should not be held hostage by the liberal “Hollywood” state and Empire State because of high population centers that would dictate leadership for the entire country without other states’ representation if presidential elections were determined by popular vote alone.

If Hillary Clinton wanted to win, then she should have at least campaigned in the Rust Belt states and battleground states. Even if she did this, she still may have lost.

We, the people, spread out in this great country of ours, urban and rural areas with fair weight given to each state and our diversity, elected fairly and squarely Donald J. Trump for president, a successful process that is a testament to our Founding Fathers’ brilliance.
Mike Morgan Morgantown

What’s behind Kansas’ nonchalant attitude?
Excuse me but I sensed that

No. 1 Kansas “dogged it” in their run-up to the final score of Tuesday’s basketball game at WVU.

Kansas lost without any visible concern by its players or its coaches.

So what is their advantage of not being ranked quite so high as No. 1? Something is going on.
Art Smith Morgantown

Lesson about beginning of life still relevant

Pastor Terry Hagedorn’s letter to the editor (DP-Thursday) regarding women’s ability to sue abortionists reminded me of an experience that I had as a pre-med student.

During a course in embryology, the instructor sliced a developing embryo from a chicken’s egg that had been recently incubated just the right number of hours.

When we looked at this under a microscope, we saw a tiny tube that was regularly pulsating. One of the first things that develops is the cells that produce an electrical impulse that will enable the heart to beat for the rest of our lives.

This was over 60 years ago, and I remember this vividly today. Life had begun!
Dr. Summers Harrison Morgantown

AMERICA

FROM PAGE 1-C

was to keep FDR from dragging the U.S. into another European war. Given the still fresh memory of the horror — both at home and abroad — of World War I, this always struck me as a defensible if, in hindsight, wrong position.

The isolationists largely fought FDR to a political standstill until Pearl Harbor, which ended all debate.

After the war, with the full knowledge of Nazi crimes and years of domestic patriotic fervor, the term “America first”

took on a more sinister reputation in retrospect than it deserved (influenced by FDR’s political vendettas against the isolationists during the war).

Some Jewish groups to this day unfairly consider it vague code for “America should have let the Holocaust run its course.”

That Trump could so easily adopt “America first” without being hobbled by its negative connotation was a political coup. He insists that it’s just a catchphrase for prioritizing American interests. Even though the term is both catnip and dog whistle to some of his more unsavory fans, I think he’s sincere. Still, my problem with

Trump’s version of “America first” isn’t his desire to do what is in America’s best interests — who could oppose that?

It’s how he defines America’s best interest — and its best self. With his blind eye to the past, he’s stumbled into old-fashioned nationalism.

Up until very recently, American exceptionalism — i.e., we are a creedal nation dedicated to certain principles reflected in our founding documents — largely defined the conservative understanding of patriotism.

Trump, however, sees America more as an identity than an idea. He promised that America’s example “will shine for everyone to

follow,” but he defined that example not in terms of our liberties or ideals, but in terms of unity. We will rebuild “our country with American hands and American labor” following “two simple rules: Buy American and hire American.” We will shine through our success at building infrastructure, walling off our economy and crushing our enemies.

All in all, this is no “new vision” — though it is arguably new for an American president.

JONAH GOLDBERG is an editor-at-large of *National Review Online* and a visiting fellow at the American Enterprise Institute. You can write to him in care of this newspaper or by email at JonahsColumn@aol.com.

Gender equality is not just a women’s issue

AS I WADED INTO THE HISTORIC CROWD gathered in front of the Texas Capitol the morning after Donald Trump’s swearing in, I was taken aback by the diversity of the Women’s March crowd. There were thousands of women; police estimate 40,000 people turned out in Austin alone.

But there were also a sizable number of whole families compared to other protests I’ve observed, Black Lives Matter and Occupy Wall Street.

Some had predicted that the women’s marches would turn into a platform for liberalism. Sure, every topic from education to immigration was present, but I couldn’t look in a single direction without seeing signage riffing off that infamous Trump tape. The one that brought numerous claims of assault and harassment against Trump, the one most pundits predicted would surely sink him in the last minutes of the campaign.

But it didn’t. And ABC News estimates more than 1 million marchers showed up across the nation (many in pink hats inspired by that tape) to show their support for women under this standard set by the newly elected leader of the free world.

The thread through this movement was women’s equality, and I was impressed by the number of men who showed up in support.

Now, more than ever, we men must support women and prioritize equality. Because, and I as-



DOM DIFURIO

sure you of this, gender equality should not be presented to the male generation coming of age as a partisan issue in the 21st century. It is something that should be in the forefront of our minds, because it is in the forefront of our sisters’, mothers’, friends’ and daughters’ minds every single day.

I spoke with men and women at the Women’s March, and they offered several things we men can keep in mind on a daily basis as we try to be the best allies for gender equality:

Don’t be afraid of equality. Women expressed to me that they perceive the men around them who are silent on women’s rights as too afraid to talk about a goal that should be seen as a human right.

Social media are reaching a peak moment as places for constant, hyper-politicized conversation. The new never-ending stream of commentary requires a digitally savvy male to at least attempt to

understand where women come from before sharing even supportive information or articles. Any male living in 2017 runs the risk of being rightfully called out by a woman for attempting to steal the moment away from those who are actually disenfranchised.

It’s important to recognize that the path to supporting the women in your life should not include drawing attention to yourself for doing so; rather, you should use your perch to lift them into the spotlight.

Talk to your daughters, sisters and wives about how you can support them. All of the male marchers that I spoke to said they had conversations with at least one female

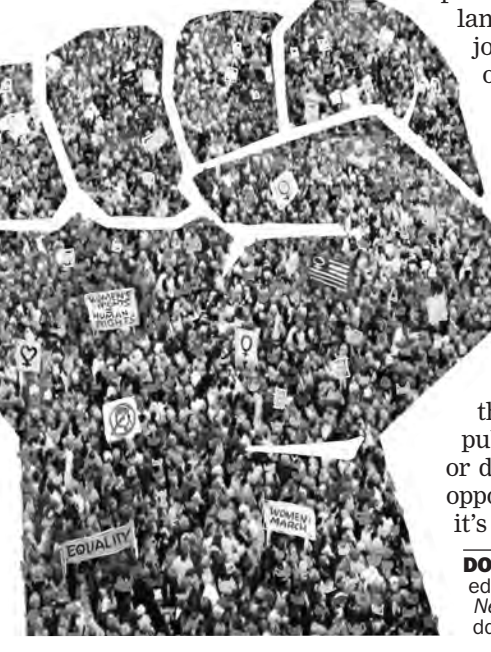
in their life whom they cared about regarding women’s equality. One young man even joked that a particular family member wouldn’t let him forget it.

Don’t leave it to the ones you love; be the initiator and ask questions.

Speak up in the face of misogyny. The idle misogyny that men often subconsciously ignore festers in conversation among men behind closed doors.

I came across a woman holding a sign urging boys not to be boys, it was a play off of the well-known boys-will-be-boys defense of men’s disrespectful and in some cases degrading actions to women. She stressed to me the importance men should place on language that is deemed mere joking. It’s important to recognize that we men aren’t doing ourselves any favors when we let it coast by in talks with other men. Identifying this kind of talk and who in your personal life tends to initiate it is the first step.

Show up and don’t sit idly by while the women in your life try their best to hit every curve ball our society throws them. Whether it’s public displays like the march or daily actions, when you have opportunities to offer support, it’s best not to stay at home.



DOM DIFURIO is a member of the editorial board of *The Dallas Morning News*. Readers may email him at ddifurio@dallasnews.com

Train your brain
Keep your mind sharp with puzzles.
Page 9-C

Life & Leisure

Expert advice
Tips for navigating sticky situations.
Page 5-C

MANAGING EDITOR ■ **PAM QUEEN** ■ 304-291-9433

SUNDAY, JAN. 29, 2017 THE DOMINION POST **3-C**



KATIE MCDOWELL

No sleep, no problem — just stop the anxiety

FOR THE PAST WEEK, I have woken up in the middle of the night (technically the wee hours of the morning), wide awake.

The first night, my brain sounded the alarm around 4:30 a.m. A couple nights later, at 4. A few nights after that, it thought 3:30 was the way to go. Now, we've whittled it to 3. "HEY WAKE UP," it seems to scream. "WAKE UP WAKE UP WAKE UP."

"Oh my god," I beg it. "What?" "IT'S TIME TO WORRY ABOUT STUFF," the stupid thought-organ yells back. "WORRY WORRY WORRY. COME ON COME ON COME ON."

Then I'll be up until around 8, thinking about any and every possible idiotic thing it can throw at me. Bills, phone calls I have to make, where that coat I never wear but still like is, my bank balance, tomorrow's dinner. And whatever else the evil elves in my head decide to fixate upon.

Insomnia, it's a demon. Anxiety is its minion.

To be fair, sleep isn't something I've ever come by easily. For as long as I can remember, sleeplessness has been my shadow — the one thing, besides death, taxes and low self-esteem, that I can pretty much count on for the rest of my life.

On the off chance I fall asleep quickly one night, you can bet I'll be up two hours later, incapable of recapturing my R.E.M.

Other times, the sandman just doesn't stop by, period, and I lie there cursing the night, ruminating on the mockery of my owning a mattress at all.

Well-meaning friends are constantly offering advice on the subject. Anything from essential oils, to meditation, to meds.

"I just don't know how you live like that," they tell me, looking all bright-eyed and rested. "I would go crazy."

"You can't miss what you've never had," I tell them, trying for the hundredth time to sidestep yet another conversation about the relaxing benefits of yoga. "I've just come to terms with it."

And it's true. For the most part I have. Enough to know that a spritz of lavender isn't going to change my destiny.

"Ambien," my best friend Lacey says at least once a week. "Ambien should be your best friend, not me."

Every time I tell her: I'd rather be tired than sleep-eat the contents of my fridge before online-gambling myself to bankruptcy, performing a jig on my lawn for all my neighbors to see and driving myself to jail, courtesy of some weird drug's side effects. It's just too scary. Sleep is elusive. I've accepted that.

So, like any experienced insomniac, I focus instead on the small victories. Finding the perfect concealer to cover the dark circles under my eyes (the search continues). Breaking my own record for how many times in a row I can recite the alphabet forward and backward before going insane. Seeing how many old Maeve Binchy novels — the cognitive equivalent of comfort food — I can reread in a week. Searching out the strongest cup of coffee in town. Coming up with new and interesting ways to conquer the dizziness that often sets in mid-afternoon.

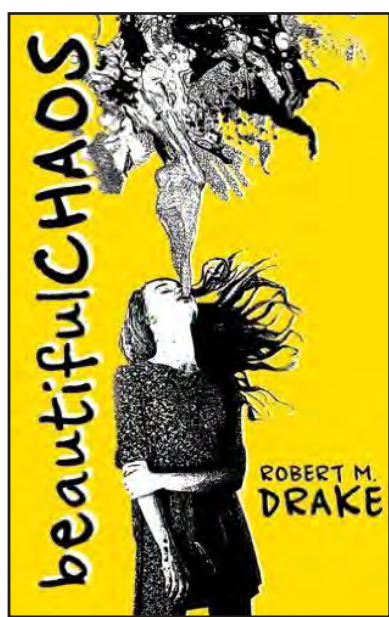
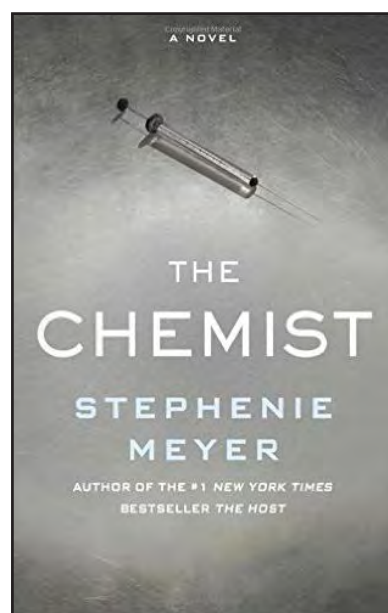
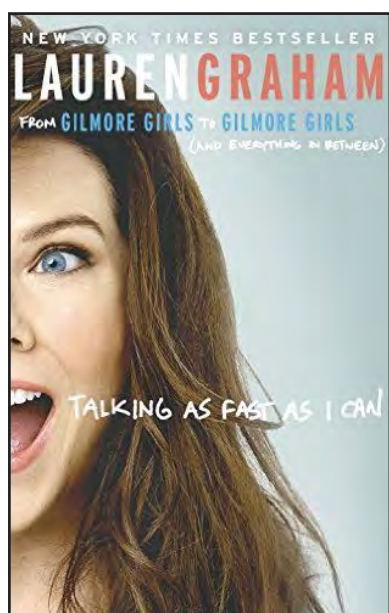
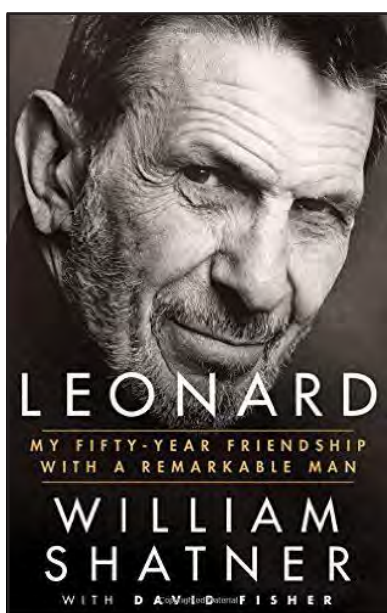
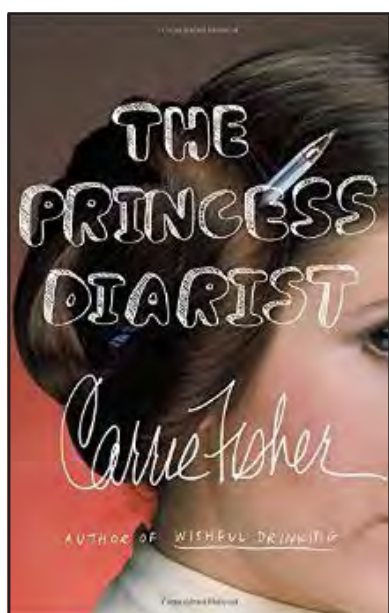
Plotting and planning how to someday — sooner rather than later, I hope — lay waste to these bogies that live in my brain.

Because, not sleeping? Not sleeping I can handle.

Worrying to the point of panic at 2 a.m. because I planned a meal requiring a muffin tin and just remembered mine's ruined?

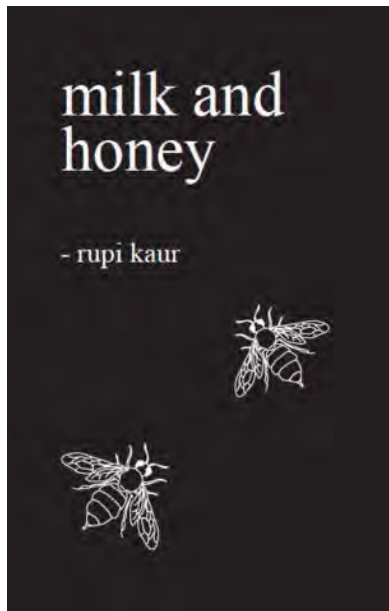
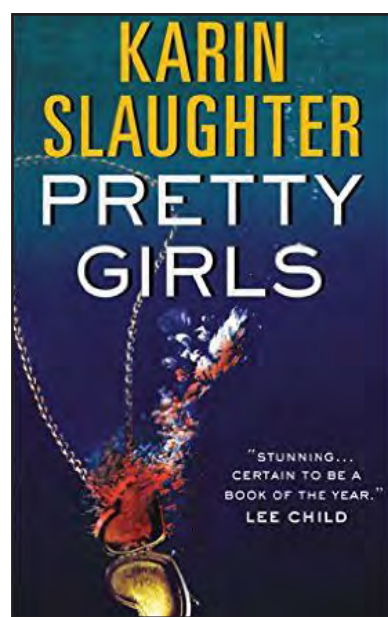
That right there is exhausting.

KATIE MCDOWELL is a lifestyles write/copy editor for *The Dominion Post*. Email her at kmcdowell@dominionpost.com.



The right reads

Experts make picks based on bestsellers



The Dominion Post

With the holidays well behind us and temperatures dipping to freezing most nights, this is the time of year many folks look to hunker down and tackle a good tale.

But for many, that valuable time spent under a warm blanket, devouring a good book, can be limited. So you want to make the most of it, with a selection that suits your fancy — one that makes you truly savor those precious moments spent with someone else's story.

With so many titles on the shelves, however, it can be difficult to know which to choose.

So, to help our reading readers pick the perfect tale, we asked a couple local book experts — Heather Tanton of the Arnettsville Public Library and Andrew Kapaldo of Barnes & Noble at University Town Centre — to share some recommendations, based on several books that have been dominating the bestsellers lists of late. Here are their suggestions:

From Heather Tanton at the Arnettsville Public Library:

■ **If you liked "The Princess Diarist" by Carrie Fisher:** If you love a great biography, then you might enjoy Lauren Graham's "Talking As Fast As I Can." It's a quick read and feels like you are talking with a girlfriend.

■ **If you liked "Banana Cream Pie Murder" by Joanne Fluke:** Meg Cabot's "Size 12 Isn't Fat," series is a hilariously quirky look at a fictional former pop star's perspective on life, love, and a series of unfortunate events. I highly recommend this for fans of Joanne Fluke's mystery heroines.

■ **If you liked "Fantastic Beasts and Where to Find Them: The Original Screenplay" (or "Harry Potter and the Cursed Child — Parts I and II"):** For fans of Harry Potter, then you will like the "Percy Jackson and the Olympians" series. This is a definitely different twist on Greek mythology. I also recommend the Magisterium series by Holly Black and Cassandra Clare. It speaks to the camaraderie of kids thrown into chaos and magic.

■ **If you liked "The Chemist" by Stephenie Meyer:** Fans of criminal thrillers with a female lead

might enjoy Karin Slaughter's "Pretty Girls." This is an engaging jaunt into a darker side of betrayal and family tragedy.

■ **If you liked "The Girl on the Train" by Paula Hawkins:** We always recommend Gillian Flynn's "Gone Girl" to any reader who enjoys a twisty tale with mostly unlikable characters. Both books leave you questioning who you actually want to prevail in the end.

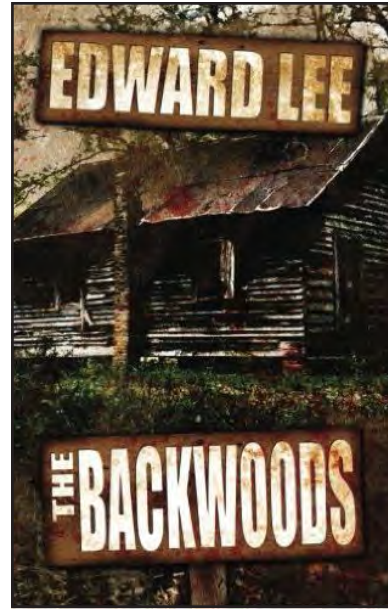
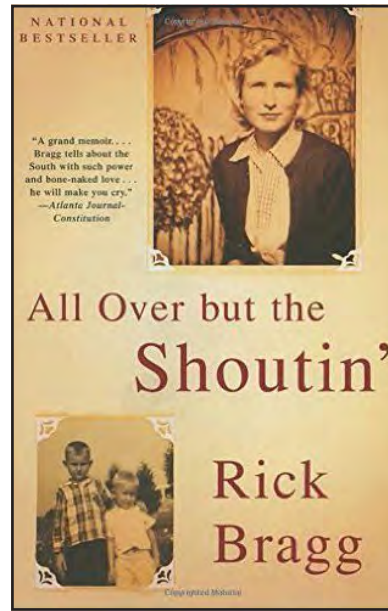
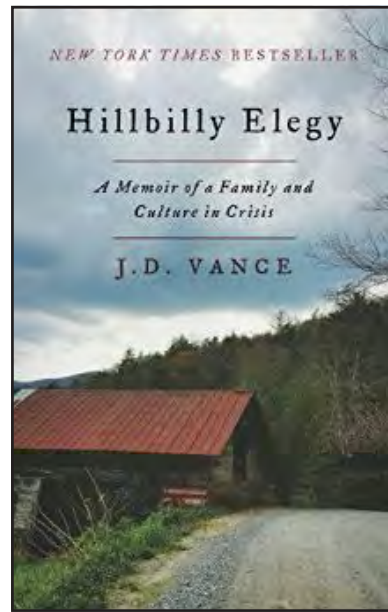
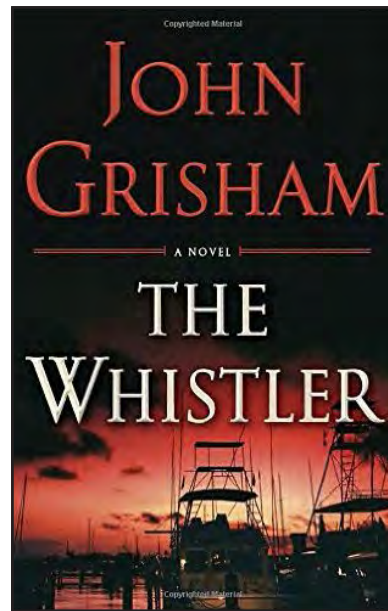
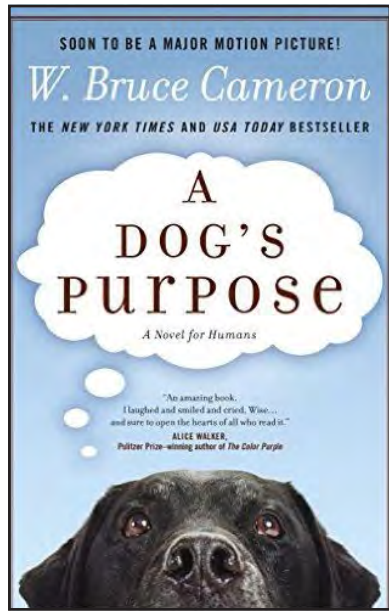
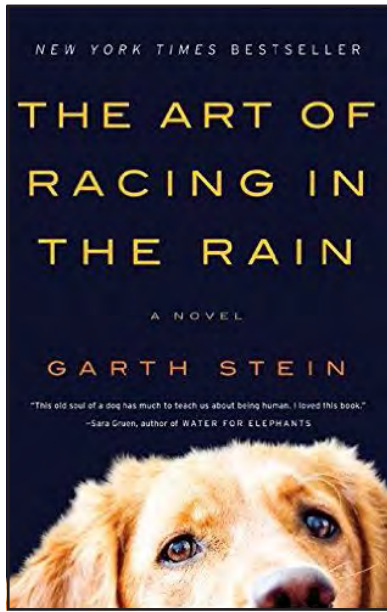
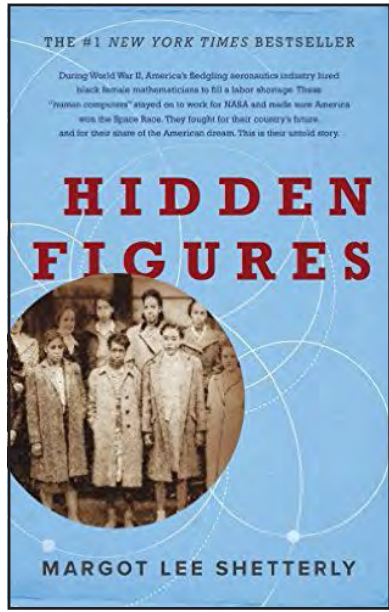
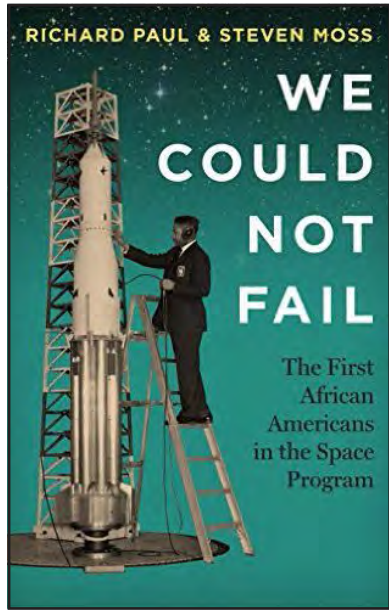
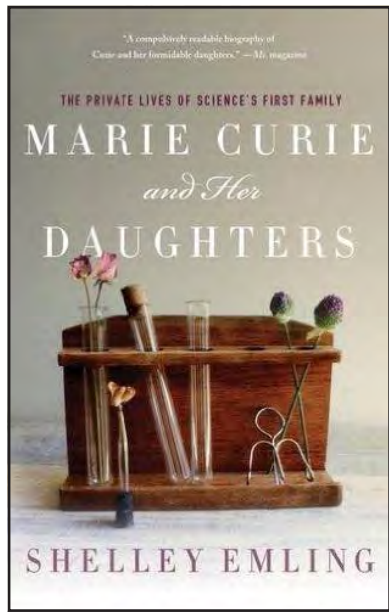
■ **If you liked "Night School" by Lee Child:** When patrons read the Jack Reacher series, they often also enjoy Michael Connelly's Harry Bosch series or Mickey Haller series. Both offer strong male leads that are faced with impossible tasks.

■ **If you liked "Small Great Things" by Jodi Picoult:** This is a difficult book to base recommendations as it is really a game changer. In a world that is hyper charged in areas of racial crimes, this book opens a conversation where it is hard to find the words. Although Jodi Picoult books are often character-driven and thought-provoking, this one stands alone. It is often compared to "To Kill a Mockingbird" in a modern setting, so I would give that as a suggestion, but it seems to be more. If the reader is looking for a sincere, relational type author, I often recommend Kristin Hannah, but she doesn't really look at race. I think the mother relationship is really explored in "The Deep End of the Ocean" by Jacquelyn Mitchard.

■ **If you liked "No Man's Land" by David Baldacci:** This is the fourth installment of the John Puller series, so often readers of this series also like the Alex Cross series by James Patterson. Both offer a crime fighter with a complicated life. The protagonists in both series are fighting against outside forces to find the right in their situations.

■ **If you liked "Hidden Figures" by Margot Lee Shetterly:** Patrons who enjoy this story also like "We Could Not Fail" by Richard Paul and Steven Moss. This book is the flip side of this journey as it documents the first African Americans in space. Another great book that is often enjoyed by those who liked "Hidden Figures" is "Marie Curie and

SEE READS, 4-C



**Our readers are our best resource.
Send story ideas to
lifestyles@dominionpost.com**

Answers to puzzles from the Amusement page

**Answer to Sunday Crossword Puzzle No. 1,814
published today.**

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Answer to Jan. 29 Cryptoquip:
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SHOW ILL WILL, I WOULD SAY THEY'RE
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Difficulty Level ★

STICKELERS [sic]
by Terry Stickels

There are 67 cubes.

Seese-Davenport

Brooke Ann Seese and Tony Paul Davenport Jr. were married July 9, 2016, at Lake Norman Baptist Church in Huntersville, N.C., with Pastor Bobby Blanton and Pastor Jason Sleeth, brother-in-law of the bride, officiating.

The bride is the daughter of Myron and Kathy Seese of Hundred. She is a graduate of WVU and is employed by Charlotte Mecklenburg Schools, Charlotte, N.C.

The groom is the son of Tony and Rebecca Davenport of Troutman, N.C. He is a graduate of Catawba College in Salisbury, N.C., and is employed by HMS Host at Charlotte Douglas International Airport.

Matron of Honor was Teresa Sleeth, sister of the bride. Bridesmaids were: Jennifer Blake, Abby Davis, Ashleigh Davis, Maria DeFazio and Jessica Hayhurst, all friends of the bride; Jennifer Rust, cousin of the bride; and Tonya Stevenson, sister of the groom.

The Best Man was Erronta (PJ) Brown, friend of the groom. Groomsmen were: Quincy Davenport, nephew of the groom; Carlos Dixon, Marvin Moore, Kelvin Pannell, Jarmark Parker, William (BJ) Robertson and Byron Whitehead, all friends of the groom. Ushers were: Terrence Davenport, Darren Dula, Rodrick Dula and Larry Joe Felder, all cousins of the groom.



Brooke Ann Seese and Tony Paul Davenport

Flower girls were: Madison Sleeth, niece of the bride; and Ataj-Anariyan Felder and Sydney Marshall, both cousins of the groom. Ring Bearer was Tyler Sleeth, nephew of the bride.

Following the ceremony, a dinner/dance reception was held at River Run Country Club, Davidson, N.C.

After a honeymoon to St. Lucia, the couple resides in Mooresville, N.C.

50TH ANNIVERSARY

Colebank



Harriet and Phil Colebank in 1966.

Phil and Harriet Colebank recently celebrated their 50th wedding anniversary. They were married Dec. 26, 1966, at Woodland Methodist Church, with the Rev. William Camp officiating.

Harriet is the daughter of the late Harry S. and Bessie Scott. She graduated from University High School and West Virginia University. She retired in 2002 after teaching high school mathematics for 30 years in Monongalia and Marion counties.

Phil is the son of the late Claude and Ocie Colebank. He graduated from University High School and West Virginia University, and served in the United States Navy Submarine Service. He retired in 2003 after a career teaching vocational agriculture, forestry and welding in Preston County.

The couple are the parents of four children. Beth Colebank Andes (husband, David Andes), Craig Scott Colebank (wife, Patty Loy-Colebank), Laura Lee Partington (hus-



Harriet and Phil Colebank today.

band, Nicholas) and Brook Ann Colebank (deceased). They have five grandchildren, Alex Knouse, Trent Knouse, Yasmine Colebank, Willow Colebank and Wren Partington.

Phil and Harriet enjoyed two celebrations of their anniversary. All of the family enjoyed a dinner and stay at Stonewall Jackson Resort on Dec. 26, 2016, which was also the 18th anniversary of Craig and Patty Colebank. They were joined at the resort by Frank and Karen Burchinal, groomsmen and maid of honor at Phil and Harriet's wedding.

Their children also hosted a party Jan. 22, 2017, at Dorsey's Knob Lodge for the couple, which was attended by friends and relatives. Bridal party members in attendance at the party were matron of honor Sherry Scott Smith (sister of the bride), bridesmaids Nancy Cain and Sue Frum Morris (niece of the groom), and groomsmen David Frum (nephew of the groom).

READS

FROM PAGE 3-C

Her Daughters" by Shelley Emling. This book looks at the intimate life of the females in the Curie household.

■ **If you liked "The Devil in the White City" by Erik Larson:** This is a great narrative with compelling characters, so fans of this book will like the Magicians trilogy by Lev Grossman. Another read that Larson fans might enjoy is "Death in the City of Light: The Serial Killer of Nazi-Occupied Paris" by David King. This is a true story of a little-known serial killer during World War II. This has questionable figures and lots of intrigue.

■ **If you liked "Hillbilly Elegy" by J.D. Vance:** "Into the Backwoods of Nowhere" by Nancy Blankenship Owen is a look into an every-woman growing up in Appalachia. This is has an authentic voice of growing up in the early 1900s in North Carolina.

■ **If you liked "Crash and Burn" by Fern Michaels:** This is the 27th book in her Sisterhood series. Readers who have followed the Sisterhood ladies might also like the strong, funny heroine in the Fox and Hare Series by Janet Evanovich. Crime, love, and humor mix in this series about a female investigator and male criminal mastermind.

■ **If you liked "The Underground Railroad" by Colson Whitehead:** This another great book to open race discussions. I think that readers would enjoy Toni Morrison's "Beloved" and Solomon Northup's "12 Years a Slave." Both have frank depictions of race and relationships.

■ **If you liked "Outlander" by Diana Gabaldon:** This fantastic series has been translated into a popular television show and is an absolute fan favorite. While readers wait for the ninth book to be released they might devour the Sarah Donati Wilderness series. These books follow a family through the trials and triumphs of life in the wilderness, with interracial marriages and cultural strife.

■ **If you liked "Me Before You" by Jojo Moyes:** I heartily recommend the sequel to this popular book and movie. "After You" is an even better read than the first installment. The follow-up to this story is heart wrenching and so real about the aftermath of a life-altering loss.

From Andrew Kapaldo at Barnes & Noble, University Town Centre. All books mentioned are available at Barnes & Noble. For special events and more information, visit the store's Facebook page at facebook.com/BNMorgantown.

■ **If you liked "The Princess Diarist" by Carrie Fisher:** Try "Leonard: My Fifty-Year Friendship with a Remarkable Man" by William Shatner. In "Leonard," Shatner talks about his sometimes-difficult relationship with his friend and the many ways they helped each other through difficult times. Shatner shares stories from their personal life, conventions and of course their time acting together on "Star Trek."

■ **If you liked "Milk & Honey" by Rupi Kaur:** Try "Beautiful Chaos" by Robert Drake. "Beautiful Chaos" explores themes of love, loss, pain and loneliness through a collection of short poems.

■ **If you liked "Hillbilly Elegy" by J.D. Vance:** Try "All Over but the Shoutin'" by Rick Bragg. In "All Over but the Shoutin'," Bragg revisits his life growing up dirt-poor in a rural Alabama and his rise through hardship to become a Pulitzer Prize-winning reporter for *The New York Times*. He tells of an alcoholic and abusive father, of his mother's love, and of hard work leading to success.

■ **If you liked "A Dog's Purpose" by W. Bruce Cameron:** Try "The Art of Racing in the Rain" by Garth Stein. The book opens as canine Enzo reveals he is old and in failing health and that after watching a program about dogs in Mongolia on TV, he hopes that, once he dies, he will be reincarnated as a man. Knowing he will die, he begins to tell the story of his life starting when Denny picked him out and purchased him. The story follows the two through happiness and tragedy.

■ **If you liked "The Chemist" by Stephanie Meyer:** Try "The Whistler" by John Grisham. "The Whistler" follows lawyer, Lacy Stoltz, an investigator for the Florida Board on Judicial Conduct. A corruption case comes across her desk from a previously disbarred lawyer working under a false name, Greg Meyers. Meyers only has one client, a whistleblower who knows of a judge who has stolen more money than all crooked judges combined in U.S. history and would collect millions under Florida law. Stoltz quickly realizes pursuing this case could be very dangerous for her.

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Bridal expo today at Waterfront

Submitted to The Dominion Post

Waterfront Place Hotel, soon-to-be Morgantown Marriott at Waterfront Place, invites engaged couples to Waterfront Place Hotel's 14th Annual Bridal Extravaganza.

The event will be hosted from 1-4 p.m. today at the Morgantown Event Center. Catering will be provided by Waterfront Place Hotel. Admission, hors d'oeuvres and parking are complimentary for attendees and brides do not need to pre-register. Attendees will be able to meet various wedding vendors to help in their wedding plans.

Info: Kelly Saunders at 304-581-2808 or k Saunders@waterfrontplacehotel.com.

Advice for Life

MANAGING EDITOR ■ PAM QUEEN ■ 304-291-9433

SUNDAY, JAN. 29, 2017 THE DOMINION POST 5-C



GOD SQUAD

RABBI
MARC GELLMAN

We can learn from others' examples of forgiveness

ONE SENTENCE.

Just one sentence.

I was appropriately amazed and inappropriately angered that one sentence is all it took for the New York Times to condense the massive public, courageous, forgiving, pious and loving life of one of the greatest men I have ever known. Here is the New York Times' one-sentence lead in the obituary for Detective Steven McDonald:

"Steven McDonald, a New York City police officer who was shot by a 15-year-old boy in Central Park in July 1986 and paralyzed from the neck down, but who forgave his assailant, hoped for the youth's redemption and remained in the public eye for his spirit in the face of adversity, died on Tuesday in Manhasset, N.Y."

Of course Richard Goldstein's beautiful obituary went on, but perhaps his lead sentence really was enough, because Steven McDonald's life was not just changed on that July day back in 1986, it was defined. If it had not been for that fateful day, Steven, who passed away at 59, would have remained an anonymous cop. He would most likely have melted into the forgotten litany of those who are broken while trying to keep our country from breaking. What distinguished his life, lifted his life and made his life an inspiration was how he dealt with the attack and the attacker. In his acceptance of his suffering as a quadriplegic and in his decision to forgive his assailant completely and without conditions of repentance, Steven McDonald revealed a remote human achievement. He showed the power of forgiveness to overcome evil.

I know that there have been others who have forgiven those who have killed, maimed, burned, beaten and raped. The amazing congregants of the Emanuel African Methodist Episcopal Church in Charleston, S.C., forgave Dylann Roof for killing nine members of their parish. I know that some parents of murdered children have also found a way to forgive their children's murderers, but I did not know any of them. I knew Steven. He was a frequent guest on the "God Squad," the cable TV show I did with Father Tom. I kissed him and blessed him and cried my eyes out when I saw his young son Conor nuzzle him in his wheelchair because his father could not hold him or hug him.

Steven was the living embodiment of the teaching of Jesus in the Sermon on the Mount, Matthew 5:44-45, "But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you."

What still puzzles me in my deepest places is how this can be done. I asked Steven how he was able to forgive Shavod Jones and he said to me what he said to others: "The only thing worse than receiving a bullet in my spine would have been nurturing revenge in my heart." Revenge and anger are like trying to swim while carrying a heavy stone. The only way for you to float is to let the stone sink. So his forgiveness was a way to let go of the spiritually corrosive emotions that would indeed have killed him.

Steven McDonald died just before Martin Luther King Jr. Day. The connection between the two men is striking and eerie. Twenty six years before Steven's death, almost to the day, King was in jail and used the time to rewrite a sermon on loving one's enemies.

What Jesus, King and Steven did, almost none of us can do, but what Jesus, King, and Steven knew almost all of us can know.

Rest in peace, Steven. Rest among the holy and the righteous, and may God comfort Paty and Conon and your family and all who stood in your light.

SEND ALL QUESTIONS AND COMMENTS to The God Squad via email at godsquadquestion@aol.com.

Leave the photos or start packing

EX-ETIQUETTE

Q: I have been dating my guy for about a year. He has been divorced for two years and has two kids, ages 8 and 11, that he has half the time. A month ago he asked me to move in, and I was over the moon. Here's my problem: The kids have pictures of their mom in their rooms. It bugs me. It's my house now. Why do I have to look at pictures of my guy's ex? I've asked him to take them out of their rooms, but he has refused. What's good ex-etiquette?

A: For you to get a tougher skin. You're in a relationship with a guy who has kids. He shares equal custody of them with his ex which means he talks to their mother all the time — if they're doing it right. If this bothers you, walk into your room, pull out the suitcase, and start packing. He's not the guy for you.

The biggest mistake you can make when in a serious relationship with someone who has kids is attempt to make changes to a previously established parenting plan that worked well before you showed up. It's a quick way to be seen as an interloper by dad (and mom) and hear, "You're not my mother!" from the kids.

You may have heard the saying, "We parent the way we were parented." That means you model your parenting style after the way your parents parented you — un-

less you make a concerted effort to do something different. If they spanked you, you'll probably spank your children. If they yelled, you will probably yell as well. We usually revert to this behavior in times of stress, so if the kids are acting up, don't be surprised if you hear yourself saying something your parents said to you when they were angry.

It's no different with divorce (or a break-up). If your parents were divorced, you model how you behave in that situation after what you saw them do. Most watched their parents continue to fight or retreat to their corners, so they have no positive co-parenting model to follow. That means you are probably expecting a cut and dry break-up and you undoubtedly resent your guy for speaking to his ex. Add that there are pictures of her in the kids' rooms and I bet you're at your wit's end. What have you gotten yourself into?

Truth is, as long as the pictures are not in a common area and they are of mom or of mom and the kids, dad is doing exactly what professionals suggest.

DR. JANN BLACKSTONE is the author of "Ex-etiquette for Parents: Good Behavior After Divorce or Separation," and the founder of Bonus Families, bonusfamilies.com

Turning chaos to order — or less chaos

Q: My 13-year-old son is, to put it nicely, a disorganized pack rat and his room looks like a cyclone went through it. But that's not what worries me. The bigger problem is that he doesn't keep track of his school assignments and due dates. Consequently, he either waits 'til the last second to get things done, turns them in late, or doesn't do them at all. He's a smart kid, and despite all of this, he manages to get pretty good grades. But he's starting high school next year and I don't think there's any way he'll be able to maintain this level of chaos in his life and still do well enough to get into a good college. How can I get him more organized?

A: The good news is that organization can be learned. The slightly less good news is that you're going to have to help, which means investing time, effort, and possibly some money. But the following strategies will get you and your son pointed in the right direction.

■ Get him tested. You want to rule out any underlying medical conditions that might be contributing to the problem, such as ADHD, a learning disability, vision problems, or something else.

■ Get connected. Ask your son's teachers to keep you up to

date on his assignments and grades (my daughter's adviser sends us a report every week). If the school uses an online system (such as Schoology), insist that your son give you his login info and check the system every day.

■ Organize. Keep assignments on a shareable calendar app and help your son organize his binders so that completed assignments are always in the same place.

■ Think small. Help him break large projects into smaller, easier-to-manage chunks.

■ Encourage breaks. If your son finishes one of those chunks or stays focused for 15 or 20 minutes, have him take a 5-minute break to text, check email, listen to some music, or whatever.

■ Think backwards. Starting with the due date, how long will it take to research and complete each step? Then set a completion date target for each one.

■ Prioritize. Encourage your son to complete the most difficult or time-consuming assignments first.

■ Remind. If you're like me, you want your child to do all of this on his own. Eventually he will, but for now, he needs your help. Since you know what's due and when, check on his progress and remind him as necessary.

READ ARMIN BROTT'S blog at DadSoup.com, follow him on Twitter, @mrdad.

Stop the spray — try extinction



MARC MORRONE

ANIMAL ISLAND

Q: We have a 5-year-old red-and-white neutered male indoor cat named Charlie who is very vocal. He cries and yowls for something to eat whenever we are in the kitchen. He does not shut up until we give him something. This has become very annoying. We have tried to teach him not to do this by squirting him with water. He runs away as soon as we show him the water pistol (we do not even have to squirt him anymore), but a minute later he comes right back and does not give up until he gets something to eat. Is there any other way we can deter him?

A: In animals, punishment causes fear, stress or sometimes even aggression as it is hard for the animal to understand exactly what is wrong. Your cat has no idea why you are spraying it with water. It only has learned to fear the water pistol and has attributed it to just another inexplicable thing that the humans do in his little world.

The best way to modify such behaviors in animals is with extinction. You just have to withdraw all interactions with the cat whenever he yowls for food when you are in the kitchen. I would even advise you to feed the cat in a different room of the house so that there is no confusion at all.

Of course, this is very hard to do. The whole family has to join together to ignore the cat when he starts yowling, and it takes many weeks to accomplish this. If you ignore the cat for 10 days and then, on the 11th, you give in and feed it just to shut him up, you are back to



MetroCreative photo

square one. However, your cat is only 5, and house cats live a long time as a rule, so your choice here is to apply yourself to make the investment in time and patience or let him annoy you for the next 15 years or so.

Q: We got a baby guinea pig for Christmas for my son and we are very happy with him. We have a question about his feet: On his back feet he has three toes that seem fine, but on each foot is a very small toe that is loose and floppy and does not seem to work at all. Is this a big problem?

A: Guinea pigs typically have four toes on the two front feet and only three on the back, so those extra toes on the back feet that you see are vestigial toes that we call dew claws. Dew claws that occur on the back legs of any animal serve no purpose and usually cause few problems, but you have to keep a close eye on the nail since it is exposed to no friction and it tends to overgrow quickly and needs to be trimmed periodically by a person proficient in claw trimming such as a groomer or vet.

EMAIL MARC MORRONE at petxperts2@aol.com.

A simple way to keep the flu away

YOU CAN AVOID the flu this season by taking one simple step: Get a flu shot.

Unfortunately, some people think that getting a flu vaccine is too much trouble or costs too much. Or they are sure that a flu shot will make them sick or make them more likely to catch the flu.

The flu, also called seasonal influenza, is caused by one of several strains of influenza virus (type A or B) that infect the nose, throat, and lungs.

Vaccine facts

Your best defense against the flu is to get vaccinated.

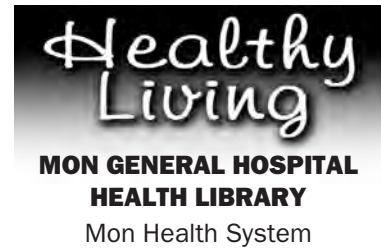
Be sure to get a flu shot given with a needle. This form of the vaccine contains killed virus and is approved for all people older than 6 months of age.

A flu vaccine is most important for children 6 months to 59 months and adults ages 50 and older. It is also important for anyone with a chronic disease, anyone who lives in a nursing home or other long-term care site, healthcare workers, and people who are often in contact with elderly adults or the chronically ill. The CDC (Centers for Disease Control and Prevention) says children between ages 6 months and 8 years who were never vaccinated or got only one dose of vaccine in the previous year should get 2 full doses of vaccine, 1 month apart.

Healthcare providers also suggest flu shots for women who plan to be pregnant during flu season. The CDC says flu shots are OK for breastfeeding mothers.

Even if you don't fall into one of the above groups, you should still get the vaccine if you want to avoid the flu.

Flu viruses are spread by contact with droplets sneezed or coughed from an infected person. Inhaling the droplets is the



most common route to getting the flu. Touching objects on which droplets have landed also infects many people. You can spread the virus to others before you feel sick yourself. The CDC says you are contagious a day before symptoms begin and up to 5 days afterward.

You can protect yourself against the flu by doing simple things like washing your hands before eating and not putting your hands near your face or in your mouth. Washing hands for at least 20 seconds with soap and water works fine. If soap and water are not available, rub your hands with an alcohol-based hand cleaner. Prevent it from spreading by cleaning surfaces with a solution of 1 part bleach to 10 parts water.

Mon General HealthFair

Mon General Hospital's HealthFair is an annual opportunity for individuals to participate in health screenings, get an overall picture of their health and learn what steps to take to create a healthy lifestyle.

The 2017, 34th Annual HealthFair will be from 7 a.m. to 5 p.m. Feb. 24 and 7 a.m. to 2 p.m. Feb. 25 in the Morgantown Mall. Multiphasic blood analysis screenings will be held from 6:30 a.m. to 11 a.m.

To register for multiphasic screenings: MonGeneral.com/HealthFair. Info: 304-285-2730 or 304-599-7358.

THIS COLUMN is from the MonGeneral.com Library.

Can chiropractic care help prevent a hump back?

Q: My mother has a hump back and has for as long as I can remember. I feel like I am starting to get one too. Can chiropractic help me avoid this?

A: Upper thoracic hump, commonly known as "hump back," is the term used to describe a condition that comes from our tendency, as we age, for the head and neck to move forward in relation to the shoulders, giving a person a noticeably rounded back. The body begins to deposit fat over the exposed area, eventually creating what is referred to sometimes as a "hump pad." Over time, the hump can lead to pain in the back, shoulders, neck, arms and hands, and also to breathing problems. Experts have found that patients with upper thoracic hump, which comes



KEVIN TREMBUSH

about as a result of a posture problem, have a higher rate of morbidity, mostly because of an increased rate of heart disease. It is also presumed that the posture that creates the hump will decrease lung capacity which will lead to decreased blood oxygen levels and diminished health over time.

This is a condition for which chiropractic care is effective. A chiropractic adjustment can realign the thoracic vertebrae,

those individual bones that make up the mid-back portion of the spine. Adjustments like this, combined with physical therapy can change this process. It is very important for the therapy to be performed at home for long term correction of the postural problem. Among the benefits reported by people who have had the treatment is the improved ability to draw breath. Also, their appearance is greatly improved. See your chiropractor for advice on how to maintain proper posture and improve the hump.

Trembush's office and doctors volunteer community health talks free to the public of the Morgantown area. Each speaker is a representative of The Foundation for Wellness

Professionals. Call 304-826-6648 for questions regarding this community health service if your organization is interested in wellness speakers.

Here are upcoming topics and dates:

■ Auto immune: 6 p.m. Feb. 7 — A look at how the body functions as a whole system in order to balance the immune system, rather than suppress it.

■ Diabetes: 6 p.m. March 7 — Learn how diabetes is the continuum of metabolic disturbances from mild blood sugar and insulin imbalances to pre-diabetes to full blown type 2 diabetes.

IF A READER would like to have access to more information, health tips and a newsletter from Dr. Trembush, log on to advantagehealthandwellness.com and log in as a member to receive this regular information.

SENIOR NEWS
FROM PAGE 6-C

There will be no covered dishes in February.
 Rock Forge items of pasta sauce, pasta and egg noodles are due during February. Additional items needed are toothpaste, toothbrushes, boxed stuffing, canned fruit, ramen noodles, applesauce, jelly and cookies.
 There will be no bingo until March.

In Touch & Concerned
 Office: 1377 Chaplin Hill Road, Morgantown.
 Phone: 304-296-6109.
 Provides accessible and affordable transportation services to people with disabilities, seniors and veterans in Monongalia County. A nominal, income-based fee may be waived for Medicaid recipients.
 Besides transportation, arrangements can be made for reassurance calls and grocery delivery to home-bound clients.

OLLI at WVU — Osher Lifelong Learning Institute at WVU
 One of 119 OLLIs in the U.S., OLLI at WVU offers educational, recreational, volunteer and social opportunities through scores of courses, seminars, field trips, open house/receptions and other activities, geared for those age 50 and above. Four terms per year; 1 to 6 two-hour sessions per course, with no tests or grades, informal and relaxed — learning just for the fun of it. Memberships for entire year or single term. Trial memberships and scholarships available.
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 To stay active in the community.
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 Holiday socials.
 Pre-term, “meet-the-instructors” open house/receptions — “Taste of OLLI” — (New and potential members welcome).
 Volunteer, leadership, and travel opportunities.
 OLLI at WVU provides a relaxed, supportive environment filled with humor, wisdom, diversity, and insight — for the “Fun and Joy of Learning.”
 Winter term registration began Jan. 3.
 Winter term classes begin Monday.
 Spring term registration begins March 20.
 “Taste of OLLI” open house is scheduled for March 22.
 Spring term classes be-

gin April 17.
 For more information, visit olli.wvu.org, 304-293-1793 or the office at Mountaineer Mall.

Assisted Living at Evergreen
 3705 Collins Ferry Road, Morgantown.
 Phone: 304-598-8401.
 TODAY: 9 a.m. beauty shop; 10 a.m. exercises; 10:30 a.m. news and views; 2 p.m. bingo.
 MONDAY: 10 a.m. exercises; 10:30 a.m. news & views; 2 p.m. caroling; 6 p.m. movie.
 TUESDAY: 10 a.m. exercises; 10:30 a.m. news and views; 2 p.m. bingo.
 WEDNESDAY: 9 a.m. Frank Spino; 10 a.m. gifts.
 THURSDAY: 10 a.m. exercises; 10:30 a.m. news and views; 2 p.m. toss across.
 FRIDAY: 10 a.m. exercise; 10:30 a.m. news and views; 2 p.m. resident council meeting; 6 p.m. pet therapy.
 SATURDAY: 10 a.m. exercise; 10:30 a.m. Bible study; 1:30 p.m. manicures; 6 p.m. true vines.

Golden LivingCenter
 1379 Van Voorhis Road, Morgantown.
 Phone: 304-599-9480.
 Activities start 30 minutes before each meal.
 TODAY: 10:30 a.m. sports bingo; 11:30 a.m. one-to-one visits; 2 p.m. playing card bingo; 3 p.m. Jehovah Witness; 3 p.m. bowl trivia.
 MONDAY: 10:30 a.m. get beautiful; 1:30 p.m. resident Bible study; 2:30 p.m. Wii.
 TUESDAY: 10:30 a.m. Coca-Cola social; 11 a.m. magic board; 1 p.m. one-to-one visits; 2:30 p.m. country store.
 WEDNESDAY: 9:30 a.m. welcome to February; 10:30 a.m. book club with Carla; 1:30 p.m. groundhog prediction; 2:30 p.m. bingo; 7 p.m. activity cart.
 THURSDAY: 9:30 a.m. monthly gazette; 10:30 a.m. book club with Carla; 1:30 p.m. Groundhog Day facts, trivia and movie; 3:30 p.m. bingo.
 FRIDAY: 9:30 a.m. ocean jingo; 11 a.m. karaoke; 1:30 p.m. bird bath; 1:30 p.m. exercise; 2:30 p.m. bingo; 3:30 p.m. sensory program; 6:30 p.m. crafts.
 SATURDAY: 10:30 a.m. bingo; 1:30 p.m. one-to-one visits; 2:30 p.m. Snickers Saturday social; 3:30 p.m. superbowl guesses at the soup social.

Madison Center
 161 Bakers Ridge Road, Morgantown.
 Phone: 304-285-0692.
 TODAY: 9:15 a.m. room visits; 10 a.m. Bible study and worship; 11:30 a.m. dining music; 1 p.m. one-to-ones; 2 p.m. sensory cooking; 3 p.m. coffee and conversation; 4:15 p.m. documentation; 7 p.m. movie time.
 MONDAY: 9:15 a.m. room

visits; 10 a.m. bingo; 10 a.m. sight sensory; 11:30 a.m. music; noon documentation; 1 p.m. one-to-ones; 2 p.m. craft time; 3:30 p.m. mail; 4 p.m. documentation.
 TUESDAY: 9 a.m. leisure cart; 9:45 a.m. praise and worship; 10:15 a.m. Bible study; 1 p.m. one-to-ones; 2 p.m. bingo; 3 p.m. fun trivia; 4 p.m. mail; 5 p.m. documentation; 6:30 p.m. bingo.
 WEDNESDAY: 9:15 a.m. leisure cart; 10 a.m. exercise and paper; 11:15 a.m. music; 12:30 p.m. documentation; 1 p.m. one-to-ones; 2 p.m. pretty nails; 3 p.m. thoughts of the heart craft; 4 p.m. mail.
 THURSDAY: 11:15 a.m. music; noon documentation; 1 p.m. one-to-ones; 2 p.m. parachute; 3 p.m. bingo; 4 p.m. documentation; 5 p.m. one-to-ones; 6:30 p.m. bingo.
 FRIDAY: 9:30 a.m. leisure cart; 10 a.m. puzzle time; 11:30 a.m. music time; 12:30 p.m. room visits; 2 p.m. bingo; 3:30 p.m. pudding and people time; 4:30 p.m. documentation.
 SATURDAY: 9:15 a.m. morning greetings; 10 a.m. UNO and cards; 11:30 a.m. music time; noon documentation; 1 p.m. one-to-ones; 2:30 p.m. bingo; 3:30 p.m. trivia.
Mapleshire Nursing & Rehabilitation Center
 30 Mon General Drive, Morgantown.
 Phone: 304-285-2720.
 TODAY: 9 a.m. activity cart; 10 a.m. news and review; 10:30 a.m. donut social; 1:30 p.m. book club; 2 p.m. arts and crafts; 3 p.m. True Vine Chapel; 4 p.m. cards.
 MONDAY: 9 a.m. yoga with Darlene, 10 a.m. what’s cooking; 11 a.m. book club; 1:30 p.m. sensory; 2 p.m. bingo; 3 p.m. reminisce; 4 p.m. spa day; 7 p.m. choir with Nancy and Herb.
 TUESDAY: 9 a.m. activity cart; 10 a.m. Daily Chronicle; 10:30 a.m. book club; 11 a.m. sit and get fit; 1:30 p.m. spa time; 2 p.m. mind craft; 3 p.m. music and moves; 4 p.m. arts and crafts; 7 p.m. Victory Baptist.
 WEDNESDAY: 9 a.m. yoga with Darlene; 10 a.m. Daily Chronicle; 10:30 a.m. book club; 1:30 p.m. sensory; 2 p.m. Bible trivia; 3:30 p.m. Bible study; 4 p.m. spa time; 7 p.m. St. Johns bingo.
 THURSDAY: 9 a.m. activity cart; 10 a.m. Church of Christ; 11 a.m. sit and get fit; 1:30 p.m. book club; 2 p.m. mind craft; 3 p.m. trivia; 4 p.m. table games; 7 p.m. TV time.
 FRIDAY: 9 a.m. yoga with Darlene; 10 a.m. what’s cooking; 11 a.m. Daily Chronicle; 1:30 p.m. sensory; 2 p.m. Cowboy Rogers; 3 p.m. Jeopardy; 4 p.m. table games; 7 p.m. TV time.
 SATURDAY: 9 a.m. activity cart; 10 a.m. Daily Chronicle; 10:30 a.m. news and review; 11 a.m. trivia;

1:30 p.m. puzzle time; 2 p.m. bingo; 3 p.m. horse racing; 4 p.m. table games.
Sundale Nursing Home
 800 J.D. Anderson Drive, Morgantown.
 Phone 304-599-0497.
 TODAY: 9:30 a.m. Catholic communion; 2 p.m. National Puzzle Day; 7 p.m. hangman.
 MONDAY: 10 a.m. strength for life; 2 p.m. bingo with activity staff; 7 p.m. Coke floats and trivia.
 TUESDAY: 10 a.m. painting; 2 p.m. inspire your heart with art; 7 p.m. memory magic.
 WEDNESDAY: 10 a.m. strength for life; 2 p.m. adult coloring; 7 p.m. Bridge.
 THURSDAY: 10 a.m. coffee and donuts; 2 p.m. fried potatoes; 7 p.m. visit with Dior.
 FRIDAY: 10 a.m. strength for life; 1:30 p.m. bingo with Mylan; 7 p.m. Dolls Run Church.
 SATURDAY: 10 a.m. scripture group; 2 p.m. games; 7 p.m. Jell-O and Cool Whip.
MISCELLANEOUS:
 Sundale Nursing Home is coordinating a “Secret Valentines” project for nursing home residents. You can help by being matched with a resident, and then providing that person with goodies such as a card, door decoration, a stuffed animal or other item (no food) through Feb. 14.
 If you are unable to visit and bring items to the residents, you also can donate valentine cards or decorations for other volunteers to deliver to the residents in general.
 Info: Diane Kisinger at Sundale Nursing Home at 304-599-0497 or dlkiss02@yahoo.com
The Village at Heritage Point
 1 Heritage Point, Morgantown.
 Phone: 304-285-5576.
 FLEX TIME: 9 a.m. Monday, Wednesday and Friday.
 SEATED STRETCH: 9 a.m. Tuesday and Thursday.
 TAI CHI: 10 a.m. Tuesday and Thursday.
 TRANSPORTATION TO CHURCH: 8:30 a.m. to Suncrest United Methodist, 10:15 a.m. to First Presbyterian, 10:30 a.m. to Wesley Methodist.
 TODAY: 11 a.m. Sunday buffet; 6:30 p.m. movie.
 MONDAY: 10:30 a.m. breakfast, 3rd floor; 10:30 a.m. *The Dominion Post* read aloud; 1:30 p.m. Bible study; 3 p.m. bingo; 6:30 p.m. pinochle; 6:30 p.m. movie.
 TUESDAY: 9:30 a.m. breakfast, 2nd floor; 9:30 a.m. transportation to new Kroger; 2 p.m. blood pressure checks; 3 p.m. bingo; 6:30 p.m. mahjong.
 WEDNESDAY: 9:30 a.m. breakfast, 1st floor; 10 a.m. Sara’s crafters; 10:30 a.m. Sally The Seamstress;

2:30 p.m. WVU Retired Faculty — “How to make a lifelong home/aging in place”; 3 p.m. bingo; 3:30 p.m. Readers Theatre; 6:30 p.m. movie.
 THURSDAY: 9:30 a.m. transportation to Morgantown Mall; 12:45 p.m. Thursday’s Bridge; 1-3 p.m. Peggy’s painters; 3 p.m. bingo; 3:30 p.m. line dancing with Cindy; 7 p.m. harp concert.
 FRIDAY: 10 a.m. WVU Retirees Book Club; 1 p.m. Scrabble; 3 p.m. bingo; 4 p.m. wine buds; 6:30 p.m. great decisions — European Union.
 SATURDAY: 10 a.m. line dancing; 3 p.m. bingo; 6:30 p.m. games; 6:30 p.m. movie.
Unity House
 3180 Collins Ferry Road, Morgantown.
 Phone: 304-598-8665.
Unity Manor
 400 Willey St., Morgantown.
 Phone: 304-296-5519.
 Watch the bulletin board for grocery trips, shopping trips and activities.
 SUNDAY: 10:30 a.m. Bible study in multipurpose room (MPR).
 MONDAY: 2:30-4 p.m. food for sale in MPR.
 TUESDAY: 9 a.m. exercise class in MPR.
 WEDNESDAY: 6-8 p.m. bingo.
 THURSDAY: 3 p.m. coffee social hour.
 FRIDAY: 2:30-4 p.m. food for sale in MPR.
 SATURDAY: 6-8 p.m. bingo.
Marion County
Lifelong Learners
 At Pierpont Community & Technical College/Fairmont State University. pierpont.edu/ce/personal-enrichment/life-long-learners.
 Classroom, bottom floor, 214 Merchant St., Fairmont.
 Info: Peggy Edwards, 304-366-8170, or pedwards1@frontier.com.
Marion County Senior Citizens
 Marion County Senior Citizens serves lunch from noon-1 p.m. Monday-Friday (closed holidays) at the Fairmont, Mannington and Fairview senior centers.
 Cost: \$5.25 for those age 60 and under; sliding scale for those age 60 and up. For other information about hours, activities, nutrition and our Home Delivered Meals Program, please call Dana at 304-366-8779 or email her at Dana@marionseniors.org
 For transport to lunch, a pharmacy, store or doctor’s appointment, contact the transportation department at 304-366-8779.
 All centers have air-conditioned exercise rooms open to those age 18 and up for a \$1 donation.

Info: marionseniors.org.
Fairmont Senior Center
 105 Maplewood Drive, Fairmont.
 Phone: 304-366-8779.
 VAN TRANSPORT: Contact the transportation department at 304-366-8779.
 Mondays: From Fairmont, Rivesville, Marion Unity, Eastview and Arbors Apartments to Wal-Mart, then to Fairmont Center for lunch.
 Tuesdays: From Fairmont, Marion Unity, Eastview and Arbors Apartments to Fairmont Center for lunch.
 Fridays: From Fairmont, Rivesville, Marion Unity, Eastview and Arbors Apartments to Fairmont Center for lunch.
 LUNCH: Noon-1 p.m. daily.
 MONDAY: 9:30 a.m. blood pressure checks at the Arbors; 10:15 a.m. at Marion Unity; 11 a.m. at Eastview.
 TUESDAY: 10 a.m. beginners line dancing; blood pressure clinic at Fairview.
 THURSDAY: 10 a.m. advanced line dancing; 11:30 a.m. blood pressure clinic at North Marion.
 FRIDAY: 11 a.m. Bible study with Barbara Bell.
Fairview Senior Center
 404 Main St., Fairview.
 Phone: 304-449-2235.
 Hours: 9 a.m.-2:30 p.m. Monday and Wednesday; 9:30 a.m.-2 p.m. Tuesday, Thursday and Friday. Closed holidays.
 LUNCH: Noon-1 p.m. daily.
 MONDAY: 9:30 a.m. exercise; 1 p.m. Bible study; 5:45 p.m. TOPS weigh-in; 6 p.m. TOPS.
 TUESDAY: 11 a.m. blood pressure checks; 12:30 p.m. birthdays.
 WEDNESDAY: Fairview Center closed, lunch is served at Fairmont Center.
 THURSDAY: 10:30 a.m. Wii.
 FRIDAY: 9:30 a.m. exercise; 1 p.m. bingo.
North Marion Senior Center
 1 Senior Drive, Mannington.
 Phone: 304-986-1792.
 VAN TRANSPORT: Contact the transportation department, at 304-366-8779.
 Mondays: From Monongah, Farmington and Mannington areas to North Marion Center for lunch, then to Shop ‘n Save.
 Wednesdays: From Joe Town and Stringtown to the Fairmont Center for lunch, then to Wal-Mart.
 LUNCH: Noon-1 p.m. daily.
 MONDAY: 10:30 a.m. 50 cent bingo; 6-8 p.m. TOPS.
 WEDNESDAY: North Marion Center closed, lunch is served at Fairmont Center.
 THURSDAY: 11:30 a.m. blood-pressure checks; 1-5 p.m. card party (open to public).

Cattle markets and prices in the new year

CATTLE PRICES IN 2017 are expected to average close to fourth quarter 2016 levels, though they will be lower than 2016 for year over year averages. Several factors may have a significant affect on cattle and beef markets in 2017 and may change current price expectations. These factors bear close watching in the coming year:



H.R. SCOTT

Uncertainty and volatility
 Uncertainty and volatility, from several sources, will continue to hover ominously over cattle and beef markets in 2017. U.S. macroeconomic conditions are encouraging; the stock market finished strong and unemployment was low at the end of 2016. However, the economy is gearing up for higher interest rates and potentially higher inflation moving into 2017. Uncertainty surrounds the changes that was suggested by the incoming Trump administration.
 The economic affects may be positive or negative or, more likely, some combination of both, but the uncertainty surrounding coming changes is without question a negative. In addition to

U.S. macroeconomic uncertainty, global market uncertainty will likely continue in the coming year.
 The Brexit vote of last summer was followed by several additional populist moves in Europe that add to global economic uncertainty. Separate but related to macroeconomic uncertainty, volatility in Live and Feeder cattle futures has significantly reduced the effectiveness of these tools for price discovery and risk management and contributed to additional cash market volatility, which appears likely to continue in 2017.

Beef production
 An additional four percent of beef production is expected in 2017 in addition to the 6.1 percent year over year increase in 2016. Cattle slaughter exceeded expectations throughout 2016. Changes in cattle

slaughter and carcass weights from current expectations may cause adjustments in beef production levels and timing in 2017 and could impact current price forecasts. Herd expansion through 2016 ensures increased beef production through 2018. Herd expansion may slow or stop completely in 2017 which will impact heifer flows in 2017 and will determine beef production expectations beyond 2018.

International beef trade
 International trade in beef and cattle is a critical component of price expectations for 2017. Expectations for continued growth in beef exports simultaneous with decreased beef imports will significantly offset a portion of increased beef production in 2017. One of the bigger uncertainties surrounding the Trump administration is the direct impact on trade patterns as well as potential future beef and cattle trade policies. The dollar is expected to stay strong and will continue to pose a headwind to faster and stronger im-

provement in cattle and beef trade.

Beef demand and total meat supplies

Increased beef production will combine with increased pork and poultry production for another record total meat supply in 2017. Domestic per capita meat consumption is not expected to be a record (depending critically on continued exports of all meats) but is expected to increase another 1.5 percent year over year in 2017, on top of the 1.4 percent year over year increase in 2016. Retail beef prices will continue adjusting down in 2017, which is critical to help the market absorb additional beef in the face of large total meat supplies.

Feed and drought

Feedlots will continue to enjoy low cost of gain as record 2016 grain crops keep grain supplies plentiful through the current grain marketing year. Dry conditions across much of the southern part of the country are consistent with La Niña conditions and could be an issue for 2017 forage and

crop production if current conditions persist into spring. Derrell Peel, Oklahoma State University Extension, provided the above insight concerning cattle markets in 2017.

Another source of information on the cattle market is Cattle Fax and they are predicting for annual 550 pound steer calf in 2016 will average \$160 per hundred weight and 170 dollars per hundred weight in 2017.

Annual 750 feeder steer prices for 2016 are predicted to be slightly over \$140 per hundred weight and for 2017 to be \$130 per hundred weight according to Cattle Fax.

Cattle Fax predicted the average price for bred cows in 2016 to average near \$1500 and decline in 2017 near \$1300.

The USDA composite cutout value is trending downward from the high that was achieved in the 2014. USDA is predicting the 2016 composite cutout value to be \$203 per hundred weight and for 2017 the composite cutout value to be \$185 per hundred weight.

Cattle Fax 2017 Price Outlook is as follows:

- Fed cattle \$110/cwt.
 - 750 lb. feeder steer \$130/cwt.
 - 550 lb. steer calf \$150/cwt.
 - Beef cutout \$185/cwt.
 - Bred cows \$1300/head.
 - Corn \$3.45/bushel.
 - Crude Oil \$48/barrel.
 - Retail gasoline \$2.49/gallon.
 - Retail diesel \$2.60/gallon.
- According to John Grimes, OSU Extension Beef Coordinator, beef producers still have opportunities. Retained ownership may be attractive for cow/calf producer depending on calf weaning weights and management flexibility. Backgrounding can be an option if you have available forage to allow you to achieve favorable cost of gains. Retained ownership in the feedlot continues to look positive based on the feeder cattle market and expected breakevens based on the cattle cost and feed cost.

H.R. SCOTT is a Monongalia County Extension Agent. Email him at columms@dominionpost.com.

LIVESTOCK REPORT

Grantsville Stockyards
Grantsville, Md.

Report for Jan. 21
STOCK STEERS & BULLS: (200-500 lbs.) up to \$130.
STOCK HEIFERS: (200 to 500 lbs.) up to \$130.
SLAUGHTER STEERS: Good to choice, up to \$107.50; medium to good, up to \$100.

HOLSTEIN STEERS: not available.
SLAUGHTER HEIFERS: Good to choice, up to \$105; medium to good, up to \$100.
BULLS: Heavy, up to not available; light, up to \$89.
COWS: Utility, up to \$63; canners, \$45-54; culls, \$44-down.
BOB CALVES: \$25-down
HOLSTEIN CALVES Not

Available.
BEEF CROSS CALVES: not available.
HOGS: Top quality, up to \$69; heavy, up to \$65; light, up to \$72.50.
FEEDER PIGS: By head, up to \$62.50.
SOWS: Up to \$45.
MALE HOGS: up to \$2.
LAMBS: (70-85 lbs.) up to \$240; (85-125 lbs.) up to \$230; (30-60 lbs.) up to \$280.

SHEEP: Up to \$120.
GOATS: By head, large, \$150-280; medium, \$50-140; small, \$10-60; kids, up to \$60.
HAY: second cut grass, \$3 per bale.

Friend's Stockyard Accident, Md.
Report for Jan. 23
Prices per hundred-weight
STOCK STEERS & BULLS: not available.

STOCK HEIFERS: not available.
SLAUGHTER STEERS: not available.
SLAUGHTER HEIFERS: not available.
HOLSTEIN STEERS: not available.
BULLS: Heavy, up to \$74; light, up to \$91.50.
COWS: Utility, \$54-61.25; commercial to good, \$45-53; culls, \$44-down.
VEALS: Good to choice,

not available; medium to good, up to \$80; bob calves, \$40-down.
HOLSTEIN CALVES (return to farm, 85-120 lbs): Bull, up to \$89; heifer, not available.
BEEF CROSS CALVES not available.
HOGS: not available.
SOWS: not available.
LAMBS: not available.
GOATS: not available.

MONONGALIA COUNTY HEALTH DEPARTMENT

ALL CLINICS at the Monongalia County Health Department, 453 Van Voorhis Road, are open to the public. The Health Department accepts debit and credit cards, cash and personal checks for payment.

Weekly clinic schedule

Dental Clinic, 8 a.m.-5 p.m. Monday-Thursday and 8 a.m.-noon some Fridays, for West Virginians of all ages, appointments only, 304-598-5108.

Clinics details

Most private insurance and Medicaid accepted, appointments only, 304-598-5105. Clinician on staff Julie Armistead WHNP.
■ Family Planning Clin-

ic, for any female or male seeking a method of birth control. Offers free and/or low cost services for those who are uninsured or underinsured. Info and appointments: 304-598-5119.

■ Breast and Cervical Cancer Screening, for women ages 25-64 who do not desire a method of birth control. Offers free and/or low cost services for those who are uninsured or underinsured. Info and appointments: 304-598-5119.

■ HIV testing: Free, anonymous, confidential. Info and appointments: 304-598-5119.

■ Sexually Transmitted Disease (STD) Clinic, STD testing and treatment available, free. Tests for HIV,

syphilis, gonorrhea and chlamydia. Info and availability: 304-598-5119.

■ Child Immunization Clinic, available to children 18 and younger, for the uninsured, underinsured (those whose insurance does not cover immunizations). Info and appointments: 304-598-5119.

■ Adult Immunization Clinic, offers vaccines for a fee to adults 18 and older who are uninsured, underinsured (those whose insurance does not cover immunizations), vaccines for travel available Info: 304-598-5119.

■ Pregnancy Testing, offers confirmation and proof of pregnancy. Referrals and counseling given. Info,

availability, or appointments: 304-598-5119.

■ Tuberculosis (TB) Program, Monongalia County residents only. Medicines free to active TB cases or positive PPD reactors (with physician's order/referral). Info or appointments: 304-598-5119.

■ Diabetes Clinic offered 8:30 a.m.-12:30 p.m. every Friday by appointment only.

Other programs

The Monongalia County Health Department offers health care and training programs in addition to clinical services.

■ Health Promotion Services provides food workers training. PIC training and manager's training are of-

fered on a bi-monthly basis. Food workers training is 10 a.m., 2 p.m. and 6 p.m. the second Tuesday of each month, except for holidays. Registration begins 30 minutes prior to the session; \$10 cash, debit, credit or business check to obtain the one-year Food Workers card. For food safety training schedules, 304-598-6702.

Offsite food worker's courses are available for groups of 25 or more on a fee-for-service basis. Info: terri.a.berton@wv.gov.

■ Women, Infants and Children (WIC) clinics: At the 1000 Elmer W. Prince Drive facility, adjacent to the main health department building on Van Voorhis Road, and at clinic

sites at three surrounding counties. Women, Infants and Children (WIC) provides food, nutrition and breastfeeding education to pregnant, breastfeeding and postpartum women, infants and children up to age 5. All clinics are open to the public.

WIC Immunization Coordination Effort (ICE) offers free immunizations to eligible children participating in the local WIC program.

Hours: 8:30 a.m.-4:30 p.m. Monday-Friday, and some evenings. Info and appointments: Monongalia: 304-598-5181 or 1-800-675-5181 Preston: 304-329-1957 Marion: 304-366-2387 Taylor: 304-265-2890

Slow fix: VW diesel owners complain of buyback delays

Associated Press

DETROIT — Volkswagen's efforts to do right by owners who unknowingly purchased cars and SUVs that cheat on emissions tests have run into some speed bumps.

Owners said the company isn't delivering on a promise to quickly buy back their vehicles. Some complain about multiple requests for paperwork, even after being told their application was complete.

The German automaker acknowledges some hiccups, but blames delays on an overwhelming volume of buyback requests. A company lawyer told the judge handling the VW case that almost 400,000 owners applied to have their vehicles repurchased in the three months since a legal settlement was approved.

"I almost feel like there's a stall tactic going," said Eric Larson, 42, a software salesman from suburban Minneapolis who has spent three months trying to get VW to buy back a black 2012 A3 made by VW's Audi luxury brand.

But Elizabeth Cabraser, the lead attorney representing owners, supported the company's claim that the volume of requests was



AP photo

David Derkach poses Jan. 24, with his Volkswagen Golf, at his home in Federal Way, Wash.

overwhelming.

In late October, U.S. District Judge Charles Breyer in San Francisco approved a settlement between lawyers representing nearly 500,000 owners of cheating 2-liter diesels, the government and the company. VW agreed to spend up to \$10 billion to buy back the diesels, which were programmed to turn on pollution controls during gov-

ernment tests and turn them off while on real roads.

Under a schedule outlined in court documents, VW has 10 business days to review an owner's application. If everything is complete, it has another 10 days to make a buyback offer.

Larson and others said it's taking much longer, even though they followed all the rules. Larson applied online

as soon as possible so he could replace his Audi with a larger vehicle. His paperwork was incomplete at first, but he got an email Nov. 15 telling him VW had all needed documents. After a month's silence, Larson was told loan payoff documents were needed. He faxed them in.

Finally, on Jan. 18, he got an offer of \$27,500. He signed the paper and sent it

in the next day. Now, he's awaiting an appointment to turn the car in. He's been told that could take up to 90 more days.

Larson suspects VW is stalling because the longer it waits, the more miles people put on cars, reducing the amount VW has to pay, an allegation VW denies.

David Derkach, 18, a college student from near Seattle, said waiting for a check forced him to take fewer classes this semester due to lack of money.

Like Larson, he filled out paperwork in October and worked out problems through November to sell back his 2010 VW Golf. Then in December, VW said the registration didn't match his driver's license. He sent copies of both, but hasn't received an offer: The VW website said he would get around \$16,000, but without the check he had to drop one of three classes he signed up for at a community college.

Derkach understands VW is dealing with big numbers, but feels he's getting the runaround.

Robert Giuffra, the VW lawyer, told the judge that this likely is the largest and most complex consumer buyback program in U.S. and maybe world history. A court-

appointed claims supervisor reported that VW didn't have enough staff or computer resources in place to handle the volume of claims.

But Cabraser said in an interview that VW is getting faster each day at processing claims and had finished 83,000 buybacks as of Wednesday, paying out around \$1.5 billion. The schedule, she says, was more of a guideline than a requirement. Delays actually cost VW money because they extend the amount of time it has to pay workers hired to handle claims, she says. VW says it hired 1,300 extra people.

Anyone who runs into problems and has a claim number can contact Cabraser's office, at info@vwclasscounsel.com or (800) 948-2181.

In all, VW will spend around \$15 billion to settle U.S. consumer and government lawsuits. It also agreed to pay \$4.3 billion to settle a corporate criminal case. Owners unhappy with the settlement could opt out and sue on their own.

Judge Breyer said during last week's hearing that he expects the situation will get better.

BUSINESS BRIEFS

Submitted to The Dominion Post

Adrian named to bank board of directors

Glenn Adrian was appointed to the board of directors for State Bancorp Inc., a locally owned and managed company that serves as the bank holding company for Clear Mountain Bank. Adrian was also appointed to serve on the board's audit committee.

Adrian has served on Clear Mountain Bank's board of directors since 2003, and is the co-founder of Adrian Holding LLC, an industrial and commercial development firm based in Morgantown. Previously, Adrian served as chief operating officer for Glenmark Holding LLC, a position he held for 27 years.

A native of Romney, Adrian attended WVU and obtained a bachelor's degree in business. He has been active in community organizations in the Morgantown area. In addition to serving on the board of directors for Clear Mountain Bank and State Bancorp Inc., he serves on the board of directors for Mon

General Hospital and Mon Health System. He also served on the board of directors for the Foundation of Mon General Hospital, the WVU Fellowship of Christian Athletes, the WVU Alumni Association and was board member and campaign chair for the United Way of Monongalia and Preston Counties.

TMC technologies awarded contract

NASA has awarded a contract to TMC Technologies, of Fairmont, to provide and perform systems and software engineering tools related products and associated services to the agency's independent Verification and Validation Facility in Fairmont.

The one-year blanket purchase agreement contract begins March 1. It is issued on a fixed price and time and materials basis. It has a maximum value of \$9.5 million, with four one-year options to extend the period of performance.

TMC Technologies will provide tool support, procurement and development and upgrades of new and existing tools. Additional services include software development and maintenance, system administration, helpdesk, training and other engineering services.

Your cable company wants to be your phone company too

Associated Press

NEW YORK — Your TV provider may soon become your phone company. Which seems only fair, because your phone company also wants to be your TV provider.

In the next few months, cable giant Comcast will start selling wireless service, just as AT&T and Verizon already do. Charter, the No. 2 cable company, also has a mobile plan. Meanwhile, the largest wireless carriers — AT&T and Verizon — have launched digital TV services.

The wireless companies are also developing a faster, more reliable version of the mobile internet that could compete with cable's broadband.

Wall Street analysts are already analyzing potential deals, assuming that the Trump administration will be more open to big acquisitions even in industries with just a few dominant companies.

This process would spool out over several years, if it happens at all. Cable companies probably won't

have much impact on the wireless business until after 2020, wrote MoffettNathanson analyst Craig Moffett wrote in a note back in September. The new wireless standard, called "5G," may also emerge widely around then.

If new services work well, it could mean more competition and lower bills for consumers. But mergers could drive prices higher. Broadband providers could also try to steer consumers to their own apps and services, disadvantaging rivals and ultimately limiting consumer choice.

AT&T's moves are pressuring Big Cable to act, said JPMorgan analyst Philip Cusick. AT&T offers DirecTV and cellphone broadband nationwide and wants to buy Time Warner, the owner of CNN, HBO, TBS and Warner Bros.

Its new mobile-focused online-cable equivalent, DirecTV Now, could steal cable customers if the bugs get worked out. And AT&T promotes DirecTV Now by exempting it from its wireless data caps. That makes it cheaper for a consumer than a rival service.

Other phone companies also see video as a way to make more money. T-Mobile hopes to attract more customers with unlimited data plans, which allow endless amounts of (degraded to DVD-level quality) video watching. That could also work as a cable substitute for customers who don't mind TV on a small screen. And Verizon promotes its own, relatively unknown video app, go90, by exempting it from its mobile data caps.

Regular cable service, of course, is far from dead. Comcast reported growth in cable subscribers in 2016, the first annual gain in a decade, mostly because fewer customers are leaving. Its service bundles can be cheaper than paying Comcast for internet and getting TV elsewhere, its updated X1 cable box helps keep them on board and less expensive "skinny bundles" with fewer channels appeal to customers turned off by cable's expense.

But Comcast is also pushing into wireless because phone video is increasingly popular and

people spend a lot of time on mobile devices. As far as consumers are concerned, much of cable's internet service is already, in effect, "wireless," because of home Wi-Fi and millions of hotspots sprinkled throughout cities.

Those hotspots don't reliably provide internet access to phones, however, so Comcast and Charter will resell Verizon cell service. Pricing and terms aren't known yet.

Down the road, however, analysts figure that cable companies could expand wireless coverage with more carrier deals, building their own wireless networks or just acquiring mobile carriers outright. (Mobile carriers might also buy out cable companies.)

Asked if reselling Verizon's network was the extent of the company's wireless ambitions or a stepping stone to something larger, Comcast CEO Brian Roberts said during the company's earnings call Thursday that he hopes the Verizon deal is a sustainable "end-state strategy."



The Mini Page

Issue 04, 2017

Founded by Betty Debnam

Next Week:
Books for a special month

Gong Xi Fa Cai!*

* Happy New Year!



Mini Fact:

This year is the Year of the Rooster. Chinese Years are named for animals; last year was the Year of the Monkey.



Some dragons can be 100 feet long!

Do you celebrate the new year? For centuries, people throughout the world have held special celebrations during the first days of the new year.

But different cultures use different calendars, and the new year does not come at the same time for everyone.

In many places, such as China, the new year comes at a different time each year. When it comes depends on the calendar in that culture. Many areas, such as Thailand and Cambodia, celebrate New Year's in the spring.

This year, Chinese New Year began on Saturday, Jan. 28. The Mini Page learns more about this winter festival.

A long holiday

The Chinese follow a lunar calendar for their traditional events. On the new moon between Jan. 21 and Feb. 20, or the second new moon after the winter solstice, the new year begins. (The winter solstice is the shortest day of the year. This winter, it fell on Dec. 21.) The celebration lasts for one or two weeks!

Chinese families prepare for the new year by cleaning and decorating their houses with bright colors and flowers. They write verses on red paper and post them around their doorways to greet the new year.



photo by Douma/Wikimedia Commons

Getting ready

Before the festival, gifts and food are bought. Different foods mean different things:

- Long noodles signify a long life.
- A whole fish means there will be plenty to eat.
- Fruits and candy ensure that the future will be sweet.

The fun begins on New Year's Eve, when people gather for big family dinners. They wear brightly colored clothes as they sing and play.

At midnight, people open their doors and windows to let the old year out and welcome the new one. They also light firecrackers and bang on drums to scare away the old year.

New Year's Day

The next day, Chinese communities hold festivals where they dress in costumes and parade through the streets. Dancers and other artists perform for the crowds. Some may celebrate with a Lion Dance.



Visiting family

Look at China on a globe. It is a huge country with more than a billion people. During the Chinese New Year, many people travel to other parts of the country to see family and friends.



On the last day

The Lantern Festival marks the end of the Chinese New Year. This is the night the moon is full in the sky. Lanterns come in all sizes and shapes, such as birds, animals, butterflies and dragons.



Dragons twist through the streets, carried by 10 or more dancers holding poles to support them. The dragons are made of plastic, bamboo, paper and linen.

Fireworks light up the sky and make loud booms.

People say "Gong Xi Fa Cai!" (gong zye fah kye) to each other. It literally means "Congratulations on making a big fortune!" But it's their way of saying "Happy New Year!"

Resources



On the Web:

- bit.ly/2htHAIS
- youtu.be/XiFeXRxA1vM

At the library:

- "Celebrate Chinese New Year" by Carolyn Otto
- "Chinese New Year" by David F. Marx

Try 'n' Find

Words that remind us of Chinese New Year are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



CALENDAR,
CELEBRATION, CHINESE,
COLORS, DANCE,
DRAGON, FAMILY,
FESTIVAL, FLOWERS,
FOOD, HOLIDAY, HOME,
LANTERN, LION, LUNAR,
MOON, NEW, PARADE,
SOLSTICE, TRAVEL, YEAR.

C L O I C G R A N U L B C D Y
A S L A N T E R N P L H I N D
L E V A R T Y C A M I N O O M
E D F L O W E R S N W E N I Y
N R H O M E A W E R A E Y L A
D A E D M D H S C O L O R S D
A G C A E F E S T I V A L O I
R O N C E L E B R A T I O N L
Q N A R F A M I L Y H F D N O
I Z D Y E D S O L S T I C E H

Cook's Corner

Chinese Beef

You'll need:

- 1 1/2 pounds ground beef
- 1 medium onion, chopped
- 1 (4-ounce) can mushrooms, drained
- 1 (8-ounce) can water chestnuts, drained

- 1 cup chicken broth
- 1/3 cup soy sauce
- 2 cups rice, cooked



What to do:

1. Cook ground beef in a skillet over medium heat for 10 to 15 minutes or until brown. Drain well.
2. Add onion. Cover and cook over low heat for 5 minutes. Stir often.
3. Add remaining ingredients except rice. Cook on low for 15 minutes. Stir occasionally.
5. Serve over rice. Serves 4 to 6.

* You'll need an adult's help with this recipe.

7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

1. breakfast drink (5) _____
2. where crops are grown (5) _____
3. insects (4) _____
4. grove of fruit trees (7) _____
5. group of cows (4) _____
6. spicy pizza topping (9) _____
7. stinging insect (6) _____

OR	BU	JUI	PER
RD	CE	HE	ET
ONI	CH	LD	PEP
HORN	GS	ARD	FIE

Answers: juice, field, bugs, orchard, herd, pepperoni, hornet.

Mini Jokes



Stewart: Why did they call the mermaid average in school?
Sue: Because she was a "sea" student!

Eco Note



Litter isn't just ugly; it can also hurt animals. Deer and other animals cut their tongues on sharp, half-opened cans. Six-pack rings can trap and strangle birds and fish. Make sure you throw garbage in cans, not on the ground. Pick up trash you see lying around. Snip your six-pack rings so no animals can get stuck in them. Ask adults not to throw out cigarette butts. Animals eat them, which can be deadly.

adapted with permission from "The New 50 Simple Things Kids Can Do to Save the Earth" by The Earthworks Group, Andrews McMeel Publishing (andrewsmcmeel.com)

For later:

Look in your newspaper for notices about Chinese New Year's events.

Teachers:

For standards-based activities to accompany this feature, visit: bbs.amuniversal.com/teaching_guides.html

The **Mini Spy Booklets** (volumes 1, 2 and 3) features 48 of your favorite puzzles from The Mini Page!

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JONATHAN CONNER

How does your Realtor get paid?

WHO PAYS A REAL ESTATE agent is a common question. To understand who pays real estate commissions — sellers, buyers or both — let us first discuss how real estate agents are paid and how they share cooperating commissions.

Do not be embarrassed if you do not know how commissions work, because I have had clients who did not know (even though I sold their home, represented them to buy a new home, then later listed that home for sale).

Many buyers are confused about how buyers' agents are paid. Some believe the buyer's company pays them, and while this is true to an extent, that money does not come directly from the agent's company. The seller pays the buyer's real estate commission to the listing brokerage.

Listing brokers

The most common type of listing agreement between a seller and his/her agent gives that agent's broker the right to exclusively market the home. In return for bringing a buyer to the table, the seller agrees to pay a commission to the broker. Typically, this fee is represented as a percentage of the sales price and is shared between the listing broker and the broker who brings the buyer.

Buyer's brokers

Under a buyer's broker agreement, the named brokerage and agent represent the buyer. The fee paid to the broker most commonly is paid by the seller. Some buyer broker agreements contain clauses that will compensate the brokerage for the fee due if the property is not listed with a brokerage. "For Sale By Owner" is a good example. Talk to your agent if you have questions about for-sale-by-owner property. It can be a little confusing. Having an agent guide you through the process is key.

Co-brokerage splits

The division of fees among brokers is not always equal. For example, a seller could sign a listing agreement for a 6 percent commission that stipulates the listing broker will receive 3.3 percent of the commission and will co-broker 2.7 percent to the selling broker. Most divisions of commission are locally based. In some parts of the country, it is very common for a listing brokerage to make more than the selling brokerage. It is not always a 50/50 split.

How commissions work

In our market, a real estate agent is usually an independent contractor under the direct supervision of a real estate brokerage. Both buyer agents and listing agents are compensated by the broker. All fees paid to a real estate agent pass through the brokerage. Only a real estate broker can pay a real estate commission. Nationally, new agents may receive as little as 30 to 40 percent of the total commission received by the brokerage. From that amount, other fees may be deducted such as advertising, sign rentals or office expenses. Top producing agents might receive 100 percent and pay the broker a desk fee. Everyone else falls in between.

Questions or concerns? Have a conversation with your agent. **JONATHAN CONNER** is president of the Morgantown Board of Realtors and is a Realtor at J.S. Walker Associates Inc. Readers can contact him at 304-906-8649 or jonathan.conner@comcast.net.

“**Singles should look for the same qualities as married couples.**”

Kathy Martin
 Broker and owner
 KLM Properties



mycareexpert.com

Home ownership offers advantages for singles

BY WILLIAM DEAN
 For The Dominion Post

Singles aren't the first demographic to come to mind when thinking of home buyers, but according to the National Association of Realtors, 24 percent of recent buyers were single.

"Probably half my customers are married, half are single," said Carol Williams, an associate broker at Century 21 At Your Service.

Without the help of a spouse, it's especially important to find a Realtor you can trust who will work to guide you through the home-buying experience.

Williams said it's a common misconception that single peo-

ple need to look for different things in a home than married couples. Making sure your home is in a neighborhood where prices are going up instead of down is vital. So is making sure that the home is in a good school district. To a single person it may not matter, but it will greatly affect the resale value.

"Singles should look for the same qualities as married couples," said Kathy Martin, broker and owner of KLM Properties.

Martin also mentioned that proximity to doctors, shopping and other amenities should be considered in home buying.

There are plenty of reasons

to buy a home while single. According to Williams, one of the biggest is people simply get sick of apartment life and want a large dog or other pets. Other people may be excited to pursue a hobby in a garage or have space for guests to stay when they visit.

"Rent is a four-letter word," Williams said. "You're throwing your money away."

It might not be the primary reason to buy a home, but the most financially obvious benefit is not paying rent.

When paying off a mortgage, money paid toward the interest of the loan could be written off as a deduction come tax season.

Lastly, it's possible to profit

from buying a home. Finding a home that is under market value, living in it and putting in the blood, sweat and tears to improve its value is commonly called flipping.

Homes in the Morgantown area hold their value very well, according to Martin, so finding the home can be a challenge. Pull it off, though, and the possibilities are endless.

Part of the reason it's so profitable is that living in a house for a minimum of two years empties you from paying capital gains, which is the tax normally paid on profits from a home sale.

NORTH AMERICAN Precis Syndicate contributed to this report.

FOR SALE	PRICE	AREA	BROKER	MLS#	PRICE	AREA	BROKER	MLS#
NEW LISTINGS on the MARKET	\$95,000	S. Main Street	Vickie Jenkins	10112499	\$189,500	Donna Avenue	Howard Hanna	10112388
	\$449,000	Irish Ridge Road, Arthurdale	Vickie Jenkins	10112523	\$153,750	Greenbrier Village	J.S. Walker	10112370
	\$240,000	Cadet Court	Old Colony	10112471	\$345,000	Suncrest	J.S. Walker	10112376
	\$989,000	Tyrone Road	Old Colony	10112383	\$89,000	Morgantown	J.S. Walker	10112406
	\$245,000	Monument Lane	Old Colony	10112413	\$125,000	Morgantown	J.S. Walker	10112415
	\$120,000	River Road	Century 21 AYS	10112476	\$515,000	Greystone-on-the-Cheat	J.S. Walker	10112497
	\$165,000	Fairmont Avenue	Century 21 AYS	10112414	\$279,000	Windwood Village	J.S. Walker	10112502
	\$135,000	Fountain View Drive	Howard Hanna	10112473	\$199,500	Morgantown	J.S. Walker	10112546
	\$179,900	Regency Court	Howard Hanna	10112501	\$139,900	Eagle Drive	Coldwell Banker Alliance	10112532
	\$389,000	Northwest Drive	Howard Hanna	10112493	\$710,000	Shadyside Lane	RE/MAX	10112138
	\$595,500	St. Andrews Drive	Howard Hanna	10112504	\$139,900	Pritzman Street	RE/MAX	10112426
	\$549,900	Southwind Circle	Howard Hanna	10112491	\$189,900	Plymouth Avenue	RE/MAX	10112432
	\$29,900	Cove Run Club Rd. lots, Moatsville	Howard Hanna	10112393	\$359,900	Mallard Run	Snider Realty Group	10112427
	\$169,900	Meadows Drive	Howard Hanna	10112440	\$249,900	Paradise Circle	Snider Realty Group	10112428

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ABSOLUTE REAL ESTATE AUCTION
 Tuesday, February 14th at 4:00PM

2048 US-33W
 Weston, WV
 3 Bedroom, 1 1/2 Bath Home on 5 Acres
SELLS TO THE HIGHEST BIDDER

REAL ESTATE AUCTION
 Wednesday, February 15th at 4:00PM

1018 Ashton Drive
 Morgantown, WV
 4 Bedroom, 4 Bath Home in Ashton Estates

How to know if there's radon gas in your house

BY C. DWIGHT BARNETT
Tribune News Service (TNS)

Q: I've heard of radon but I don't really know what it is. What is radon gas, and how do I know if it's in my home?

A: Radon is a known carcinogen. The gas is undetectable by sight, smell or taste. Radon is a by-product of the natural, radioactive

decay of uranium in soils and rocks and can sometimes be found in well water. The gas is naturally found in the air we breathe, but can also enter a home or building through drains, cracks or holes in the foundation or basement.

The radon gas can then become trapped inside the home or building and

build up to dangerous levels. Radon is the leading cause of lung cancer deaths among non-smokers in the U.S. and claims the lives of about 21,000 in the U.S. each year per Environmental Protection Agency (EPA) estimates. Radon is measured in picocuries per liter of air represented as "pCi/L." The average concentration of

radon in outdoor air is 0.4 pCi/L, but the radon levels inside a home that are 4.0 pCi/L or higher should be mitigated.

Mitigation is usually done by sub-slab or foundation ventilation using vent piping and powered, in-line fans and sealing cracks, but the method of mitigation should be deter-

mined by a certified radon mitigator. The EPA has designated January as National Radon Action Month and recommends that all homes, whether old or new, be tested for radon.

Do-it-yourself test kits are available at major home and hardware stores or can be ordered online, although a test by a cer-

tified radon professional using an active or continuous radon monitor can give you results in as little as 48 hours and can be much more precise. For more information on the risks of radon, visit epa.gov/radon.

C. DWIGHT BARNETT is a certified master inspector with the American Society of Home Inspectors.

A cricket table has nothing to do with sports, insects

"FOR SALE, TYPICAL English cricket table," the auction ad read. But what is a cricket table? Is it used for sports like the English game of cricket? Does it have anything to do with the insect?

No. The cricket table was first named and used during the 16th century. The French word "criquet" refers to its stick legs. And the table has three legs, so it can be used where the floor is uneven. Remember your geometry — three points determine a plane, so all three legs of any length will touch the floor at the same time, while a four-legged table might wobble.

Most antique cricket tables have triangular or round tops. Some have shelves halfway down the legs. It was a country furniture idea, and tables can be found that are made of sycamore, ash, oak, elm, cherry or walnut woods. A few have three drop leaves. In 2016, Thomaston Auctions sold an elaborate oak cricket table with sausage-turned legs and a T-stretcher for \$1,170.

Q: I have a pitcher decorated with flowers on both sides and marked on the bottom with a castle and the words "Leuchtenburg, Germany." It's 7 inches tall. I can't find this pitcher?



TERRY KOVEL

A: This mark was used by C.A. Lehman & Son of Kahla, Thuringia, Germany, from about 1910 to 1919. The company was founded as a porcelain decorating shop by Carl August Lehmann and Paul Zierold in 1885. It began making porcelain for export in 1895. The company merged with Franz Bauer Porcelain Manufactory in 1935 to form Bauer & Lehmann. Leuchtenburg isn't a city, it's the name of a castle in Seitenroda, Germany, a few miles from Kahla.

Q: I have a Hummel boy doll but can't find one that looks like it online. It's 11 1/2 inches high and made of rubber with painted eyes and molded hair. His head, arms and legs are in very good condition. There is a mark on the back with a bee inside a V. Can you tell me anything about its age and value?

A: Hummel porcelain figurines are based on the drawings of the German nun Sister Maria Innocentia, born Berta Hummel. They were first made in 1935 by the W. Goebel Porcelain Co. of Oeslau (now Rodental), Germany.

The figurines were very popular and in the early 1950s, Goebel decided to transform the work of Sister Maria Innocentia into dolls. The earliest dolls had composition heads, arms and legs. In 1953, Goebel began to make these parts with a rubber material, like your boy doll. Vinyl dolls were made in 1960, and dolls with porcelain heads and cloth bodies were made in the 1980s. Your doll is from the 1700 Series, which was made from 1953 until about 1959. He is called Peterle and is marked with the "full bee" trademark used by Goebel from 1950 until 1959. The dolls were sold dressed in cloth outfits, some with small accessories like a goose, stein or travel pack. It appears your doll's clothing is a combination of pieces from other Hummel dolls and doesn't have any accessories. Dolls like yours sell for \$25 to \$50.

Q: How much is the book "My Turn at Bat, The Story of My Life" by Ted Williams as told to John Underwood worth? I have a copy autographed by Ted Williams.

A: This book was first published in 1969, when Ted Williams was manager of the Washington Senators. It recently has been republished with new pictures. A copy of the 1969 edition autographed by



Submitted photo

This cricket table has the expected triangular top and three legs. It was made in England in the 19th century. The 25 1/2-inch high table sold for \$1,170.

Ted Williams sold at auction this year for \$132.

Current prices

Recorded from antiques shows, flea markets, sales and auctions throughout the United States. Prices vary in different locations because of local economic conditions.

BRONZE MEDAL, Red Cross blood donor award, round, Dr. Karl Landsteiner portrait, Netherlands, 1939, 2 1/4 inches, \$20.

PASTA MACHINE, noodle cutter, cast iron and steel, green paint, table mount, crank, metal core, Baccellieri Bros., c. 1910, \$95.

STERLING-SILVER LETTER SEAL, etched flowers and garland, spoon handle shaped, round disk seal, France, c. 1905, 3 1/2 inches, \$165.

DELFT TYPE SERVING TRAY, chips and dip, turntable, blue and white, windmill, flower swags,

center bowl with lid, c. 1950, 4 x 14 inches, \$290.

WRITING DESK, wood, stained, lift top, drawer, serpentine apron, ball supports, baluster legs, 1800s, 32 x 32 inches, \$380.

TIME RECORDING CLOCK, 50 employee, tiger oak, glass, cast iron and brass, cabinet and detachable wheel, International, c. 1915, 39 x 35 inches, \$600.

HAT BOX, leather, holds stovepipe top hat, canvas interior, strap and lock, curved lid with top loop handle, c. 1830, \$775.

WOODEN PUZZLE, sphere, carved pyramid shapes, fit to make ball, vertical leather straps, victorian toy, 8-inch diameter, \$895.

BRONZE VASE, ritual, masks and symbols, banding, pierced dragon handles, gourd shaped, lotus blossom foot, Asian, 8 x 6 inches, \$1,990.

TERRY AND KIM KOVEL answer as many questions as possible through the column. By sending a letter with a question, you give full permission for its use in the column or any other Kovel forum. Names and addresses will not be published. We cannot guarantee the return of any photograph, but if a stamped envelope is included, we will try. The volume of mail makes personal answers or appraisals impossible. Write to Kovel, The Dominion Post, King Features Syndicate, 300 W. 57th St., 15th Floor, New York, NY 10019.

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FEATURE HOMES

2052 Iron Bridge Circle • \$715,000 • MLS: 10108295



MORGANTOWN - Gracious home great for entertaining in one of Morgantown's most-desirable neighborhoods. Seasonal lake view with large family room offers built-ins, fireplace & full bar. Covered back porch & large deck extend this well-planned layout. Full Viking kitchen, granite counters & large walk-in pantry is a chef's delight. Formal living & dining rooms with recessed panel wood ceilings - an endless list of amenities!

Kathy Martin • 304.685.6171

1011 Excalibur Drive • \$620,000 • MLS: 10105066



MORGANTOWN - Quality by Edward Bucklew. Beautiful ranch home with granite counters & stainless built-in appliances. Hardwood, volume ceilings, two fireplaces, 3-car garage. Covered porch & patio overlooking large fenced pond with water spray. Lower level features 6' wet bar, under-counter fridge, granite top, & ceramic floor. Game room features beautiful wood ceiling.

Lynda Pellegrin • 304.290.8629

NEW HOMES AVAILABLE!

Imperial East

Nature's Gateway! Once you visit Imperial East, you'll understand why it is naturally beautiful!

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Key Features:

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- Easy access to I-68
- Tranquil walking trails
- Beautiful sights of the WV Botanic Garden
- Quality, energy-efficient construction
- Lots available with builder restrictions



View all North-Central WV Real Estate at: klmproperties.com

MORGANTOWN - 4BR, 3BA. If privacy is what you're looking for, this beautiful home is a must-see! Open floorplan, hardwood floors & surround sound throughout main level, gourmet eat-in kitchen with walk-in pantry & wet bar. Sunkin LR opens to outdoor living space with kitchen, fire pit & covered sitting area. MLS: 10110333



4 Squirrel Lane
Beth Burns
\$675,000
304.290.4294

MORGANTOWN - 3BR, 2.5BA. Beautiful home in Greystone located on golf course, with scenic view of lake. High ceilings & soaring windows make home feel huge. Two large master suites - relax on private covered patio & enjoy the lush landscaping. MLS: 10104426



4112 Cove Point Drive
Kathy Martin
\$472,000
304.685.6171

MORGANTOWN - 3BR, 3BA. If location is important, look no further! Quiet, mature neighborhood in Suncrest, convenient to everything. Completely renovated 1-level ranch, large level lot, 2-car garage, hardwood floors, woodburning fireplace, large BRs & FR in lower level. Workshop & plenty of storage. MLS: 10111601



360 Jacobs Drive
Linda Kosten
\$439,000
304.282.5630

MORGANTOWN - 4BR, 2.5BA. Loaded with potential, this home is situated on 1 level acre within city limits. Unique design with 3 floors & 2-car attached garage with root cellar. Large laundry room offers additional freezer & gas stove. Come imagine the untapped potential! MLS: 1011294



3445 Collins Ferry Road
Kathy Martin
\$325,000
304.685.6171

MORGANTOWN - 3BR, 2BA. Desirable Cheat Lake community in Cheat Crossing. Open floorplan. New HVAC in 2015, finished lower-level family room. Back deck great for entertaining. MLS: 10112463



67 Antietam Drive
Karen Gutta
\$239,900
304.376.4234

MORGANTOWN - 3BR, 3BA. Location, location, location! Home is within easy walking distance to both hospitals, law school & Mylan. Large BRs & master BR with balcony. Lower-level FR has fireplace & sliding door leading to fenced yard. Make this your dream home! MLS: 10112527



1360 Riddle Avenue
Debbie Marano
\$237,500
304.290.9180

MORGANTOWN - 2BR, 2.5BA. Riverfront townhome with gated parking garage central to everything. Luxurious features such as granite counters, staircases with iron railings, cherry floors, stainless appliances, master BR loft, tile bathrooms & decks from LR & master BR. MLS: 10112455



382 Frontier Avenue
Marcelle Widmer
\$219,900
304.290.5366

ELKINS - 5BA, 2 Full & 2 Half BA. Charming brick colonial in historic Wees District. Enjoy entertaining or relaxing on your deck & back yard. Mountain view from 2nd-floor deck is breathtaking. Walking distance to city park, D&E College & downtown. MLS: 10111804



5 Key Street
Robin Ruckle
\$195,000
304.376.3844

MORGANTOWN - 2BR, 2BA. Great investment - property has been approved by the city to be split into parcels, so you can build your dream home in the heart of Suncrest, or build two homes. Located minutes from schools, hospitals & Mylan. MLS: 10104342



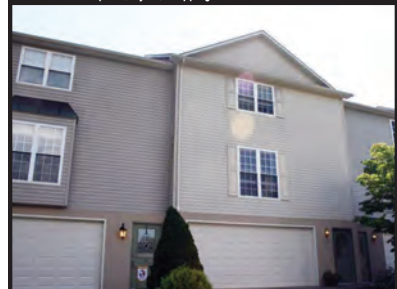
3431 Collins Ferry Road
Robin Ruckle
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BRUCETON - 3BR, 2BA. Spacious home situated on an acre. Panoramic views of countryside can be enjoyed from the front deck. Oversized garage with 2nd-level storage. Extra office space in home. Matching outbuildings. Only 3 miles from Cooper Rock. MLS: 10112486



627 Laurel Run
Kathleen Sypolt
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304.594.6745

MORGANTOWN - 3BR, 2.5BA. Move-in ready, this spacious townhome includes new laminate flooring in LR & DR, hickory cabinetry in kitchen, corner gas fireplace in LR, large 2-car garage, & private deck area for your relaxation. Minutes from hospitals, Mylan, shopping & schools. MLS: 10110942



27 Clear Spring Drive
Kris Kullman
\$179,500
304.282.4455

MORGANTOWN - 3BR, 2BA. KEY LOCATION! Looking for a home close to hospitals, Mylan, or Evansdale Campus? This cozy find has several updates! Private, fully fenced-in back yard with gas fireplace & large deck. Bonus room on lower level could be additional BR. MLS: 10106358



8 Rustic Drive
Randy Neal
\$164,900
304.685.1296

MORGANTOWN - 2BR, 1BA. Centrally located to town & Suncrest, & easy access to I-68. This house is waiting for your personal touch! Large porch/deck, awesome view, detached 2-car garage. Being sold "As Is." Lots of potential on 2.5 lots. MLS: 10110635



1212 Jersey Avenue
Karen Gutta
\$149,500
304.376.4234

MORGANTOWN - 2BR, 1BA. Two-story home is being sold "As Is." The possibilities are endless, as this home sits on 7 city lots. Slightly sloping, there is an efficiency apt. in basement with exterior entrance. Property backs up to city softball fields. MLS: 10110992



1004 Curtis Avenue
Linda Kosten
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304.282.5630

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CARGAZING

Overflowing With Cuteness

Fiat 500 Woos Buyers With Adorable Styling, Dramatic Price Drop

By Derek Price
CARGAZING.COM

The Fiat 500 is just like my youngest daughter. It's so cute, it gets away with stuff other cars couldn't. Its off-the-charts cuteness factor is undeniable. It's an adorable, cuddly, giggly toddler of a car, one that wants nothing more than to start the day with playtime and a smile.

In fact, it's been a long time since I've driven a vehicle that got more attention or made more people grin than this one, which is odd for a car that's seen few noticeable changes since it was introduced to the U.S. market back in 2011 and starts well under \$20 grand.

Most of the head-turners I drive are fresh, flashy and much more expensive.

This one, though, drew looks, thumbs up, comments and compliments all week long. I couldn't stop for gas without people asking about it. A guy in the Home Depot parking lot chased me down to talk about



PHOTOS COURTESY OF FIAT 500

The Fiat 500 1957 Edition, shown in the foreground, draws saying cues from its iconic Italian ancestors.

it and ask if I knew any dealers that had a high-performance Abarth version in stock (I didn't.)

I suspect part of the attention came from the fact that I was

driving a 1957 Edition that cranks this car's cuteness up to 11. It was painted a pastel green called "Verde Chiaro," with matching color wheels, historic Fiat badges and a white roof and mirror covers that left it dripping with retro appeal.

Its over-the-top, huggable styling masks some serious drawbacks, though. With slow and loud acceleration, distracting highway noise, a cabin that feels cheapish in places, only so-so gas mileage for its size and very limited cargo space, this is a car whose top selling point by far is its Italian good looks.

Fiat is addressing these downsides in several ways.

One is growing the 500 lineup to include a family of vehicles that expand its utility and appeal. If you want more space inside, there's the 500L. If you want four doors, a more practical, family-friendly vehicle and a more

refined feel over the road, there's the 500X.

Another change makes it more appealing to your pocketbook. In an unusual and dramatic move, Fiat is dropping the price of the 2017 500 by a whopping \$2,000, bringing the cost of the basic Pop trim level under \$15,000. Even better, the 2017 500 Pop adds more content at that price, including a digital gauge cluster, 15-inch wheels and chrome trim.

With that kind of abrupt change, buyers should expect big incentives for any 2016 models left on dealer lots.

Aside from the 2017 price plunge, perhaps the most surprising thing about this car is the appeal of its styling over time. To my eyes, it's becoming even more attractive as the years go by, which is unusual for retro-look cars.

With the reborn Ford Thunderbird, for example, or the Chrysler

PT Cruiser, it only took a year or two before the gimmick had run its course and they started to look a bit silly to me. Those cars aged like chain smokers.

The 500, though, seems to fall into a category of retro-styled cars that endure the test of time. Like the Ford Mustang and Volkswagen Beetle, the 500 has a timeless, iconic look that just needs to be updated occasionally, never completely going out of style.

What was tested?

2016 Fiat 500 1957 Edition (\$20,395). Options: Customer Preferred Package (\$900), GPS navigation (\$700), six-speed automatic transmission (\$1,350). Price as tested (including \$995 destination charge): \$24,340

Wheelbase: 90.6 in.

Length: 139.6 in.

Width: 64.1 in.

Height: 59.8 in.

Engine: 1.4-liter MultiAir four cylinder (101 hp, 97 ft. lbs.)

Transmission: Six-speed automatic

Fuel economy: 27 city, 34 highway

RATINGS

Style: 10

Performance: 4

Price: 8

Handling: 6

Ride: 5

Comfort: 4

Quality: 5

Overall: 6

Why buy it?

There's really one reason to buy this car: it's adorable. The retro Italian styling makes it one of the cutest cars for sale today.



The 500 line has a classically styled interior. It also is available with an open-air version with a top that slides to the rear, almost like a convertible, called the 500C.

John Howard MOTORS Buzz's Picks of the Week!



<p>2013 Kia Forte SX</p>  <p>#9968 29,756 Miles</p> <p>\$12,895</p>	<p>2013 Mercedes-Benz C250</p>  <p>#06226 41,623 Miles</p> <p>\$21,195</p>	<p>2014 Buick Encore AWD</p>  <p>#1359 18,185 Miles</p> <p>\$21,595</p>
<p>2016 Subaru Impreza 2.0i</p>  <p>#3995 5,500 Miles</p> <p>\$19,795</p>	<p>2015 Ford Edge SEL</p>  <p>#2795 7,521a Miles</p> <p>\$27,795</p>	<p>2013 Ford F-150 SLT Supercab</p>  <p>#9301 34,630 Miles</p> <p>\$31,900</p>

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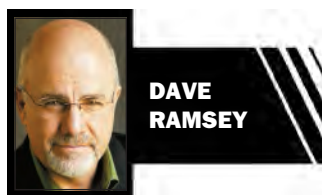
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DAVE RAMSEY

Debit cards can serve as credit cards

Dear Dave, I take classes online at a public university that is several hours from my home. I tried to pay for my classes the other day, and my Visa debit card was not accepted. I got a message saying credit cards and cash were the only payment options. How can I take care of this without wasting an entire day driving to campus to pay with cash?

— Amy

Dear Amy, Don't worry, there's no need for you to drive all the way to campus and back just to pay for your classes. You can run a debit card like it's a credit

You're just using it wrong, and that's why you're having trouble.

card, and they will accept it. The machines don't recognize the difference, whether you type in a credit card number or a

debit card number.

Just select "credit" when it asks for payment method. It's just like when you step up to pay for something at the store and they ask the old credit or debit question.

You say credit, so you don't have to enter your PIN (personal identification number), and it all stays in the Visa system.

You're just using it wrong, and that's why you're having trouble. Just remember this in the future, and best of luck with your classes!

Dear Dave, My husband and I have been debt-free, except for our mortgage, for a few years now. Recently, we've been thinking about moving back to our home state to be closer to family. We've found a home we're interested in, but it has a large utility tower on the property not far from the house. Should we still consider this home?

— Denise

Dear Denise,

The downsides are simple. One, you've got to look at the stupid thing every time you're sitting on your patio. Two, when you get ready to sell it, everyone who looks at the house is going to have the same concerns you have. It's not going to appreciate in value, and you're going to have trouble selling it when the time comes.

If you're willing to put up with those two things, you might get a steal of a deal on this place because no one else may want this house. And when I say a steal, I'm talking around 40 percent off the appraisal. To me personally, it would be enough of an eyesore that I probably wouldn't buy. Again, that's just a personal opinion.

Keep in mind that if you go through with this, when you get ready to sell it you're going to lose out on any money you gained in the buy. Someone is going to do the same thing to you. I'm not completely killing the deal, but I definitely wouldn't buy it to live in.

As a rental? Maybe, if I were going to keep it forever. Because people will always rent. But honestly, I wouldn't want to put up with the hassle in either scenario.

DAVE RAMSEY is CEO of Ramsey Solutions. He has authored seven best-selling books, including "The Total Money Makeover." Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

Polished image inside and out

University Toyota 'renovated with the customer in mind'

BY EMILY COWEN
The Dominion Post

University Toyota, located on Don Knotts Boulevard, finished a long list of interior renovations to go with the new cars featured out front.

The improvements on the family-owned dealership, established in 1990, took about a year to complete and range from waiting rooms and service areas to bathrooms and LED lighting.

"We did a lot more than [Toyota] asked us to do, but particularly everything that is inside the dealership has been renovated with the customer in mind," owner Andy Claydon said. "It's a very nice place to visit to sit and relax, and if you want to wait for your car, it's a great place to do so."

One of the interior's improvements involves a drive-in service reception area that spans two lanes and features automatic doors. That is just one of the ways University Toyota offers customers the very best in automotive care, advice and help with any car

One of the interior's improvements involves a drive-in service reception area that spans two lanes and features automatic doors.

needs, Claydon said.

Customers have the option of waiting in one of two separate waiting rooms, each designed with its own atmosphere and purpose.

"One is the atrium with a lot of plants and light, an area where people can sit and read perhaps, and then we have an area with a fireplace and a television," Claydon said.

A playroom with a castle, slide and games was included in the renovations to benefit waiting parents.

"There's an open doorway so children can play in there without feeling separated from their parents," Claydon said, noting there are also chairs in the play area for parents to sit.

"Morgantown is our home," Claydon's daughter,



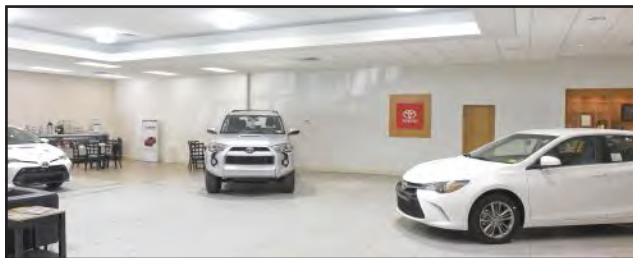
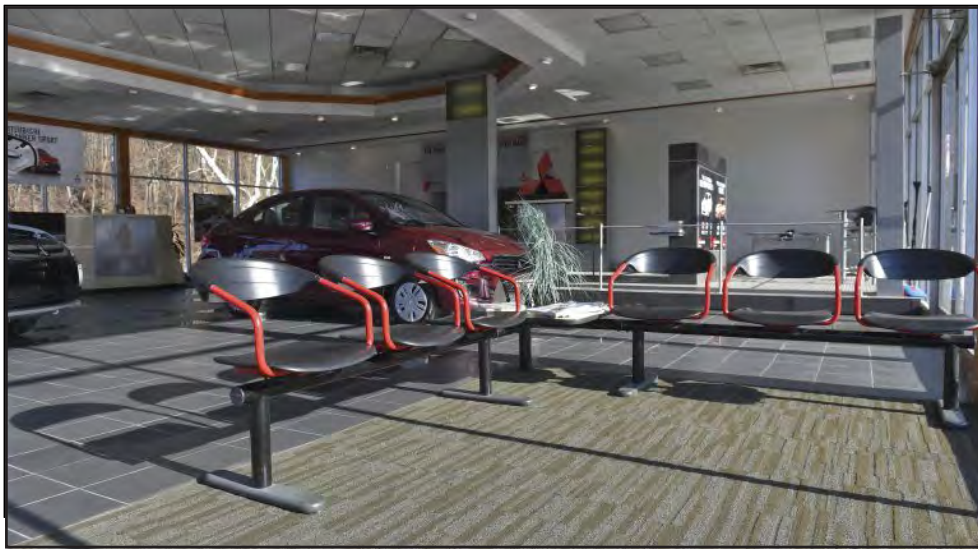
University Toyota owner Andy Claydon beams with pride at the renovations inside the dealership at its showroom's entrance.

Sarah, said. "We've grown up here and we live here, so it's really important to us that we give back to the community as well and that we're involved in lots of different things."

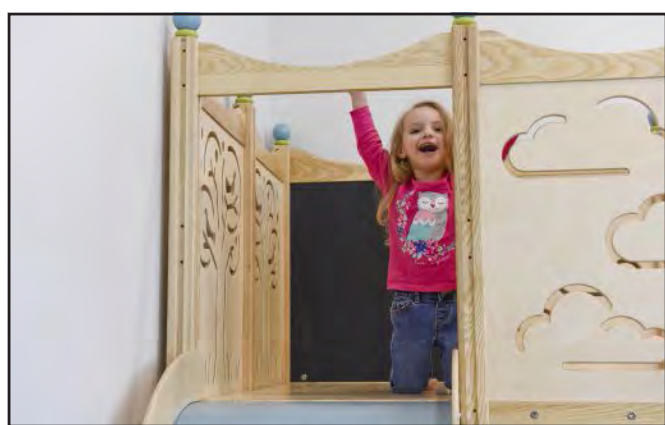
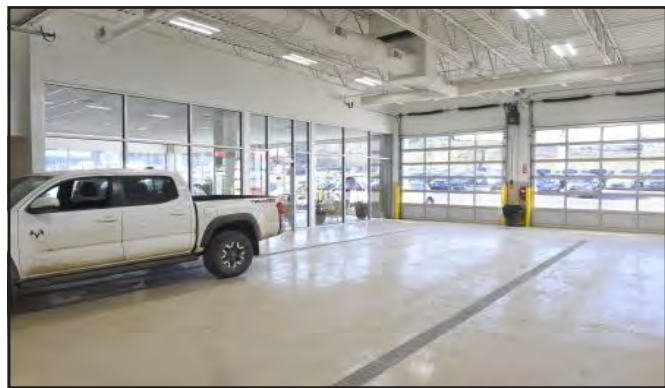
University Toyota is the title sponsor and organizer of Balloons over Morgantown and is also involved in educational opportunities at Eastwood Elementary School and the WVU art series.

"I think any time any business does something to improve itself and better look out for its customers, it adds something to the community as a whole, and I think it's nice to be able to offer an environment which is pleasant for our employees to work in but pleasant for customers to

do business in and reflective of what our manufacturers want us to do as well," Claydon said. The dealership will continue to look for ways to improve in the future to better cater to customers. "We're always looking for ways of improving ourselves and providing more. I think we've very, very pleased to represent Toyota."



A waiting area at University Toyota glistens in some sun shine (clockwise) as the new drive-thru area to the service area is ready to go. Aspen Costello, 2, enjoys the new play area as new vehicles in the showroom shine.



Many need clarity on Obamacare replacement

THE AFFORDABLE CARE ACT and working people are linked in ways that are often overlooked. But with the health care law likely to be repealed by a Republican-controlled Congress under President Donald "Obamacare is a Disaster" Trump, it's worth looking at — and caring about — the worry and confusion many workers now endure.

Whatever your opinion on the ACA, it gave many entrepreneurial people the ability to strike out on their own and leave full-time jobs with companies that provided health benefits.

Private insurance was always available for freelance workers or small-business owners, but the premiums could be prohibitive, particularly for people with pre-existing conditions, and the coverage was often subpar.

The ACA, while flawed, opened the door for people to work on their own terms — to start businesses or to stitch together careers as freelance or gig workers.

Now, with no clear sense of what would replace the ACA, workers across the country who rely on Obamacare are in limbo and, in many cases, thinking a return to full-time company work might be required.

The ACA allowed Andy Freivogel to leave a full-time job with Intelligentsia Coffee & Tea, in Chicago, one that provided him and his family with health care, and start his own internet technology company in 2014.

His wife, Laurie, is an artist with an established



REX HUPPKE

That's a key point in all this: The need for affordable health insurance shouldn't be the reason people have to stay in jobs they don't want. That stifles creativity, increases stress and decreases productivity.

business of her own.

Andy and Laurie and one of their two children have asthma, but they were still able to get coverage for about \$700 per month.

"It would've been impossible to buy that before, with pre-existing conditions," he said. "We wanted to build something for ourselves that is possibly an enterprise we can hand off to the kids or something we can build up and sell off to someone, kind of a last Hail Mary of our careers."

Obamacare hasn't worked flawlessly for the Freivogels. They had to switch to a different insurance company and the family's monthly premium went up to almost \$1,200.

But both say it's still far better than anything they could have gotten pre-ACA. And they're worried the whole system could soon be on the way out.

"I've been angry at elec-

tions, but I've never been scared," Laurie said. "I'm scared for my children."

Andy is having to consider the future of the company he launched, which provides IT services to independent retailers.

"I'm already thinking, 'What are my options for getting a full-time job that will allow me to get benefits?'" he said. "If one of us has to do it, it'll be me. And if they say repeal is going to take effect in 2017 or 2018, then I have to start looking for that job now, because those jobs are going to be hard to find."

I recently tweeted out a request to speak with people who do freelance work or run their own businesses and rely on Obamacare. Most responses mirrored the worry felt in the Freivogel family's suburban Chicago home.

Wendy Grahn and her daughter recently opened a shared commercial kitchen in Chicago. More than 30 independent food companies use that space.

Grahn, who is diabetic, worked in a corporate setting for three decades, staying longer than she wanted because of health insurance coverage.

"When the ACA came about, it was a driving factor in making a career change and opening a business," she said. "I don't think the ACA is perfect, not at all. But it's a start. So my preference would be to fix the parts that aren't working rather than scrapping the whole thing."

But she can see the writing on the wall, at least at

this moment: Republicans seem determined to do away with the ACA, and they've been unable to provide a detailed plan for its replacement.

"The only option that's out there, they want to take that way from me," Grahn said. "It makes me look ahead thinking I have to change everything and go back and get a corporate job to get insurance. I makes me worried that I might need to close down the new business and not give it a chance to get going."

I understand that people have been hurt by Obamacare, because of everything from premium and deductible increases to having to switch doctors. But people also have been helped, and the path we're on right now puts everyone — those hurt and those helped — in a cloud of uncertainty and half-baked political promises.

Emily Lallouze is a 34-year-old freelance casting producer in Los Angeles. She's pregnant, due in April, and worried.

"It's hard to prepare and plan for something that is so uncertain," she said. "Nobody knows what's going on. I'm due in April. What could even happen between now and then? Will I be able to go to these important doctor's appointments that I need to?"

Meg Craig is a 30-year-old kidney donor covered by the ACA through the nonprofit organization where she works in Chicago. (Craig also does freelance editing, sometimes for the *Chicago Tribune*.)

"If the pre-existing condition clause goes away, I'm essentially uninsurable," she said. "I don't have plans to leave, but if I had to think about being able to pay for the cost of health care and it wasn't feasible at this place or any other, I can't just be uninsured. I don't want to be forced into a situation like that. I love what I do, I want to keep doing it and I don't want insurance to be the thing that forces me out."

That's a key point in all this: The need for affordable health insurance shouldn't be the reason people have to stay in jobs they don't want. That stifles creativity, increases stress and decreases productivity.

It's a lose-lose scenario, not to mention a morally questionable one.

I know Obamacare needs to be fixed. And perhaps it does need to be scrapped and replaced with something else.

But working people like the Freivogels and Grahn and others deserve clarity — quickly. Republicans have been criticizing and getting in the way of the ACA since its inception. They've had eight years to come up with a sensible replacement that will perform even better.

It's time to show American workers a replacement plan. And if Republicans can't do that, it's time to get to work at making the ACA better.

REX HUPPKE writes for the *Chicago Tribune*. Send him questions by email at rhuppke@tribune.com or on Twitter @RexWorksHere.

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Business Opportunities 14

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TV weekly

SUNDAY, JANUARY 29, 2017

Family matters



Milo Ventimiglia and Mandy Moore star in "This Is Us"

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Post

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THE DOMINION
Post

Cover Story

Quality dramedy: Dan Fogelman's 'This Is Us' is a freshman hit

By Jacqueline Spendlove
TV Media

If you're perusing a list of the best new shows of fall 2016, there's a good chance that "This Is Us" is among the top contenders. The heart-warming, tear-jerking dramedy has proved a hit this season, and it's maintained a strong following from the get-go. Catch an episode of "This Is Us" when it airs Tuesday, Jan. 31, on NBC.

The series comes from the mind of Dan Fogelman, writer of "Crazy, Stupid, Love" (2011) and creator of "Galavant" and "Pitch." It premiered in September to an audience of more than 10 million in the U.S., scoring itself a full-season order just hours after its debut. The show nabbed three Golden Globe nods, including a nomination for Best Television Series—Drama, and is racking up loads of critical acclaim for the writing and stars alike.

Jaunting through a number of different time frames, "This Is Us" follows several characters whose lives are intertwined — but the connection isn't made clear until the end of the pilot. Fogelman likes his twists, after all, and the episode delivers.

When the series opens, Jack (Milo Ventimiglia, "Gilmore Girls") and Rebecca (Mandy Moore, "A Walk to Remember," 2002) are about to become new parents to a brood of triplets. Tragically, one of the baby boys doesn't survive, but as fate would have it, another baby is brought to the hospital that same day, having been left at a fire station. Determined to make lemonade from "the sourest lemon that life has to offer," the young couple adopts the parentless boy, returning home with what Jack calls their Big Three.

As the episode wraps up, we learn that the rest of the characters we've been following — Kevin (Justin Hartley, "The Young and the Restless"), Kate (Chrissy Metz, "American Horror Story") and Randall (Emmy winner Sterling K. Brown, "The People v. O.J. Simpson: American Crime Story") — are those three babies, all grown up. They're all dealing with their own set of challenges, and while each episode is grounded in the present, we're constantly given glimpses into the past that clarify and expand on what's going on in the here and now.

"I was always fascinated by the big fabric of our lives and how our

lives are informed by the lives of our parents and their parents before them," Fogelman explained in a *Vulture* interview. "I sat down to write 'This Is Us' ... about a bunch of people at a similar age that I was — in their late 30s. There were all these people I recognized from my own life, and I kept thinking about how different everybody's lives were."

Indeed, despite growing up in the same house together, having the same parents and being the same age, Kevin, Kate and Randall lead very different lives, with very different problems. Pretty-boy Kevin is a sell-out actor who's desperate to be taken seriously, yet is stuck in a vapid (and shirtless) role in a silly sitcom. Kate is morbidly obese and determined to lose weight, in a struggle she's dealt with her entire life. Randall, the adopted son, has never fully felt he belonged, being a black man raised in a white home and never knowing the parents who abandoned him.

As for Jack and Rebecca, the flashbacks show us their own struggles, and the strain that parenthood puts on their loving marriage. Both have dreams that they step away from for the sake of the family: Rebecca has singing aspirations that are pushed aside so she can focus on her kids, and Jack's ambition to start his own architectural firm is abandoned to make way for a steady income through an unfulfilling desk job.

"It's not a superhero [show], there's not a case of the week or anything," Moore told E! "Those shows are great, but this is just people living life, interacting, having highs and lows and everything in between."

That's one reason the show is resonating so well with viewers

— most of us can see some part of ourselves and our lives in at least one character. "I think that's what's so great about this show," Ventimiglia told E! "It is for everyone. There is no separation between gender or race or age or weight, sexual preferences, anything, nothing. It's human beings."

The first 10 episodes — those prior to the Christmas hiatus — maintained a fairly consistent audience, averaging 9.5 million U.S. viewers. The final episode before the hiatus ended with a cliffhanger and a number of revelations that put a particular emphasis on the non-Pearson characters. While the Pearson family remains at the core of the show, it bodes well for the future of the series that it can successfully branch out, putting the focus on secondary characters and their own back stories. Here, in particular, we see more into the past of Randall's birth father, William (Ron Cephas Jones, "Half Nelson," 2006), and Dr. K (Gerald McRaney, "Simon & Simon"), the doc who delivered Kevin and Kate and comes back into the picture a decade or so later.

Catch up with "This Is Us" when an episode of the breakout hit airs Tuesday, Jan. 31, on NBC.

Sterling K. Brown in a scene from "This Is Us"



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Family Favorites

Sunday

(DTSN) 9:30 a.m.

Polly and the Zhu Zhu Pets

A girl named Frankie shares many adventures with her four extraordinary talking hamsters in a new episode of this animated series based on the popular toys. Pipsqueak, Mr. Squiggles, Num Nums and Chunk often find themselves in troublesome situations.

Monday

(NICK) 8 p.m.

Ride

Kit (Kendra Leigh Timmins) moves to England when her dad gets a job at an elite equestrian boarding school in this freshman series. In this debut episode, she realizes she has to get over her fear of riding horses if she wants to stay at the academy.



Sherri Saum in "The Fosters"

Tuesday

(Freeform) 8 p.m.

The Fosters

Jesus (Jake T. Austin) is knocked out in the aftermath of a fight over Mariana (Cierra Ramirez) in this new episode. On the way to the hospital, things take a turn for the worse, and he's left fighting for his life. Sherri Saum and Teri Polo also star.

Wednesday

(FX) 8 p.m.

Penguins of Madagascar

Skipper, Kowalski, Rico and Private star in their own adventure in this 3D animated spinoff of the popular Madagascar franchise. With a villainous octopus on the loose, the penguins join forces with an elite task force dedicated to helping animals.

Friday

(ANPL) 9 p.m.

Treehouse Masters: Out On a Limb

Pete brings viewers behind the scenes in this special edition. He shares stories about builds, shares brand new treehouse tips and more about the Bon-Appe-Treehouse in Utopia, Texas. This unique series follows a team that creates amazing treehouses.

Saturday

(TOON) 7:30 a.m.

Justice League Action

Superman, Batman, Wonder Woman and other heroes from the Justice League battle supervillains and other threats to Earth in a new episode of this animated series based on the DC Comics characters.

New Releases

Jack Reacher: Never Go Back

Ex-military investigator Jack Reacher (Cruise) tries to set up a meeting with his ally, Major Susan Turner (Smulders), only to learn that she has been detained following accusations of espionage and murder. Believing that she's been framed, Reacher begins to hunt for the truth, but when a mutual ally is found dead, Reacher is arrested for his murder and taken to the same prison in which Turner is being held.

When assassins arrive to neutralize Turner, she and Reacher flee for their lives and begin a search for the truth, dogged at every turn by people who want them dead at all costs.

Director: Edward Zwick. Stars: Tom Cruise, Cobie Smulders, Aldis Hodge, Danika Yarosh, Patrick Heusinger, Holt McCallany. 2016. 118 min. Action.

Masterminds

Armored truck driver David (Galifianakis) has been growing increasingly disgruntled with the large bank that he works for, especially after his friend and co-worker, Kelly (Wiig), is fired. She resorts to living with her childhood friend, Steve (Wilson), who comes up with a plan to rob the bank after watching a news story about the

same company being targeted by the biggest heist in U.S. history only a few months prior. Steve gets Kelly on board with his plan, and together they persuade David to take part in the scheme, too. Once they have the millions of dollars in hand, though, they become the targets of a massive international manhunt.

Director: Jared Hess. Stars: Owen Wilson, Kristen Wiig, Zach Galifianakis, Jason Sudeikis. 2016. 95 min. Comedy.

Queen of Katwe

In the Ugandan slum of Katwe, 10-year-old Phiona (Nalwanga) and her family struggle to get by. Her life is turned upside down, though, when she meets Robert (Oyelowo), a missionary who loves teaching children how to play chess. Phiona immediately takes to the game, and within a few years, she is playing in tournaments around the globe. As she struggles with the stress and with her own identity, the girl also begins to dream of achieving a better life for her family than the slums from which they came.

Director: Mira Nair. Stars: Madina Nalwanga, David Oyelowo, Lupita Nyong'o, Martin Kabanza. 2016. 124 min. Drama.



taste tv

U.K.'s Ching-He Huang eats through a continent

By Andrew Warren
TV Media

With cheap air travel, 24-hour news channels and, of course, the Internet tying the whole wide world together, cuisines that were once exotic and mysterious are becoming part of our everyday lives. Not so long ago, going out for Asian food meant sushi — or maybe the all-you-can-eat buffet serving up a rough approximation of Chinese food.

Authentic Asian restaurants are everywhere now, so whether you're craving Vietnamese cuisine or hankering for some Korean barbecue, your bases are probably covered. For a truly authentic experience, though, you have to go right to the source, and that's where Ching-He Huang has us covered with "Ching's Amazing Asia," premiering Tuesday, Jan. 31, on Cooking Channel.



"Ching's Amazing Asia" features a plethora of Asian dishes

The British-Taiwanese TV chef and cookbook author is a ubiquitous presence in the U.K.'s foodie scene, and with the launch of her new show on this side of the pond, she's bringing the cuisine of her native continent to foodies over here.

In each episode of "Ching's Amazing Asia," the host travels to a different corner of the massive Asian continent to

check out its culinary scene. At every stop, she looks for the most delicious dishes on offer, meeting up with acclaimed local chefs to watch them work their magic in the kitchen. She also gets to eat that amazing food once the chefs are finished. Jealous?

In the premiere episode, Ching's in Kowloon, a part of Hong Kong's bustling metropolitan area. On this visit, she doesn't just watch the local chefs work, she lends a hand. She helps to make some mouthwatering dishes, including wok-seared lamb, snow-topped barbecue pork bao and golden spring rolls.

In future episodes, Ching swings by Taiwan to learn how to make crab lion-head meatballs, travels to Naha, Japan, for a unique Okinawan rice ball and visits Hong Kong island for the ultimate Asian surf and turf: a roasted suckling pig with lobster.

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Cooking this week

SUNDAY

- 1:30 p.m.** (TRAV) Bizarre Foods: Delicious Destinations
2 p.m. (FOOD) The Kids Baking Championship (TRAV) Bizarre Foods: Delicious Destinations
2:30 p.m. (TRAV) Bizarre Foods: Delicious Destinations
3 p.m. (FOOD) Worst Cooks in America (TRAV) Food Paradise
4 p.m. (FOOD) Guy's Grocery Games (TRAV) Food Paradise
5 p.m. (FOOD) Guy's Grocery Games (TRAV) Food Paradise
6 p.m. (FOOD) Guy's Grocery Games (TRAV) Food Paradise
7 p.m. (FOOD) Guy's Grocery Games (TRAV) Food Paradise
8 p.m. (FOOD) Guy's Grocery Games (TRAV) Food Paradise
9 p.m. (FOOD) Worst Cooks in America
10 p.m. (FOOD) Cooks vs. Cons

MONDAY

- 1:30 p.m.** (FOOD) The Pioneer Woman
2 p.m. (FOOD) Cupcake Wars (TRAV) Bizarre Foods America
3 p.m. (FOOD) Cupcake Wars (TRAV) Food Paradise
4 p.m. (FOOD) Cupcake Wars (TRAV) Food Paradise
5 p.m. (FOOD) Cupcake Wars (TRAV) Food Paradise
6 p.m. (FOOD) Cupcake Wars (TRAV) Bizarre Foods
7 p.m. (FOOD) Cupcake Wars (TRAV) Bizarre Foods America
8 p.m. (FOOD) The Kids Baking Championship (TRAV) Bizarre Foods: Delicious Destinations
8:30 p.m. (TRAV) Bizarre Foods: Delicious Destinations
9 p.m. (FOOD) Cake Wars (TRAV) Bizarre Foods
10 p.m. (FOOD) Diners, Drive-Ins and Dives (TRAV) Booze Traveler

TUESDAY

- 1 p.m.** (FOOD) The Pioneer Woman (TRAV) Bizarre Foods: Delicious Destinations
1:30 p.m. (FOOD) The Pioneer Woman (TRAV) Bizarre Foods: Delicious Destinations
2 p.m. (FOOD) Chopped (TRAV) Bizarre Foods: Delicious Destinations
2:30 p.m. (TRAV) Bizarre Foods: Delicious Destinations
3 p.m. (FOOD) Chopped (TRAV) Bizarre Foods
4 p.m. (FOOD) Chopped (TRAV) Bizarre Foods
5 p.m. (FOOD) Chopped (TRAV) Bizarre Foods
6 p.m. (FOOD) Chopped (TRAV) Bizarre Foods
7 p.m. (FOOD) Chopped (TRAV) Bizarre Foods America
7:30 p.m. (13) The Mind of a Chef
8 p.m. (FOOD) Chopped Junior (TRAV) Bizarre Foods: Delicious Destinations
9 p.m. (FOOD) Chopped (TRAV) Bizarre Foods
10 p.m. (FOOD) Chopped (TRAV) Bizarre Foods

WEDNESDAY

- 11:30 a.m.** (FOOD) Farmhouse Rules (TRAV) Secret Eats with Adam Richman
Noon (FOOD) Valerie's Home Cooking (TRAV) Secret Eats with Adam Richman
12:30 p.m. (FOOD) Valerie's Home Cooking (TRAV) Secret Eats with Adam Richman
1 p.m. (FOOD) The Pioneer Woman (TRAV) Food Paradise
1:30 p.m. (FOOD) The Pioneer Woman
2 p.m. (FOOD) Chopped (TRAV) Food Paradise

- 3 p.m.** (FOOD) Chopped (TRAV) Bizarre Foods
4 p.m. (FOOD) Chopped (TRAV) Bizarre Foods
5 p.m. (FOOD) Chopped (TRAV) Bizarre Foods
6 p.m. (FOOD) Chopped (TRAV) Bizarre Foods
7 p.m. (FOOD) Chopped
8 p.m. (FOOD) Cooks vs. Cons
9 p.m. (FOOD) Cooks vs. Cons
10 p.m. (FOOD) Bakers vs. Fakers

THURSDAY

- 1:30 p.m.** (FOOD) The Pioneer Woman
2 p.m. (FOOD) Beat Bobby Flay
2:30 p.m. (FOOD) Beat Bobby Flay
3 p.m. (FOOD) Beat Bobby Flay
3:30 p.m. (FOOD) Beat Bobby Flay
4 p.m. (FOOD) Beat Bobby Flay
4:30 p.m. (FOOD) Beat Bobby Flay
5 p.m. (FOOD) Chopped
6 p.m. (FOOD) Chopped
7 p.m. (FOOD) Chopped
7:30 p.m. (13) A Chef's Life
8 p.m. (FOOD) Chopped
9 p.m. (FOOD) Chopped
10 p.m. (FOOD) Beat Bobby Flay

FRIDAY

- 11:30 a.m.** (FOOD) Giada Entertains
Noon (FOOD) Barefoot Contessa: Back to Basics
12:30 p.m. (FOOD) Barefoot Contessa
1 p.m. (FOOD) The Pioneer Woman
1:30 p.m. (FOOD) The Pioneer Woman
2 p.m. (FOOD) Diners, Drive-Ins and Dives
2:30 p.m. (FOOD) Diners, Drive-Ins and Dives
3 p.m. (FOOD) Diners, Drive-Ins and Dives
3:30 p.m. (FOOD) Diners, Drive-Ins and Dives
4 p.m. (FOOD) Diners, Drive-Ins and Dives
4:30 p.m. (FOOD) Diners, Drive-Ins and Dives
5 p.m. (FOOD) Diners, Drive-Ins and Dives
5:30 p.m. (FOOD) Diners, Drive-Ins and Dives
6 p.m. (FOOD) Diners, Drive-Ins and Dives
6:30 p.m. (FOOD) Diners, Drive-Ins and Dives
7 p.m. (FOOD) Diners, Drive-Ins and Dives
7:30 p.m. (FOOD) Diners, Drive-Ins and Dives
8 p.m. (FOOD) Ginormous Food
8:30 p.m. (FOOD) Diners, Drive-Ins and Dives
9 p.m. (FOOD) Diners, Drive-Ins and Dives
9:30 p.m. (FOOD) Diners, Drive-Ins and Dives
10 p.m. (FOOD) Diners, Drive-Ins and Dives

SATURDAY

- 1 p.m.** (13) Cook's Country From America's Test Kitchen (FOOD) The Kids Baking Championship (TRAV) Bizarre Foods: Delicious Destinations
1:30 p.m. (13) Sara's Weeknight Meals (TRAV) Bizarre Foods: Delicious Destinations
2 p.m. (13) P. Allen Smith's Garden to Table (FOOD) Worst Cooks in America (TRAV) Food Paradise
3 p.m. (FOOD) Diners, Drive-Ins and Dives (TRAV) Food Paradise
3:30 p.m. (24) A Chef's Life (FOOD) Diners, Drive-Ins and Dives
4 p.m. (24) America's Test Kitchen From Cook's Illustrated (FOOD) Ginormous Food (TRAV) Food Paradise
4:30 p.m. (24) The Mind of a Chef (FOOD) Ginormous Food
5 p.m. (FOOD) Ginormous Food (TRAV) Food Paradise
5:30 p.m. (FOOD) Ginormous Food
6 p.m. (FOOD) Diners, Drive-Ins and Dives
6:30 p.m. (FOOD) Diners, Drive-Ins and Dives
7 p.m. (FOOD) Diners, Drive-Ins and Dives
7:30 p.m. (FOOD) Diners, Drive-Ins and Dives
8 p.m. (FOOD) Diners, Drive-Ins and Dives
8:30 p.m. (FOOD) Diners, Drive-Ins and Dives
9 p.m. (FOOD) Diners, Drive-Ins and Dives
9:30 p.m. (FOOD) Diners, Drive-Ins and Dives
10 p.m. (FOOD) Diners, Drive-Ins and Dives

Morgantown Dominion Post, WV: Food Jan 29, 2017 to Feb 4, 2017

Soap Opera Updates

By Andrew Sawyer
TV Media

For the week of January 23 - 27

The Bold and the Beautiful

Liam tells Bill about the ultimatum he issued to Steffy. Meanwhile, Quinn tries to keep her mind off of Ridge, and feels guilty about her feelings. Both struggling with their feelings, Ridge and Quinn discuss how to handle the situation. Steffy is touched by the sacrifice Wyatt is willing to make for her happiness. After not being able to reach Steffy, Liam decides to follow through with his part of the ultimatum. With a broken heart, Wyatt tells Eric and Quinn about the state of his marriage to Steffy. Everyone at Forrester Creations is shocked when Ridge admits that Quinn has be-

come an asset to the company. Quinn suggests an idea to Eric to bring the Forrester family back together. Thomas is offended that he wasn't considered for the position when Steffy talks about her new role as CEO. Katie becomes suspicious of Ridge and Quinn's sudden friendship. Wyatt tells Liam the real reason he gave Steffy what she wanted.

Days of Our Lives

Chloe comes clean with Brady. Nicole realizes that Deimos is in danger, and she soon receives shocking news. Eric tends to Hope as she fights for her life. Kayla arrives in Europe to check on Steve. Chad shares an awkward moment with Gabi in the square. Claire, Theo, Ciara, Joey and Jade embark on a new adventure together. Belle returns to Salem to visit Claire. Brady and Deimos support Nicole. Gabi and Abigail

put a plan in motion to end the conflict between the families before someone gets hurt. Belle agrees to represent Chloe. Sonny tries to make a deal with Chad. In Prague, Steve and Kayla share a romantic night on the town. Chad shares a special night with Abigail. Lucas voices his support of Anne to Adrienne. As Nicole waits for Justin to post bail, she receives a surprising visit. Deimos stuns Maggie and Victor with his news. Deimos attempts to get Chloe to see reason. Shane has a potential new lead about Stefano for Steve, Kayla, Rafe and Marlena.

General Hospital

Sam discovers the secret Alexis has been keeping. Carly continues to struggle with Sonny's violent lifestyle. Jordan remembers good times with Curtis. Franco must face the fallout from his ac-

tions. Julian blackmails someone. Jason becomes sick. Liz voices her suspicions. Carly has words of caution for Michael. Sonny gives some advice to Nelle. Sam happens upon an important clue. Liz finds herself in danger. Dante and Nathan close in on a suspect. Liz is shaken by what she discovers. Nina has Charlotte's best interests at heart. Anna confronts Valentin.

The Young and the Restless

Phyllis doesn't believe Jack when he says he was at Top of the Tower for a friendly lunch with Gloria, and she reports back to Lauren. Lauren is crushed when a potential investor has a change of heart and decides not to invest. She becomes furious when she finds out the investor went to Jack instead. Victoria feels frustrated that Reed isn't spending enough time on his studies. Reed be-



Amelia Heinle stars in "The Young and the Restless"

comes embarrassed when Victoria and Billy catch him making out with Zoey on the couch. Jill worries that Lily signing a modeling contract with Brash & Sassy could put a strain on her marriage to Cane. Lily ends up accepting Jill's offer, but worries that Cane isn't happy with the situation. Billy is reminded of the chemistry he shares with Phyllis when he runs into her at the GCAC.



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SUNDAY PRIME TIME

C = Comcast S1 = DISH S2 = DIRECTV

JANUARY 29, 2017

Table with columns for channel, time slot, program title, and viewership numbers (S1, S2). Rows include programs like PGA Golf, KDKA-TV News, America's Funniest Home Videos, and The Young Pope.

Sunday Best Bets



Jude Law and Diane Keaton star in 'The Young Pope'

Rock the Park

Co-hosts Jack Steward and Colton Smith visit awe-inspiring destinations in the hopes of inspiring viewers to get back to nature. They get up close and personal with some of America's greatest assets: its national parks.

Miss Universe Pageant

Steve Harvey hosts as 87 of the world's most beautiful women compete for the coveted crown in this three-hour special. Ashley Graham serves as a backstage correspondent as the contestants prepare to represent their countries on stage.

NCIS: Los Angeles

A team of highly specialized agents go undercover to take down some of the nation's most dangerous criminals in a new episode of this drama. Hetty Lange (Linda Hunt) assists the team by providing high-tech devices and other items for their missions.

The Young Pope

Jude Law stars as Lenny Belardo, who serves as the first American Pope in history after he is elected Pope Pius XIII. Directed by Paolo Sorrentino, the drama also stars Oscar winner Diane Keaton as Sister Mary, an American nun living in Vatican City.

Long Lost Family: What Happened Next

This premiere follows a woman who discovers troubling news about her biological father. She also uncovers exciting information about his family. Also, adoptee Leslie and her birth mother, Janice, struggle when their newfound relationship goes awry.

WEEKDAY DAYTIME

C = Comcast S1 = DISH S2 = DIRECTV

JANUARY 30, 2017 TO FEBRUARY 3, 2017

Table with columns for channel, time slots (9 AM, 9:30, 10 AM, 10:30, 11 AM, 11:30, 12 PM, 12:30, 1 PM, 1:30, 2 PM, 2:30, 3 PM, 3:30, 4 PM, 4:30, 5 PM, 5:30), and columns for S1 and S2. Rows include channels like KDKA, WTAE, WDTV, WTRF, WTOV, WPXI, WBOY, WQED, WCWB, WNPB, WAFX, WPGH, AMC, ANPL, BET, BRAVO, CMT, CNBC, CNN, COM, CSN, DISC, DISN, EI, ESPN, ESPN2, EWTN, FLIX, FNC, FOOD, Freeform, FSN, FX, GOLF, and HALL.

Stars on Screen

Sweet comedy

New CBS series 'Superior Donuts' brings the laughs

By Andrew Warren
TV Media

Sweet comedy: Watch out, Chicago, there's a new donut shop in town. After percolating at CBS for some time, topical comedy "Superior Donuts" is set to premiere on a special night, Thursday, Feb. 2, before moving to its regular Monday night slot Monday, Feb. 6, on the eye network.

Based on the hit 2008 play of the same name, "Superior Donuts" is set in a gentrifying Chicago neighborhood with an iconic-but-aging donut shop.

Judd Hirsch ("Taxi") stars as Arthur Przybyszewski, the shop's gruff owner, and Jermaine Fowler ("Friends of the People") plays the store's newest employee, who boasts an enterprising spirit and a whole lot of energy.

Much like the play that it's based on, "Superior Donuts" doesn't shy away from the issues that dominate today's headlines. Its plotlines deal with race and gun control, hate crimes and culture wars.

This is a comedy, though, and the producers are keen to avoid preaching to their audience. "It's not a political thing. We're never going to say if they're Democrats or Republicans, in order to keep this out of the political realm," producer Garrett Donovan said to reporters at January's Television Critics Association's winter press tour.

The supporting cast includes Katey Sagal ("Sons of Anarchy"), David Koechner ("The Office"), Maz Jobrani ("The Interpreter," 2005), Anna Baryshnikov ("Manchester by the Sea," 2016) and Darien Sills-Evans ("Treme").

"Superior Donuts" premieres on a special night — Thursday, Feb. 2 — before moving to its regular Monday night time slot.

Return to the red planet: Syfy is heading back into space. The first season of "The Expanse," the science-fiction series based on the novels by James S.A. Corey, was a hit with critics and audiences alike, and with six novels to date and several more planned, the show has no shortage of source material

for its second season, which premieres Wednesday, Feb. 1, on Syfy.

With the new season comes new characters, and that means new actors playing them on screen. New Zealand native Frankie Adams ("Shortland Street") headlines the new cast members as Bobbie Draper, a Martian marine. She's joined by fellow newcomers Dewshane Williams ("Defiance") and Mpho Koaho ("Falling Skies").

Of course, most of the first season's cast is back, too. Thomas Jane ("The Mist," 2007), Cas Anvar ("Source Code," 2011), Dominique Tipper ("Fantastic Beasts and Where to Find Them," 2016), Steven Strait ("10,000 BC," 2009) and Wes Chatham ("The Hunger Games: Mockingjay - Part 1," 2014) all return to their roles for the sophomore season.

"The Expanse" is set two centuries in the future, when humanity has colonized the solar system, including Mars and the asteroid belt. In the first season, a vast interplanetary conspiracy was uncovered against a backdrop of a brewing war between Earth and Mars.

Details of the second season's plot for the critically praised drama have been kept tightly wrapped. "The Expanse" returns Wednesday, Feb. 1, on Syfy.

There goes the neighborhood:

As if things weren't already bad enough for Earth's inhabitants, they're about to get a whole lot worse — on a nuclear scale. The fourth season of

CW's post-apocalyptic drama "The 100" launches Wednesday, Feb. 1, and the premiere episode features a global catastrophe threatening to destroy everything that the show's heroes have spent the past three seasons working towards.

Starring Marie Avgeropoulos ("Cult"), Eliza Taylor ("Neighbours"), Bob Morley ("Home and Away") and Lindsey Morgan ("General Hospital"), "The 100" tells the story of a group of people who have been living in The Ark, a massive orbiting space station, ever since human civilization was wiped out in a nuclear catastrophe nearly a century before the show opens.

The first season followed a group of 100 youth convicts sent to live on Earth's surface to determine if the planet's radiation levels had decreased enough for a full-scale recolonization, but in the seasons since, the story has expanded dramatically.

Season 4 promises to pick up right where the previous one left off. Season 3 was filled with conflict between the former residents of The Ark, now called the Sky People, and the various tribes of people who have been living on Earth all along, the Grounders.

With the discovery of the cause of the global cataclysm decades before and the realization that a second disaster may be on the brink of happening, it's become apparent that both the Grounders and the Sky People have a more urgent concern than their feuds over resources. Of course, as any fan of "The 100" knows, things are rarely as they seem. If the trailer for the new season is any indication, it's going to be a dark and grim time for the survivors, with plenty of death and despair to go around.

Jermaine Fowler and Judd Hirsch star in "Superior Donuts"

Late Laughs

The Tonight Show With Jimmy Fallon

We are still in the middle of a big cold snap that's affecting most of the country. In fact, I saw that between now and Sunday, below-freezing temperatures are expected in 49 states. Americans were like, "Does Russia control our weather now, too?"

A terminal at New York's JFK airport is being updated with new hotel rooms, ballrooms, restaurants, bars and a nightclub. While over at LaGuardia, the soda fountain at Cinnabon now has ice.

The Late Show With Stephen Colbert

Bill and Hillary Clinton will attend Trump's inauguration. I think that's very nice that she's being a gracious loser. And if you count the popular vote, a gracious winner.

The Late Late Show With James Corden

Yesterday, Donald Trump tweeted at North Korea after they announced plans to test an intercontinental nuclear weapon. Trump tweeted, "It won't happen." I'd like to believe he's right, but "It won't happen" is exactly what everyone said about Trump becoming president. Plus, I'm no expert, but I'm pretty sure you can't stop a nuclear missile by tweeting at it.

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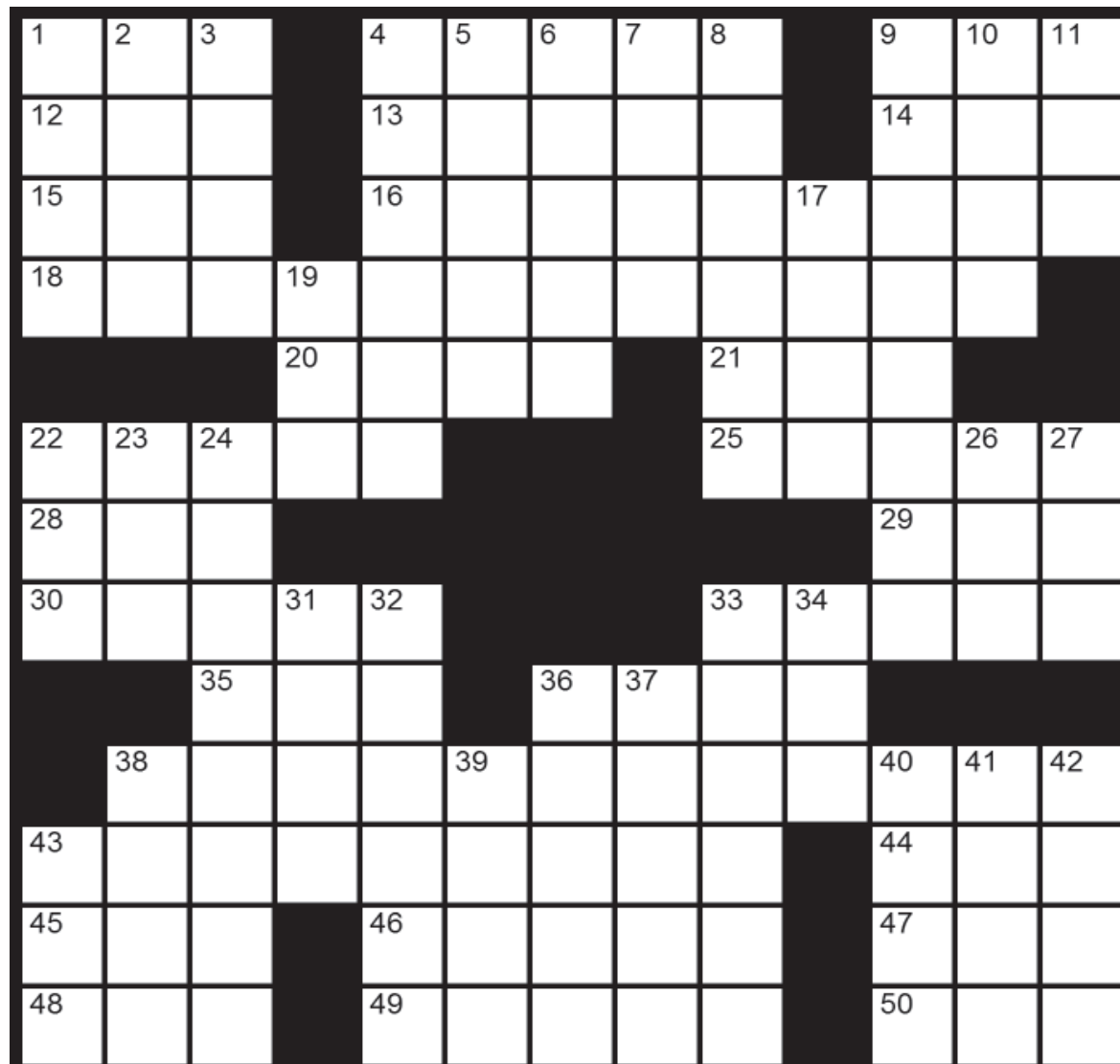
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Television Crossword



By Kelly Ann Buchanan

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ACROSS

- 1 Co. that delivers flowers
- 4 "Cheers! To your health!" in Spain
- 9 Mr. Buttons of classic comedy
- 12 Sara of "Less Than Perfect"
- 13 Ms. Menzel, singer of "Let It Go" from "Frozen" (2013)
- 14 'Motor' suffix
- 15 Airport schedule acronym
- 16 1976 series starring Ben Murphy based on the 'Invisible' work of British science fiction writer H.G. Wells: 2 wds.

- 18 Actress/Grammy-winning recording artist who stars on new music industry themed FOX show "Star": 2 wds.
- 20 Views
- 21 Tax ID
- 22 More certain
- 25 InterContinental building
- 28 Botanist Mr. Gray
- 29 "___ Got a Feeling" by The Beatles
- 30 Ms. Thompson of HBO's "Westworld"
- 33 Gyms that are lettered
- 35 Dancer's step
- 36 Icy mass
- 38 Actor who played fami-

- ly patriarch Ward Cleaver on TV classic "Leave It to Beaver": 2 wds.
- 43 Heavy metal band with the tunes "The Unforgiven" and "Nothing Else Matters"
- 44 Ms. West of vintage Hollywood
- 45 Take-out dish, Moo goo ___ pan
- 46 "Bilder ___ Ausstellung" by Russian composer Modest Mussorgsky (b.1839 - d.1881)
- 47 Suffix with 'Ideal'
- 48 Where a train stops [abbr.]
- 49 Between, in Paris

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50 Faucet

about a historical figure of Russia

DOWN

- 1 Often [abbr.]
- 2 Ballet dancer's skirt
- 3 "___ Dinah" by Frankie Avalon
- 4 Person endorsing a contract, for instance
- 5 "Someone Like You" songstress
- 6 Bean varieties
- 7 'U' of "Law & Order: SVU"
- 8 Dessert with a cup of coffee
- 9 Movie genre, ___ comedy
- 10 "In the Valley of ___" (2007)
- 11 Journalist Mr. Rather
- 17 "In the event that...": 2 wds.
- 19 Compass pt.
- 22 Idled
- 23 Expend
- 24 Boney M. disco hit

- 26 Ms. Green of "Casino Royale" (2006)
- 27 WKRP employee
- 31 Epic story
- 32 Sister of Jessica Simpson
- 33 1983 Lionel Richie hit: 2 wds.
- 34 The ability to recall things, for short
- 36 Artful ruse
- 37 One doing up one's shoes sometimes
- 38 "The ___ is On" by Glenn Frey
- 39 Russian pancake
- 40 Leave out
- 41 Where Neil Armstrong worked, commonly
- 42 Thermometer reading, for short
- 43 Booker T.'s band, with The

Solution on page 2

TUESDAY PRIME TIME

C = Comcast S1 = DISH S2 = DIRECTV

JANUARY 31, 2017

Table with columns for channel, time slot (6 PM to 11:30 PM), program name, and S1/S2 ratings. Includes channels like KDKA, WTAE, WDTV, etc. with various show listings.

Tuesday Best Bets



McKenzie Westmore hosts "Face Off"

The Wall

9 11 12 8 p.m.

Chris Hardwick hosts as Darnell and Dion compete for a life-changing amount of cash in a new episode of this unique game show from NBA superstar LeBron James. Balls dropped from the top of a four-story wall determine how much money they could win.

Face Off

SYFY 9 p.m.

McKenzie Westmore hosts as the competitors face a devilishly difficult challenge in this new episode. This season's all-star contestants are evaluated by judges Ve Neill, Glenn Hetrick and Neville Page, along with guest judges such as John Landis.

Marvel's Agents of S.H.I.E.L.D.

4 10 p.m.

Agents Sam and Billy Koenig (both played by guest star Patton Oswalt) are in the crosshairs in this new episode. When the hunt for the Darkhold book lands on the Koenig's doorstep, Coulson (Clark Gregg) and the team race to save their friends.

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Movie Zone

SUNDAY

6 a.m. (FLIX) **Domestic Disturbance** ★★★ (Thriller, '00) John Travolta, Vince Vaughn. After hearing his son's stories, a father grows suspicious of his ex-wife's new love. (1h30)

(MAX) **Tron** ★★★ (Sci-Fi, '82) Jeff Bridges, Bruce Boxleitner. Two brilliant computer experts battle against one another as videogame warriors. (1h40)

6:30 a.m. (TCM) **Gold Diggers of 1933** ★★★ (Mus, '33) Joan Blondell, Ruby Keeler. Three chorus girls fight to keep their show going and find rich husbands. (1h45)

7:25 a.m. (TMC) **What If** ★★★ (Com/Dra, '14) Daniel Radcliffe, Zoe Kazan. A dropout forms a close friendship with a girl for whom he has romantic feelings. (1h40)

7:50 a.m. (MMAX) **Dead Presidents** ★★★★ (Susp, '95) Larenz Tate, Keith David. A distressed Vietnam War veteran turns to crime and begins plotting a major theft. (2h)

8:10 a.m. (HBO) **The Sixth Sense** ★★★ (Thriller, '99) Bruce Willis, Haley Joel Osment. A child psychologist tries to help a young boy who is haunted by ghosts. (1h50)

8:15 a.m. (TCM) **Born to Dance** ★★★ (Mus, '36) Eleanor Powell, James Stewart. A sailor on leave helps a young dancer make it to the top on Broadway. (1h45)

9 a.m. (Freeform) **Pirates of the Caribbean: The Curse of the Black Pearl** ★★★ (Adv, '03) Johnny Depp, Geoffrey Rush. A man teams up with a pirate to save a governor's daughter from a cursed band of pirates. (3h)

(MTV) **The Hangover** ★★★ (Com, '09) Ed Helms, Bradley Cooper. After a wild night in Las Vegas, three men retrace their steps to locate a missing groom. (2h30)

9:05 a.m. (FLIX) **The Illusionist** ★★★ (Susp, '06) Edward Norton, Jessica Biel. A talented magician attempts to win the love of his upper-class childhood love. (1h55)

(TMC) **Beyond the Sea** ★★★ (Bio, '04) Kevin Spacey, Kate Bosworth. The life story of singer Bobby Darin, including his marriage to actress Sandra Dee. (2h)

11 a.m. (HIST) **The Outlaw Josey Wales** ★★★ (West, '76) Clint Eastwood, Chief Dan George. An ex-Confederate soldier searches for the gang responsible for killing his family. (3h)

(SPIKE) **The Mummy** ★★★ (Adv, '99) Brendan Fraser, Rachel Weisz. Adventurers inadvertently resurrect a malevolent force with unspeakable power. (3h)

11:30 a.m. (USA) **Captain America: The First Avenger** ★★★★ (Act, '11) Chris Evans, Hugo Weaving. A man signs up for a research project that gives him super powers. (2h30)

Noon (CMT) **O Brother, Where Art Thou?** ★★★ (Com, '00) George Clooney, John Goodman. Three prisoners on a chain gang escape to find hidden loot in the South during the 1930s. (2h30)

(TCM) **The Song of Bernadette** ★★★★★ (Rel, '43) Jennifer Jones, William Eythe. A young French girl's claim of seeing a great vision causes controversy in her town. (3h)

(TNT) **Gravity** ★★★ (Thriller, '13) Sandra Bullock, George Clooney. Two astronauts struggle to survive after disaster strikes, leaving them alone in space. (2h)

21:50 p.m. (TMC) **The DUFF** ★★★ (Com, '15) Mae Whitman, Robbie Amell. A high school senior enlists a charming jock to help her cultivate a whole new image. (1h45)

1 p.m. (SHO2) **Up in the Air** ★★★ (Rom, '09) George Clooney, Vera Farmiga. A businessman takes a new employee across the country to show her the life he loves. (2h)

1:30 p.m. (MTV) **The Longest Yard** ★★★ (Com, '05) Adam Sandler, Chris Rock. A former football star puts a team of inmates together to play the prison guards. (2h30)

1:45 p.m. (MMAX) **Magic Mike XXL** ★★★ (Com/Dra, '15) Channing Tatum, Matt Bomer. The Kings of Tampa set out for Myrtle Beach for one last performance before stepping down. (2h)

2 p.m. (AMC) **Rambo: First Blood** ★★★ (Act, '82) Sylvester Stallone, Brian Dennehy. Wandering in a small town, ex-Green Beret Rambo is targeted for persecution by a sheriff. (2h)

(HIST) **Apollo 13** ★★★ (Doc/Dra, '95) Tom Hanks, Bill Paxton. The true story of how the crew of the ill-fated Apollo 13 moon mission averted tragedy. (3h)

2:30 p.m. (CMT) **Tombstone** ★★★ (West, '93) Kurt Russell, Val Kilmer. Wyatt Earp comes out of retirement and forms a group to fight a gang of unruly outlaws. (3h)

3 p.m. (FLIX) **Domestic Disturbance** ★★★ (Thriller, '00) John Travolta, Vince Vaughn. See 6:00 AM (1h30)

(TCM) **Gilda** ★★★ (Susp, '46) Rita Hayworth, Glenn Ford. A gambler discovers that his old flame is in South America and married to his new boss. (2h)

4:10 p.m. (SHO) **Gangs of New York** ★★★ (Dra, '02) Leonardo DiCaprio, Daniel Day-Lewis. Amidst escalating violence in New York, a young man seeks to avenge his father's murder. (2h50)

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

4:30 p.m. (TMC) **What If** ★★★ (Com/Dra, '14) Daniel Radcliffe, Zoe Kazan. See 7:25 AM (1h40)

5 p.m. (SHO2) **The Hurt Locker** ★★★ (Thriller, '09) Jeremy Renner, Anthony Mackie. A new Army sergeant places his elite team of bomb technicians in a dangerous Iraqi city. (2h15)

(SPIKE) **Men in Black** ★★★ (Sci-Fi, '97) Will Smith, Tommy Lee Jones. A cop is recruited by a secret organization to help control Earth's alien population. (2h30)

(TCM) **Far From the Madding Crowd** ★★★ (Dra, '67) Julie Christie, Terence Stamp. Loved by three men, an heiress almost loses her chance at happiness. (3h)

(TNT) **The Help** ★★★ (Dra, '11) Emma Stone, Viola Davis. Tension and surprises abound as three women struggle against prejudice in this drama. (3h)

5:30 p.m. (CMT) **O Brother, Where Art Thou?** ★★★ (Com, '00) George Clooney, John Goodman. See 12:00 PM (2h30)

5:40 p.m. (MMAX) **The Transporter** ★★★ (Act, '02) Jason Statham, Shu Qi. An outlaw finds his life becoming all the more dangerous when he turns against criminals. (1h35)

6 p.m. (AMC) **Rambo III** ★★★ (Act, '88) Sylvester Stallone, Richard Crenna. An elite American soldier enters foreign territory to liberate a friend from prison. (2h30)

6:15 p.m. (FLIX) **Fargo** ★★★ (Cri, '96) Frances McDormand, William H. Macy. A pregnant police chief investigates a bizarre murder and kidnapping in Minnesota. (1h45)

7 p.m. (VH1) **Freedom Writers** ★★★ (Dra, '07) Hilary Swank, Patrick Dempsey. A teacher breaks down barriers created by violence as she instructs her troubled students. (2h30)

7:30 p.m. (SPIKE) **The Mummy** ★★★ (Adv, '99) Brendan Fraser, Rachel Weisz. See 11:00 AM (3h)

8 p.m. (FX) **Let's Be Cops** ★★★★★ (Act/Com, '14) Jake Johnson, Damon Wayans Jr. Buddies

are taken for real cops when they dress up as police officers for a costume party. (2h)

(MTV) **The Hangover** ★★★ (Com, '09) Ed Helms, Bradley Cooper. See 9:00 AM (2h30)

(TCM) **Shenandoah** ★★★ (West, '65) James Stewart, Doug McClure. A landowner, who refuses to take sides in the Civil War, endures many personal tragedies. (2h)

8:30 p.m. (AMC) **Rambo: First Blood** ★★★ (Act, '82) Sylvester Stallone, Brian Dennehy. See 2:00 PM (2h)

9 p.m. (SHO2) **Up in the Air** ★★★ (Rom, '09) George Clooney, Vera Farmiga. See 1:00 PM (2h)

10 p.m. (FX) **Let's Be Cops** ★★★★★ (Act/Com, '14) Jake Johnson, Damon Wayans Jr. See 8:00 PM (2h)

(MAX) **Scent of a Woman** ★★★ (Dra, '92) Al Pacino, Chris O'Donnell. To earn money, a prep-school student cares for a blind and hard-drinking ex-army colonel. (2h40)

(TCM) **Friendly Persuasion** ★★★ (Dra, '56) Gary Cooper, Anthony Perkins. A peaceful Quaker family's sanctity is tested during the Civil War. (2h30)

10:40 p.m. (HBO2) **Batman** ★★★ (Act, '89) Michael Keaton, Jack Nicholson. A masked vigilante defends Gotham City from a madman known as The Joker. (2h10)

11 p.m. (SHO2) **The Hateful Eight** ★★★★★ (West, '15) Samuel L. Jackson, Kurt Russell. A bounty hunter and his prisoner find shelter in a cabin with others to escape a blizzard. (3h)

(TBS) **Olympus Has Fallen** ★★★ (Act, '13) Gerard Butler, Morgan Freeman. The White House is captured by terrorists and a former guard must save the day. (2h)

Midnight (TNT) **The Help** ★★★ (Dra, '11) Emma Stone, Viola Davis. See 5:00 PM (3h)

(TMC) **The DUFF** ★★★ (Com, '15) Mae Whitman, Robbie Amell. See 12:50 PM (1h45)

MONDAY

6 a.m. (HBO2) **Kung Fu Panda** ★★★ (Com, '08) Voices of Jack Black, Jackie Chan. A bumbling panda's dreams of being a warrior may come true when a villain comes to town. (1h35)

6:20 a.m. (HBO) **The Princess Diaries** ★★★ (Fam, '01) Julie Andrews, Anne Hathaway. A teenager discovers that she is the heir to the throne of a European principality. (2h)

6:30 a.m. (TCM) **Edge of Darkness** ★★★★★ (War, '43) Errol Flynn, Ann Sheridan. The underground movement in Norway during the Nazi takeover of the Second World War. (2h15)

7:50 a.m. (MAX) **The Bourne Ultimatum** ★★★★★ (Act, '07) Julia Stiles, Matt Damon. As government agents continue to track him down, Jason Bourne searches for his identity. (1h55)

8:45 a.m. (TCM) **Mission to Moscow** ★★★★★ (Dra, '43) Walter Huston, Ann Harding. A U.S. Ambassador's attempts to forge a wartime alliance with the Soviet Union. (2h15)

9:30 a.m. (AMC) **Honey, I Shrank the Kids** ★★★★★ (Com, '89) Rick Moranis, Amy O'Neill. An inventor's new creation accidentally shrinks both his and the neighbor's children. (2h)

(HBO) **Minority Report** ★★★★★ (Sci-Fi, '02) Tom Cruise, Colin Farrell. A crime forecaster goes on the run when he is fingered as a potential murderer. (2h30)

(SHO) **The Forbidden Kingdom** ★★★ (Adv, '08) Jet Li, Michael Angarano. A teen travels to ancient China and joins warriors on a quest to free the Monkey King. (1h45)

9:40 a.m. (HBO2) **Joy** ★★★ (Com/Dra, '15) Jennifer Lawrence, Bradley Cooper. A woman struggles during her quest to create a business dynasty. (2h05)

9:45 a.m. (MAX) **Leatherheads** ★★★ (Com, '08) George Clooney, Renée Zellweger. A football player recruits a college player to his team to bring excitement to the game. (1h55)

Noon (HBO) **Dead Poets Society** ★★★★★ (Dra, '89) Robin Williams, Robert Sean Leonard. An unorthodox English teacher at a prep school changes the lives of his students. (2h15)

12:30 p.m. (TCM) **Hotel Berlin** ★★★ (Dra, '45) Faye Emerson, Andrea King. A group of charac-

ters converge on a Berlin hotel during the final days of WWII. (1h45)

1 p.m. (SHO) **The Hurt Locker** ★★★ (Thriller, '09) Jeremy Renner, Anthony Mackie. See Sunday at 5:00 PM (2h15)

(SHO2) **Bobby** ★★★ (Dra, '06) Anthony Hopkins, Laurence Fishburne. The assassination of Robert F. Kennedy is seen through the eyes of several people. (2h)

3 p.m. (SHO2) **Death Warrant** ★★★ (Act, '90) Jean-Claude Van Damme, Robert Guillaume. An undercover Mountie is sent to prison to investigate why inmates are mysteriously dying. (1h30)

3:40 p.m. (MAX) **Ocean's Thirteen** ★★★ (Com, '07) George Clooney, Brad Pitt. Danny Ocean and his team plan to bankrupt one of Vegas' most powerful businessmen. (2h05)

4:30 p.m. (AMC) **The Goonies** ★★★★★ (Adv, '85) Sean Astin, Corey Feldman. A group of kids are swept up in adventure after discovering a treasure map in an attic. (2h30)

(FX) **Avatar** ★★★ (Fant, '09) Zoe Saldana, Sam Worthington. A marine is torn between following orders or protecting a planet he feels is his home. (3h30)

(SHO2) **Cinderella Man** ★★★★★ (Bio, '05) Russell Crowe, Renée Zellweger. An ex-prizefighter returns to the ring to support his family during the Depression. (2h30)

4:55 p.m. (HBO) **Batman v Superman: Dawn of Justice** ★★★★★ (Act, '16) Ben Affleck, Henry Cavill. Criminal mastermind Lex Luthor manipulates Batman into a pre-emptive battle with Superman. (2h35)

5 p.m. (HBO2) **The Blues Brothers** ★★★ (Com, '80) John Belushi, Dan Aykroyd. Two bumbling brothers reassemble their band to raise money for their former orphanage. (2h15)

6 p.m. (LIFE) **Gone** ★★★ (Dra, '12) Amanda Seyfried, Daniel Sunjata. A woman is convinced her kidnapper has returned when her sister goes missing. (2h)

(SYFY) **A Nightmare on Elm Street** ★★★★★ (Hor, '84) Robert Englund, Johnny Depp. A child murderer begins to haunt and kill teenagers in their dreams. (2h)

7 p.m. (AMC) **Back to the Future** ★★★ (Com, '85) Michael J. Fox, Christopher Lloyd. A teenager roars back through time to 1955, where he meets his parents at a young age. (2h30)

(BET) **Death at a Funeral** ★★★ (Com, '10) Keith David. Aaron's father's funeral turns chaotic when his family arrives and secrets are revealed. (3h05)

7:15 p.m. (HBO2) **I Am Legend** ★★★ (Sci-Fi, '07) Will Smith, Alice Braga. The seemingly lone survivor of a plague struggles to survive and find a cure. (1h45)

8 p.m. (FLIX) **Born on the Fourth of July** ★★★★★ (Bio, '89) Tom Cruise, Willem Dafoe. The story of Ron Kovic, a Vietnam vet who became an anti-war spokesman after his return. (2h30)

(LIFE) **Taken** ★★★ (Thriller, '08) Liam Neeson, Famke Janssen. A retired agent does everything he can to get his daughter back from traffickers. (2h)

(TCM) **Meet Me in Las Vegas** ★★★ (Rom, '56) Dan Dailey, Cyd Charisse. A gambling cowboy discovers that luck is on his side in the form of a beautiful dancer. (2h)

9 p.m. (MMAX) **Crimson Tide** ★★★★★ (Susp, '95) Gene Hackman, Denzel Washington. Nuclear submarine officers face off over a course of action that could start a war. (2h)

9:30 p.m. (AMC) **Back to the Future II** ★★★★★ (Sci-Fi, '89) Michael J. Fox, Christopher Lloyd. Two time travelers go back from 2015 to 1955 to stop a man from altering the future. (1h)

(SHO2) **Gangs of New York** ★★★ (Dra, '02) Leonardo DiCaprio, Daniel Day-Lewis. See Sunday at 4:10 PM (2h50)

10 p.m. (MAX) **Live Free or Die Hard** ★★★ (Act, '07) Bruce Willis, Justin Long. John McClane takes on a group of terrorists who are hacking into government files. (2h10)

10:30 p.m. (AMC) **Back to the Future III** ★★★★★ (Sci-Fi, '89) Michael J. Fox, Christopher Lloyd. See 9:30 PM (1h30)

11 p.m. (SYFY) **Resident Evil: Retribution** ★★★★★ (Act, '12) Milla Jovovich, Sienna Guillory.

Sudoku

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	2		7	4				
7			2		3	6	1	
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2								4
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Dorothy Moore

Keeps strutting around town

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Senior Post

Living well and gracefully through the golden years

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On the cover:
Dorothy Moore with Motown Strutters.
Photo by William Wotring/The Dominion Post

A MONTHLY
MAGAZINE BY
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A Letter from the Publisher

Dear Readers,

I am pleased to present the first SeniorPost, a special section aimed at providing information to and about area senior citizens.

This monthly magazine will shine a light on the senior centers in Monongalia and Preston counties, as well as individual seniors who should be acknowledged. So, we are telling their stories.

This month, we feature Senior Monongalians and Dorothy Moore.

Dorothy recently celebrated her 88th birthday. Celebrating with her was the Motown Strutters, a senior tap dancing troupe, of which Dorothy is a member. Read today's story for a look at how Dorothy stays active.

Senior Mons is an active senior center, located in Mountaineer Mall. It offers daily activities, lunches and support for area seniors. Take a look at today's story to learn more about the center.

In these monthly pages, you'll also find stories about senior living – DIY projects, improving your bowling scores, making better use of your computer and more.

In addition to telling stories, we hope to hear from our readers. We want to know what you want to read about. If you know a senior citizen who has a story to share, tell us. Hear about a senior program that deserves recognition? Let us know about it. We welcome ideas anytime. Email them to newsroom@dominionpost.com or call Managing Editor Pam Queen at 304-291-9433.

You'll find SeniorPost the last Sunday of every month. We hope you enjoy today's edition and look forward to reading each one.



David A. Raese
Editor/Publisher
The West Virginia Publishing Co.
The Dominion Post

Same ol' same ol' on the tele



By **John Samsell**
for *The Dominion Post*

We older folks, generally retired and glued to the tele most of the day, find that we are sort of experts in politics, seeing the candidates' worst and supposedly best sides are etched into our minds.

The ugliest pictures of candidates are shown more than their good sides, if they have any. There are times when the top hopefuls are shown in our home towns and we get to see what they are really like.

That didn't happen much during this year's campaigns, except for Bernie Sanders who drew a large crowd to a quick visit during the primary elections.

No other top candidate for the presidency visited the University City this time around. Neither had a vice presidential candidate.

That wasn't always true. Col. Theodore Roosevelt made an appearance twice within two weeks back in 1914. He arrived by special train on Oct. 14 and addressed a reported 6,000 persons on the courthouse square that day.

Two weeks later he addressed 2,000 at Morgantown's Swisher Theater. Roosevelt had served as president for two terms, 1900 and 1904. He left his party in 1912 and supported Republican Charles Hughes in 1916, three years before his (Roosevelt's) death.

As a vice presidential candidate, Franklin D. Roosevelt spoke to a crowd at the Strand Theater on High Street on Sept. 29, 1920. As president, FDR visited the new town of Arthurdale by convertible on May 27, 1938.

First Lady Eleanor Roosevelt had been instrumental in moving needy coal miner families from the

Scotts Run area to new houses in Preston County during the Great Depression.

Before becoming president, Gen. Dwight D. Eisenhower spoke to 18,000 at old Mountaineer Field on Sept. 22, 1947. For that occasion the state paved the roadway from the Mileground and Morgantown Municipal Airport to the stadium on the WVU downtown campus.

Sen. Hubert H. Humphrey, who lost a primary presidential post to John F. Kennedy, spoke on the WVU campus on Dec. 4, 1955.

Kennedy, during his successful run for the presidency, addressed Democratic Party members at the Hotel Morgan on June 11, 1958. JFK defeated Humphrey in the 1960 primary and credited his visit to Star City as a clincher.

During that campaign Democratic headquarters was across from the hotel on High Street. A reception was conducted at the headquarters, supposedly to introduce Robert Byrd as the party's candidate for the U.S. Senate. But the large photographs of Kennedy consumed much of the publicity, as Kennedy had yet to be nominated.

George H.W. Bush spoke at WVU in May 1988, the year he was elected president.

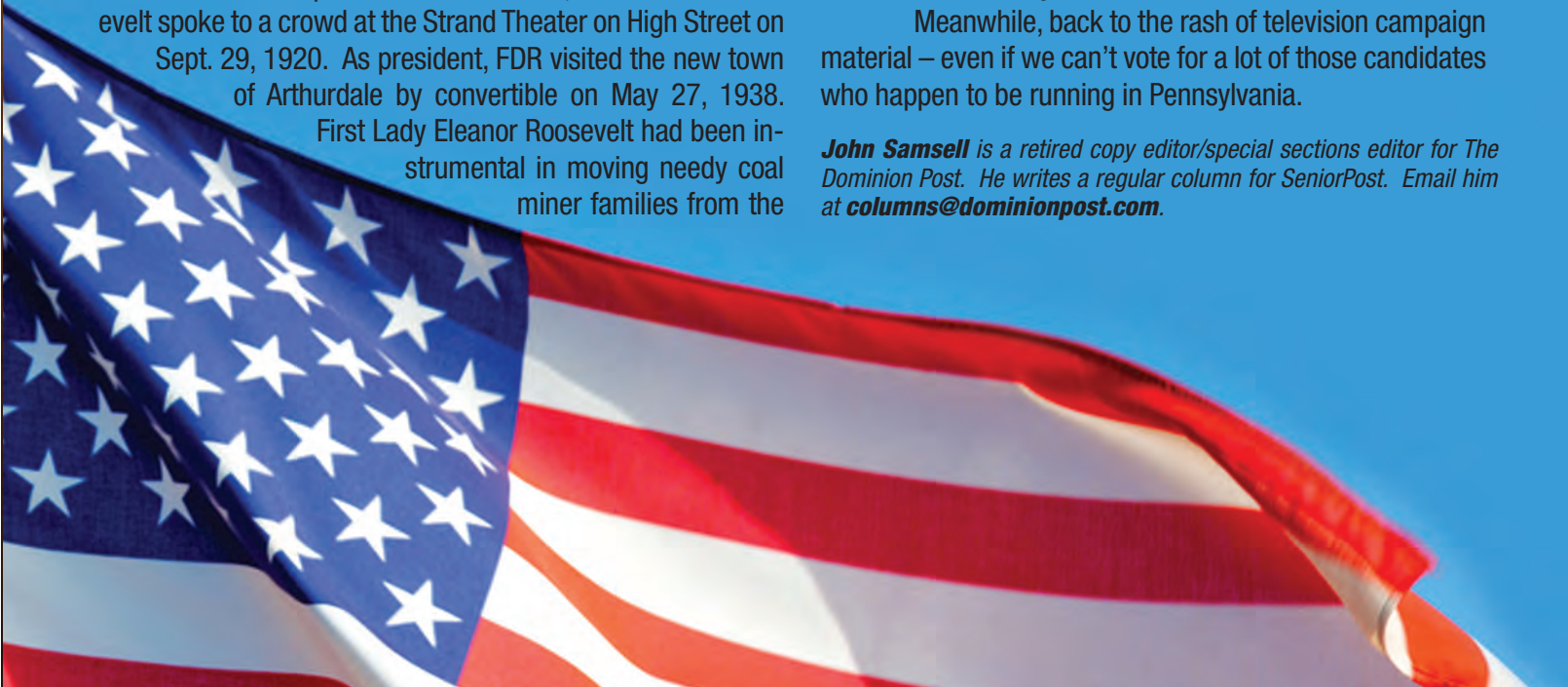
As president, the young George W. Bush made a special trip from Washington to the Morgantown airport in one of the Air Force Ones in 2004. He spoke at a holiday event in the Woodburn Circle of WVU.

During the 2004 the daughters of John Kerry and George W. Bush made campaign visits to Morgantown.

The popular vote in West Virginia that year was Bush 423,738; Kerry 326,537.

Meanwhile, back to the rash of television campaign material – even if we can't vote for a lot of those candidates who happen to be running in Pennsylvania.

John Samsell is a retired copy editor/special sections editor for *The Dominion Post*. He writes a regular column for *SeniorPost*. Email him at columns@dominionpost.com.



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How will the presidential election affect you?



By **Doreen L. Seamon**
for *The Dominion Post*

As the votes were counted on Nov. 8, many people watched either with anticipation of “Making America Great Again” or with great disappointment. President Donald Trump’s promises to simplify the tax code, repeal and replace the Affordable Care Act, improve the Department of Veteran Affairs Administration and revisit trade agreements will be the subject of much debate in the next year or so. While many of these changes are popular – especially in West Virginia – it is important to understand how they will affect our wallets.

Although not many of us are affected by the estate tax since it essentially applies only to estates more than \$5.49 million (or \$10.98 million for a married couple), Trump proposes to eliminate both the estate and the generation skipping tax. He proposes to replace them with a 20 percent capital gains tax on appreciated assets for estates of \$10 million or more (a charitable exemption would not be available to avoid this tax).

Trump and the Republicans have promised to repeal and replace the Affordable Care Act, but they may have to address Medicaid reform also. Proposals include creating either a block grant or a per capita model for Medicaid. Per the Urban Institute, both options appear to bring more flexibility to the states, but they reduce the individual state’s decision-making authority. If the states bear more of the financial burden, they are likely to either restrict benefits and payment rates, or charge higher costs. Thus, millions of Medicaid enrollees may lose their eligibility and millions of Medicaid applicants could be denied eligibility. Unfortunately, West Virginia has an aging demographic and it is not a wealthy state, so changes to Medicaid could present hardships in family finances, health and elder care options.

Trump also has promised he will reform the Office of Veterans Affairs to clear out corruption within the Veterans Administration, as well as provide more extensive mental and physical health care to veterans. This area is well-worth examining considering the recent scrutiny of this government agency. These improvements for the sake of our veterans would be greatly welcomed!

Currently, there are whispers but no final words on changes to veterans’ pensions. A three-year look back and penalty period seem to be coming for the Veterans Improved Pension, so veterans who may be eligible for this benefit should consider applying now before any significant changes are made.

For business owners, Trump has announced plans to either remove the United States from unfavorable trade agreements or renegotiate them to keep more money and jobs in the United States. Many experts say this could be a difficult and tricky process, but it may be worthwhile in the end.

With these anticipated changes, attorneys and other professionals are working hard to help their clients prepare for their futures – whether it is to mitigate unnecessary tax liability or to prepare for potential long-term care costs. If your family’s potential estate planning could be impacted by any proposals that are enacted, you should meet with your attorney, financial planner and CPA to revisit your estate plan. Although we don’t know exactly what changes will take place, it is important to be prepared, now more than ever.

Doreen L. Seamon, J.D., is an attorney with Seamon Law Offices PLLC. Her experience includes elder care and estate planning. She writes a regular column for SeniorPost. Contact her at columns@dominionpost.com.





Dorothy Moore poses for a photo outside of the Senior Monongalians at the Mountaineer Mall. William Wotring/The Dominion Post

Dorothy Moore keeps strutting around town

Katherine Hensley

The Dominion Post

Dorothy Moore may have turned 88 last fall, but it is hard to tell when she is dancing with the Motown Strutters, Morgantown's senior tap dancing troupe.

Moore, who was born in Texas and raised in Oklahoma, moved to West Virginia as a newlywed 70 years ago with her husband, who was from the area.

She was 17 and living in Elk City, Okla., when she met Carl E. Moore – who she would later marry. World War II was on and he was stationed at what is now Clinton-Sherman Air Force Base near Burns Flat, Okla.

“They would send buses in for girls to come out to dance with the guys,” Moore said. Her father, who usually refused to let her go to dances at the base, let her go one time, and it was then that she danced with her future husband.

The couple was married June 20, 1946, and moved east to Morgantown on a train. Dorothy Moore was 18 at the time and had never been that far east or even ridden a train before.

The Moores had two children, Linda Cook and Michael Moore.

“After they got into junior high, I told my husband I was going to work one Christmas at Sears,” Moore said.

She ended up working there for 21 years, in the catalog department, until the company closed the department and she retired.

“After I retired, I just knew I had to keep busy,” Moore said.

She and her husband were married for 35 years before



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he died of lung cancer. She served on the board of the American Cancer Society in Morgantown after her husband's death.

She also served on the board of the Morgantown Historical Society, the Business and Professional Women's Club and the West Virginia Alliance for Women's Studies. She still volunteers at Mon General Hospital every Thursday.

"I put magazines in the waiting rooms and deliver mail to the patients," Moore said. "I love to do that because patients like to get mail."

She also serves as queen mother of her Red Hat Society chapter and studies regularly at the Osher Lifelong Learning Institute at West Virginia University.

But, her passion is really tap dancing.

Moore was a member of the original String of Pearls, a women's tap group in Morgantown, for 14 years. She – and the group – performed on the White House lawn during President Bill Clinton's administration.

"The park service had invited us to come," Moore said. "We danced outside and we entertained the people that were there to tour the White House."

She joined the Motown Strutters when it formed in 2012. Moore does not dance much anymore, but she announces the group during performances and tells jokes during wardrobe changes.

The other members of the troupe are very supportive of her.

"She does so much for us," said Kathy Lopez, a Motown Strutter. "She announces us and tells a little bit about us every time we dance."

Sharon Hilleary, another Motown Strutter, spoke highly of Moore's active lifestyle.

"She epitomizes that age has no boundaries," Hilleary said.

Moore's four grandchildren and four great-grandchildren keep her busy – in addition to volunteering, studying and dancing regularly.



Dorothy Moore holds a flag during one of the dance routines at the Senior Monongalians at the Mountaineer Mall. William Wotring/The Dominion Post



Karen Zuccari (left) Carrie Fox (middle) and Dorothy Moore practice one of their dances at Senior Monongalians at the Mountaineer Mall. William Wotring/The Dominion Post

A red background advertisement for Shoney's. At the top is a white coffee mug with the "SHONEY'S" logo in red. Below the mug, the text reads: "Senior Citizens Day Every Tuesday & Thursday! Senior Citizens may enjoy a cup of coffee for \$1.00 All Day Long!". At the bottom, the "SHONEY'S" logo is repeated in white, followed by the address "9 STERLING DR., EARL CORE ROAD MORGANTOWN" and phone number "304-599-9606".

The many aspects of living a long life

“To everything there is a season and a time to every purpose under heaven.”

Ecclesiastes



By **Irene Marinelli**
for *The Dominion Post*

There are many aspects, dimensions to this experience we call aging. Sometimes we look in the mirror and wonder who this person is looking back at us. These years that have left an indelible mark, have they really passed by so quickly?

What's left for us now? As we move forward into our sixth, seventh and eighth decade there can be fear of aging, of losing the energy, physical beauty, even the positive outlook we may have once enjoyed. While that may be true, it's also good to remember that those passing years can bring grace and a different kind of loveliness and even wisdom, if we let them. However there can also be regret. Regret and fear are the two things that most quickly and thoroughly undermine contentment in our elder years.

What is it that we fear as we grow older? It isn't always the surety of death that makes us cringe in fear. Sometimes we are afraid of becoming useless, perhaps a burden to our families. At times fear covers us like a shadow when we think about the possibility of pain and loss.

Fear and regret can go hand-in-hand, throwing out “if-onlys” for us to chew on and worry about. If only I had taken better care of myself when I was younger; if only I had stopped smoking; if only I had not married so young; if only I'd had a different career; if only I could bring back those lost years, how different my life would be now.

The truth is, what matters most is not the good or bad choices we made but how we are going to handle the results of those choices. At some point it is prudent to realize that the future is now. This is the time to deal with past regrets, useless fears and worries and try to put them all to rest. Fear and regret are natural to all of us, but the worry they bring does nothing to enrich the days we have left, whether they be many or few.

It is when we realize that every era of our lives has its own significance, its own purpose that we can more easily

accept the downside of growing older. It is this realization that can bring us to a place of peace and give us an understanding that we can live a whole new life, a contented, useful life of grace and giving. Our senior years are the final period of growth, but they are indeed years that can nurture growth and wisdom, if we let them.

Does all this sound too saccharin, too idealistic?

I hope not, because I personally know quite a few people who bear out the idea of contentment and achievement in aging. I'm not pointing to Picasso, who painted on into his 90s or Angela Lansbury, who, in her late 80s, still maintains her career. Indeed, I'm thinking about a member of my church who is in her 80s and active in any number of church ministries and community organizations. I'm thinking of friends in their late 60s and 70s who either still hold down jobs they enjoy or fill their retirement with hobbies and volunteering in the community. C

C.S. Lewis wrote these words and lived by them: “You are never too old to set another goal or to dream a new dream.” Fortunate are we who receive this gift of aging, this golden season. It is not given to everyone.

Irene Marinelli writes a regular column for *SeniorPost*. Contact her at columns@dominionpost.com.



Senior Mons helps older population stay active

By **Katherine Hensley**
The Dominion Post

Senior Monongalians is Monongalia County's multipurpose senior center. Vicki Lewis, the center's marketing coordinator, described the facility's goal as caring for the mental, emotional and physical health of people ages 55 and older.

"Our purpose is to help seniors be as active and as independent and feel a part of their community as much as possible," Lewis said.

Monongalia County is blessed with many senior centers, according to Lewis, and most senior facilities in the county focus on social and recreational activities. Senior Monongalians offers specialized programs, such as Medicare Part D consultations and home-delivered meals, in addition to social and recreational services.

Access to tax preparers during tax season is a popular specialized program that Senior Monongalians offers. The tax preparers are provided by the American Association of Retired Person, or AARP.

"They are all retired people, like professors or professionals, who want to give back so they get with AARP and they come in February through April 15," Lewis said. The service is free.

Another popular service offered by the center is its hot lunch program. Senior Mons serves about 140 lunches a day, Monday through Friday, at various locations, according to Lewis.

"We have a home-delivered meals program for people who are homebound," Lewis said. "We also provide meals to the lunchroom at Unity Manor."

Lunch is also served daily at Senior Monongalians location at the Mountaineer Mall on Green Bag Road from 11:30 a.m. to 12:30 p.m.

Reservations for lunch at Senior Monongalians can be made from 8 a.m. to 10:30 a.m. and held until 10:30 a.m. Walk-in registrations are taken at 7:30 a.m.

There are monthly themed luncheons for special holidays, such as Thanksgiving and Christmas, as well. Senior Monongalians will host a Valentine's Day luncheon on Feb. 14.

Two popular social and recreational services offered by the center are bingo and a group exercise class.

Lewis said bingo is definitely their most popular activity. Bingo is from 10:15 to 11:15 a.m. every Monday and Thursday, and the center asks for participants to bring small gifts with



(Top photo) A good game of pool at Senior Mons. At table, Chuck Luzader and Hohn Kilionski.

(Bottom photo) At Senior Mons, Betty Clonch, left, gets health care from Dallas Wright from Interim Health Care.

Photos by Ron Rittenhouse/The Dominion Post

a value of \$1, such as tissues, for prizes.

The group exercise class is from 10 to 11 a.m. Mondays, Wednesdays and Fridays, and the exercises are basic calisthenics. Participants can do them either sitting or standing.

"It is a three-day-a-week program and the seniors lead that program," Lewis said. "They are almost growing out of the room that they are in because there is so much interest."

Senior Monongalians also offers charter bus trips for people in the community. Mount Rushmore, Myrtle Beach and Washington, D.C. are a few of the locations people have visited on trips planned by the center.

The trips are open to anyone 18 years or older, according to Lewis. The center also organizes luxurious trips, such as the Discover Alaska expedition that will take place May 9-21.

Senior Monongalians boasts a strong sense of community from those who come to socialize and participate in its programs.

"I think it gives older adults in Morgantown an outlet for their creativity," Lewis said. "It's really a wonderful way for people to continue having a productive and engaged life after retirement."

Senior Monongalians is at 5000 Green Bag Road, Morgantown. Seniors and family members can learn more about Senior Mons' programs and services by calling the center at 304-296-9812 or by visiting its website at www.seniormons.org.

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Senior Center Activities

Westside Senior Center

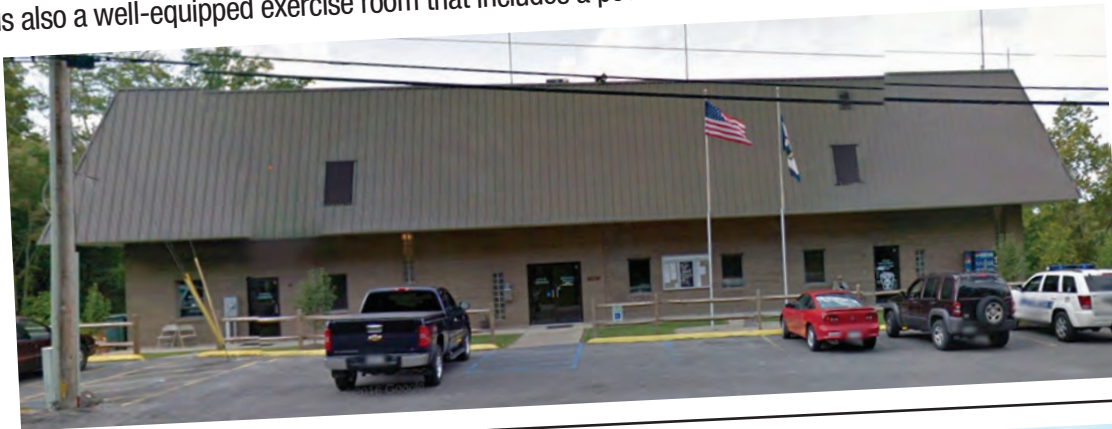
Westside Senior Center opened June 10, 2001, and is totally operated by volunteers. It is open from 9 a.m.-noon and 6-9 p.m. Monday through Friday at 500 Dupont Road, Westover.

Members are knitting scarves for veterans and active-duty military as part of the Operation Gratitude's "Scarves for The Troops." Anyone is welcome to bring knitting needles and join in the project.

Every month food is collected for the Rock Forge Food Pantry.

Evenings are full of things to do. Monday and Friday bring a musical instrument and play with the group. Tuesdays and Thursdays there is card playing and Wednesday evening is for bingo.

There is also a well-equipped exercise room that includes a pool table.



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