

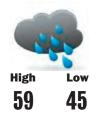
DIY holiday

Skip the glitter mess with these straw ornaments

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DOMINIONPOST.COM

Monday December 16, 2024



Sponsored by

HEALTH CARE

RNI expands access to Alzheimer's treatment

Memory patients able to get latest infusion therapies closer to home

WVU Medicine

The WVU Rockefeller Neuroscience Institute (RNI) is providing patients greater statewide and regional access to a groundbreaking Alzheimer's disease treatment.

RNI stands at the forefront of Alzheimer's care in part due to its use of monoclonal antibody (MAB) therapy to treat patients with mild cognitive impairment (MCI) or mild Alzheimer's disease. The rising demand for treatment, coupled with the treatment schedule and the state's rural infrastructure, drove the need to support patients closer to home.

Alzheimer's disease currently affects nearly seven million Americans who are 65 and old-



SERVING NORTH-CENTRAL WEST VIRGINIA SINCE 1864

College basketball

Senior point guard Javon Small, WVU cruise past Beheune-Cookman



Page B-1

THIS WEEK IN WEST VIRGINIA HISTORY



On Dec. 15, 1967: The Silver Bridge at Point Pleasant collapsed, killing 46 people. The Silver Bridge was opened to traffic on May 19, 1928.

West Virginia Encyclopedia

Charleston WV – The following events happened on these dates in West Virginia history. To read more, go to e-WV: The West Virginia Encyclopedia at www.wvencyclopedia.org.

Dec. 15, 1879: Roman Catholic Bishop John Joseph Swint was born in Pickens. He was responsible for building many religious institutions in the Diocese of Wheeling (now the Diocese of Wheeling-Charleston).

Dec. 15, 1953: Blacksmith Jeff Fetty was born in Spencer and



Submitted photo

er, according to the Alzheimer's Association. In 2020, approximately 38,000 West Virginians – or 10.2 percent of adults over the age of 65 in the state - had Alzheimer's. Nearly 14 percent of West Virginians who are 45 and older have subjective cognitive decline, diagnosed when a person experiences memory loss or confusion, but performs normally on cognitive tests. As Alzheimer's becomes a mounting health crisis throughout the state and region, the need for readily available treatments grows.

The team at RNI became one of the nation's early adopters in using MAB therapy to help slow progression of early onset or mild Alzheimer's. The drugs aducanumab (Aduhelm), lecanemab (Leqembi), and donanemab (Kisunla) work to reduce the buildup of plaques in the brain. Patients receive the drugs through IV infusion.

Infusions of Aduhelm began in late 2021 at the WVU Cancer Institute. The treatment required one dose to be given per month. In December 2022, WVU Medicine Wheeling Hospital SEE **RNI**, A-2 later graduated from Spencer High School. In 2012, he was named one of the world's top metal designers by the International Metal Design Annual—becoming only the sixth American to receive the honor.

Dec. 15, 1967: The Silver Bridge at Point Pleasant collapsed, killing 46 people. The Silver Bridge was opened to traffic on May 19, 1928. The accident led to the passage of legislation for a national bridge inspection and safety program.

Dec. 15, 1972: An explosion at a Weirton Steel coke plant on Browns Island killed 19 men and injured 10 others. It was the worst industrial accident in Weirton's history.

Dec. 16, 1893: Alexander Martin died at the age of 71 in Greencastle, Indiana. Martin was the first president of the Agricultural College of West Virginia, which was renamed West Virginia University at his recommendation in 1868.

Dec. 16, 1897: The last public hanging in West Virginia occurred in Ripley. John F. Morgan had been convicted of murdering Chloe Greene and SEE **WEEK**, A-2

Submitted photo

Dec. 20, 2002: Grote Reber died. In 1937, Reber built the world's first parabolic radio telescope in his backyard. The Reber Telescope was moved to the National Radio Observatory at Green Bank in the 1960s and was designated a National Historic Landmark in 1989.

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Mountaineers, including Mountaineers, includi

RNI

FROM PAGE A1

offered its first infusion, and expansion to WVU Medicine Garrett Regional Medical Center in Oakland, Maryland, followed shortly thereafter. At the time, demand for the therapy was low, and because of the dosage frequency, there was adequate space to accommodate everyone, even if the trip tended to be long or cumbersome.

"Over the past several years, 30 percent and more of the referrals for our Memory Health Clinic have come from greater than two hours away," Larry Georgiana, senior director of clinical operations for RNI's Neurology Clinic, said. Patients were not only coming from all over the state, but also from surrounding states like Ohio, Pennsylvania, and Maryland. While not ideal, a once-a-month trip to Morgantown for an infusion seemed doable for most patients.

After the FDA approval of Legembi in early 2023, the team at RNI transitioned patients to the new drug and phased out use of the now-discontinued Aduhelm. The Legembi treatment plan calls for one infusion every two weeks, along with MRI testing at certain intervals over the first several administrations. This presented a new challenge

more doses and tests meant more trips to an infusion center. More patients in an infusion center meant less space for other patients. With an increasing number of people throughout the state affected by MCI or Alzheimer's who would benefit most from the treatment, leadership at RNI knew further expansion was needed immediately.

The infusion program was launched statewide using a patient-centric approach, and as a result, it grew exponentially. The idea was to leverage the expertise at RNI and put patients through a multidisciplinary workup at RNI's Morgantown campus, then get the patients started on the MAB therapy in their community.

"We knew if we'd set this up, we could help a lot of patients," Marc W. Haut, Ph.D., director of the RNI Memory Health Clinic, said.

All patients receive an initial workup and examination at the RNI Memory Health Clinic. The workup follows stringent RNI protocols and includes MRI and PET imaging, blood tests, physical and neurological examination, and a neuropsychological evaluation.

After completing all tests, a multidisciplinary team develops a treatment plan. Patients then receive the IV infusion at the infu-

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sion center closest to them. Return trips to Morgantown are only necessary for follow-up visits and MRI imaging to check for side effects. Thanks to the connectivity within the WVU Health System, RNI team members can put in orders for patients allowing the infusion centers in the local communities to do the infusions themselves

Along with the Cancer Institute, Wheeling Hospital, and Garrett Regional Medical Center, the program rapidly expanded to include WVU Medicine Princeton Community Hospital, Berkeley Medical Center in Martinsburg, and Thomas Hospitals in Charleston, which began offering the infusions in October.

"I am so thankful that we can provide advanced Alzheimer's disease therapies to West Virginians," Joseph Malone, M.D., chief of Cognitive Neurology, said. "Being in a rural area should not be a barrier to getting the best possible care, and RNI has put in incredible efforts to help patients access these therapies in their own communities."

Physicians and patients in extremely rural areas of the state are already seeing benefits.

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CLARIFY

Due to a mix-up, the incorrect story about Maryanne Reed's retirement ran in Sunday's edition. The correct feature story will appear in Wednesday's paper.



Submitted photo

Dec. 15, 1953: Blacksmith Jeff Fetty was born in Spencer and later graduated from Spencer High School. In 2012, he was named one of the world's top metal designers by the International Metal Design Annual-becoming only the sixth American to receive the honor.

WEEK FROM PAGE A1

two of her three children in the Grass Lick area of

Jackson SuCounty.

Dec. 17, 1957: The J. L. Stifel & Sons calico plant at Wheeling closed. For most of its history, Stifel & Sons produced indigo-dyed prints and drills for clothing manufacturers. At its peak, the plant produced 3.5 million yards of cloth per month.

Dec. 18, 1842: U.S. Senator Nathan B. Scott was born. By 1900, Scott had become one of West Virginia's four richest and most powerful men.

Dec. 18, 1864: General Harry Hill Bandholtz was born in Michigan. Bandholtz was commander of the federal troops that intervened to end the West Virginia Mine Wars in 1921.

Dec. 18, 1816: Lewis County was formed. It was named for Colonel Charles Lewis, killed

at the Battle of Point Pleasant. Dec. 19, 1794: A 40-acre

tract of George Clendenin's land was selected as the site of Charlestown, later renamed Charleston. Clendenin, born in Augusta County, Virginia, in 1746, was one of the first settlers in the Kanawha Valley. Through Clendenin's influence the Virginia Assembly authorized the formation of Kanawha County from parts of Greenbrier and Montgomery counties in 1789.

Dec. 19, 1832: The town of Ripley received its charter. It was probably named for Harry Ripley, a popular circuit-riding Methodist minister who drowned in Mill Creek in 1830.

Dec. 20, 1943: During World War II, German fighter pilot Franz Stigler protected the heavily damaged B-17 bomber flown by Charlie Brown, originally from Weston, as it made its way from enemy territory back to

England. The two war veterans met in 1990 and remained friends until their deaths.

Dec. 20, 2002: Grote Reber died. In 1937, Reber built the world's first parabolic radio telescope in his backyard. The Reber Telescope was moved to the National Radio Observatory at Green Bank in the 1960s and was designated a National Historic Landmark in 1989.

Dec. 21, 1798: Wood County was established by the Virginia General Assembly. It was named for James Wood, governor of Virginia from 1796 to 1800.

Dec. 21, 1967: West Virginia Governor-Elect Patrick Morrisey was born in Brooklyn and then grew up in Edison, New Jersey. Beginning in 2012, he was elected to three consecutive terms as West Virginia attorney general before winning the gubernatorial general election in 2024



A wonderful prize will be given away on each of

MONDAY, DECEMBER 16, 2024





Photo courtesy of Bonnie Jean Feldkamp

Bonnie Jean Feldkamp put up her Christmas tree right after the election this year.

This holiday season feels like a post-election balm

BONNIE JEAN

FELDKAMP

We put up our Christmas tree on Nov. 9 this year. Right after the election. I cannot remember а time when I've been more eager for the holiday season. We have holiday favorites playing

on Alexa and in the car when we're driving around town. This holiday season feels like a post-election balm, a well-timed return to everything the season represents and everything we are longing for right now: gratitude, joy and time spent with the people we love. While the world feels harsh and cruel, the holiday pulls us in with its decorations, crafts and gifts. The season offers an opportunity to turn toward one another and double down on peace and love. People might think Christmas is for children with the awe of Santa Claus and kids asking him for what they want -- the magic of waiting and wondering what dreams might manifest beneath the tree on Christmas morning. That's all fun, but I like to pull children into the giving part, too. The best part of giving is the gift that shows loved ones we've been paying attention. The best gifts are the ones that make someone feel seen. It doesn't have to be expensive; it just has to say, "I know you and love you for who you are." It says you've been listening when they talk about what brings them joy, well enough to see something and immediately think of them. You don't just want to get them any gift but a

bring them comfort and joy and make them feel loved. That is the true magic in this season of giving: the opportunity to unabashedly reveal the careful consideration you've given them in the form of a thoughtful gift. It says, "I'm here, I'm listening, and you are loved."

The election results have added another layer of pondering for many. How will all of the country's vulnerabilities look during this next presidential administration? Feeling seen by those in our inner circle means more than ever now. For what will be the cost of their authenticity in a month? A year? What will have to be stifled, conformed to or simply and heartbreakingly abandoned? It may sound like an overreaction, but I promise you, this is on the hearts and minds of those who do not fit into the white, heteronormative, American-born narrative that dominates the rhetoric of political pundits. Our world is changing, and yes, the political pendulum is swinging yet again, but for now, our immediate world remains one that we can decide upon. We can choose kindness, while offering a safe space to those who feel particularly exposed. Those longing to feel a sense of belonging. So that's what we're doing this year in the name of the Christmas spirit. We've hauled out that holly... because we need a little Christmas now.



How not to think about Syria

The rapid demise of the the case, is brutal Bashar al-Assad regime in Syria has taken everv geopolitical analyst and self-proclaimed Middle East 'expert" by storm. Following 53 years of brutal Assad family rule and 13 years of bloody civil war, the Syrian strongman abruptly fled for asylum in Moscow as rebels finalized their encircling of Damascus. In the blink of an eye, one of the two Ba'athist Arab states -- along with Saddam Hussein's Iraq before the U.S.-led 2003 invasion -- was no more.

Start with the obvious: Assad was a world-historical tyrant, even by bleak Arab world standards. He led with an iron fist, incarcerating political enemies and siccing his totalitarian security apparatuses on all those whom he deemed a threat. (You can see where Democrats may have gotten some ideas.) Since the Syrian civil war began in 2011, he racked up a death toll of over half a million -- the majority civilian noncombatants. He has used chemical weapons against his own people on multiple occasions. He allied with the very worst actors on the world stage, and by the time he fled, his regime had become a satrapy held in joint custody by two rogue states: Russia and Iran. There are thus many reasons to be ecstatic that Assad, a minority Alawite in a majority-Sunni country, is no more. From a Western geopolitical perspective, it is a clear positive that Russia has lost easy access to Mediterranean ports, and Iran has a gaping hole in its "Shiite crescent" of influence, which, in the not-so-distant past, extended from Iran through Iraq and Syria into Hezbollah-overrun Lebanon. And from a humanitarian perspective, one of the very worst butchers in recent global history has been deposed.

the thorny question of comes what next. And therein lies the rub.

The American foreign policy establishment is dominated by

HAMMER "right"-neoconservatives and left-neoliberals. Both camps seek, above all, to weaken and topple authoritarian regimes, and to replace them with leaders and government forms that better fit the idiosyncratic mold of Western liberal democracy. Thus, you have pundits such as Josh Rogin, a columnist for the neoconservative/neoliberal Washington Post, who posted this thoughtless dreck to X last weekend: "Syria is free. The rebels won. The people liberated themselves from tyranny. ... The world should celebrate Syria's liberation & help it succeed.'

JOSH

"free(dom)" now means ... pling of Hezbollah.

goes through phases and experiences," he explained to CNN. This followed al-Julani publishing a statement asserting that "diversity is a strength."

Call him the DEI jihadi.

If your antennae are going off, you're not alone. A grizzled, Recep Tayyip Erdogan-backed jihadist now spouting liberal platitudes about "diversity" is perhaps the single least persuasive political operation of my lifetime. Dunderheads in Foggy Bottom and Langley, Virginia, must be happy, but only a dimwit or a ruling class neoconservative/neoliberal moralist -- but I repeat myself -- could be naive enough to believe this rubbish.

On the whole, it is probably a good thing that Assad is no more. It is important that two of America's leading geopolitical foes, Russia and Iran. suffer such a massive loss. For Iran in particular, it is the second massive loss in a span of two and a half months, fol-Come again? Apparently, lowing Israel's historic crip-

A-3

Do you know anyone who's doing cool things to make the world a better place? I want to know. Send me an email at Bonnie@WriterBonnie.com. Check out Bonnie's weekly YouTube videos at https://www. very specific gift, because it will youtube.com/bonniejeanfeldkamp.

Sharia law. Did we just forget about the Arab Spring? Never that the rise of HTS and let stubborn facts get in the way of a handy one-size-fitsall narrative.

But it is grossly irresponsible to ignore the new bosses in Damascus. The rebels who toppled Assad are led by Abu Mohammad al-Julani, a man who has spent the better part of his adult life as a peripatetic jihadist mercenary. Al-Julani has, in the past, been active with al-Qaeda, the Islamic State of Iraq, and Al-Nusra Front. These are all radical Islamic terrorist organizations, plain and simple. Al-Julani now leads Hay'at Tahrir al-Sham, which is -- you guessed it -- yet another U.S.-recognized foreign HTS could also turn Syria terrorist organization. Al-Julani, who has ditched his trademark jihadist camo for sleeker Western-style garb, says he is a changed man. "I At least that sounds like a believe that everyone in life

But we should not pretend al-Julani is an unambiguous good. It isn't. There is a very real risk of a full-on ISIS/ Taliban-style caliphate taking over Syria. That would be a humanitarian disaster for the region's Kurds and Druze, a likely strategic disaster for Israel and America's moderate Arab allies, and a more insidious disaster in its potential activation of jihadi sleeper cells throughout the West. And Turkey's Erdogan, an Islamist strongman and Hamas mollycoddler who harbors frightening neo-Ottoman ambitions, is emboldened like never before.

Of course, al-Julani and into a giant Ivy League-style DEI bureaucracy. Maybe the Harvard faculty lounge would then self-deport to Damascus. win.

Journalists deserve all the angst that Trump's win brings

The problem, as is so often

The reelection of Donald press? This was Trump has created overwhelming angst among the press. With Trump, they have been like the opposite of the Humpty Dumpty rhyme. The media are all the king's horses and all the king's men -- and they couldn't tear Humpty Dumpty apart. All their screeching about his menace only makes him successful.

Longtime CBS News correspondent Lesley Stahl engaged in conversation at the 92nd Street Y in New York City with columnist Peggy Noonan, and they both agreed the legacy media are "fraying" -- for 20 years, Noonan insisted.

"I'm extremely worried about the press," Stahl said, as she dragged out her usual story about Trump and press criticism. "I once asked Donald Trump, why do you keep pounding on the

right after he won, in 2016 ... It's kinda boring, you say the same thing over and over, and won! It's you time to drop it!" This is a bi-

zarre demand, since no one in the press

announced, "Well, Trump won, so it's kind of boring to keep criticizing him, saying the same thing over and over."

Stahl said she asked why he would do it, and Trump replied: "I do it, and I repeat it, because the more I do that, the less people are going to believe you when you say negative things about me ... And it's happened!" The media's public trust ratings are the

worst they've ever been in the doesn't automatically television era.

This alleged Trump comment did not air on CBS, although Stahl drags out the anecdote like it's nefarious. It's the exact opposite of the Stahl shtick -- if I attack Trump, and I repeat it, it means the more I do it, the less people are going to believe Trump when he attacks the press. But he's won that battle. "I despair, seriously. I worry

greatly," Stahl said. "We're at a point where if the President of the United States is going to say, 'Legacy media is dead' ... It is, kind of, sort of hobbling right now. And I don't know how it recovers. I'm very dark about it."

Noonan made the mistake of associating an unpopular press with the end of freedom of the press, which is not the same thing. The First Amendment

sainthood to the press. You're allowed to think the press has performed terribly without ending the First Amendment. That's freedom of speech.

Noonan didn't push back on Stahl. She could ask if CBS and "60 Minutes" ever did anything wrong that undermined trust in the media. Dan Rather offered the nation phony documents about George W. Bush on "60 Minutes II."

Lesley Stahl is infamous among Republicans for lecturing Trump in 2020 that you could not report on the Hunter Biden laptop because it could not be verified. CBS reporter Catherine Herridge verified the laptop in 2022, and she's no longer at CBS.

While Stahl was very rough with Trump, Scott Pelley's interviews with President Biden

grant sounded promotional. In October of 2023, Pelley sympathetically asked, "Mr. President, given these two wars and the dysfunction in Congress, are you sure that you want to run again?" (Imagine all the Biden babble that was edited out.)

In October, CBS "Face the Nation" viewers saw a typical word-salad answer from Kamala Harris, but on the "60 Minutes" primetime special a day later, CBS edited in a much shorter and more coherent sound bite.

When reporters start whining about their unpopularity, questioners should press them to explore what they may have done to deserve unpopularity. Conversations like these leave the impression that these egotistical journalists are incapable of introspection.

TIM GRAHAM



DIY: STRAW ORNAMENTS



SAFETY

WVU reminds students to secure their homes, cars

WVU Today

West Virginia University Police issued a Campus Warning on Saturday following a report of a burglary at 216 Belmar Ave. near the Downtown area of campus.

The alleged burglary, which took place before 6 a.m. Saturday, was reported to UPD Saturday evening. Surveillance video showed one of two suspects entering the building through an unlocked basement window.

Investigators are working to determine if this reported incident is related to two previous incidents.

"We cannot stress enough how important it is that members of our University communitv secure their property — whether that be their homes or vehicles," Chief Sherry St. Clair said.

To drive home that point ahead of the start of the winter break and provide important safety reminders, St. Clair, UPD officers, representatives from Student Life and other university representatives will visit residences within the area of North High Street to Price Street and Prospect Street to Waverly Street starting at 4 p.m. today.

Students who are not home at the time of these visits may see printed information at their residence when they return home.

If you have any information, call UPD at 304-293-3136

Star ornaments bring brightness to your home without dealing with a glittery, gluey mess.

Say goodbye to hot glue and glitter, hello to simple beauty

BY ALDONA BIRD

DPNews@DominionPost.com

While many holiday crafts call for glitter and/or hot glue, with just a few supplies you can make star ornaments and bring brightness to your home without dealing with a glittery, gluey mess.

To make straw star ornaments you will need:

-- drinking straws (paper preferred)

- -- string, yarn or pipe cleaner
- -- scissors
- -- ruler (optional)

Paper straws work well for this project, and come in different designs and colors. Red spiral stripes can look festive, as do metallic paper straws – and others can look festive as well when assembled into stars.

Yarn, string or wire work to hold the straws together. You can use a neutral color or pick one which will look good where it shows at each corner.

For each star you will need five sections of straw. Use the whole straw, cut in half or into thirds.

Thread all five sections of straw onto the yarn. If using yarn, and it seems to get stuck while threading it through, try giving the yarn a twist in the same direction that it is spun, tightening the spiral. This trick can help get the yarn into the last bit of straw.

When all sections of straw are on the yarn, cut the other end of yarn, leaving a few extra twist the ends together, but



inches. Tie the ends together, creating a loop. If you are using yarn with a little stretch, tie tightly. If you are using wire,

leave a little slack - you can tighten it more later.

Lay the loop of five straws flat on your work surface, with the string ends coming out the

top. Bring one of the bottom corners in to the center of the opposite side. This will form two parallel triangles.

Bring the bottom triangle up behind the top triangle. This will push the first corner you moved past the straw it was touching – guide it behind that straw.

These movements will form a star - the kind we all learned to draw as kids, with five points and intersecting lines.

To make the star hold its shape, carefully navigate the bottom triangle (which you pulled up behind the top triangle) to come through the center of the star and on top of the side it crosses. This will make all the sides interlock.

Smaller stars may pull more at the corners – you can try flattening the straws slightly, by pressing down lightly on the star. You don't want the straws to look smashed, but gently flattening them can make the corners lay flatter.

If using wire, tighten it once the star is shaped.

Loop the top of the yarn or wire, so you can hang the star. Alternatively, you can snip the yarn after tying it tightly, then use an ornament hanger.

This is a fun and quick project which can be great for keeping young crafters happy on cold and dark evenings.

Paper straw stars can look cute hanging from the tree, adorning a wreath, or any other way you like to hang ornaments.

upcoming work week

DPNews@DominionPost.com

Morgantown Utility Board has announced its projects for this week.

Main line construction

Water line extension Harner Run development Van Voorhis Road moving water services 1380 White Oaks Court sanitary renewal

Sewer line extension

Manchester Development

Water line extension

Tuscan Ridge

Maintenance crews

Follow-up with customer at:

- -- 51 Columbus St.
- -- 26 Jefferson St. -- 221 Snyder St.

New water services at 447 and 477 Rockley Road

Vac crew

Periodic cleaning:

- -- Tower Lane
- -- Spruce Street
- -- Sturgiss Street
- -- Augusta Avenue

Camera crew

System maintenance Dve checks Customer complaints

Storm cleaning

Burke Street Naomi Street Lambert Street Theresa Street



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EMAIL: KMcDowell@DominionPost.com

Submitted photo

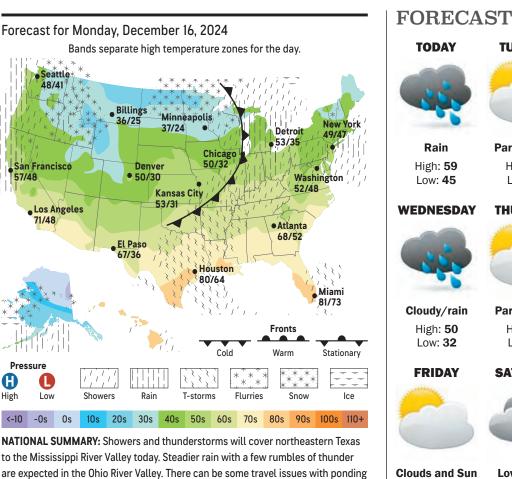
Mountain State weather at a glance

Sponsored by **WVU**Medicine

Forecast for Monday, December 16, 2024







Cloudy/rain **Partly Sunny** High: 50 High: 39 Low: 32 Low: 28 FRIDAY SATURDAY **Clouds and Sun** Low Clouds

High: 41 Low: 22 High: 29 Low: 17

TUESDAY

Partly Sunny

High: 54

Low: 32

THURSDAY

ALMANAC

Associated Press

Today is Monday, Dec. 16, the 351st day of 2024.

Today in history:

On Dec. 16, 1773, the Boston Tea Party took place as American colonists boarded a British ship and dumped more than 300 chests of tea into Boston Harbor to protest tea taxes.

Also on this date:

In 1907, 16 U.S. Navy battleships, which came to be known as the "Great White Fleet," set sail on a 14-month, round-theworld voyage to demonstrate American sea power.

In 1944, the World War II Battle of the Bulge began as German forces launched a surprise attack against Allied forces through the Ardennes Forest in Belgium and Luxembourg.

In 1960, 134 people were killed when a United Air Lines DC-8 and a TWA Super Constellation collided over New York City.

In 2000, President-elect George W. Bush selected Colin Powell to become the first African American secretary of state.

In 2014, Taliban gunmen stormed a military-run school in the northwestern Pakistan city of Peshawar, killing at least 148 people, including more than 130 schoolchildren.

Today's birthdays: Artist Edward

DEAR ANNIE Making amends

Dear Annie: I have became a mother to an been with my fiance for amazing little boy. Part 15 years. She has two children from a previous relationship.

figure to her children, as their father stopped all communication with them after the divorce.

absolutely loved Ι spending time with them, but I was 23 and had never been a father before. I made many, many mistakes and also developed a dependency on opiates that made me not such a good person at times.

Eventually, the children's father came back into his son's life but said he wanted nothing to do with my wife's daughter as he wasn't her real father. I was thrilled to be her father. I often thought of walking her down the aisle, being a grandpa to her children should she have any, etc.

As she got older, our relationship strained. She developed through your actions. new personality traits, Plant your feet and hang and I struggled with ad- tough. Show her that diction and didn't make you've changed and you her feel good about her- aren't going anywhere self most of the time. I this time. It might take thought I was doing the right thing back then.

of my recovery process is making amends to people I have hurt. I love When I came into their her more than I can put lives, her son was 6 and into words, and her son her daughter had just is absolutely crazy about turned 7. I almost imme- me and calls me "Granddiately became a father pa." I have told her many times how sorry I am, how wrong I was and how proud I am of her for what she has done with her life. I want more than anything to have a relationship with her and be a grandpa to that little boy. She has put up quite a wall, though. Is there anything I can

do, or do I need to just make peace with having to let her go? Please help. -- Torn Apart in Illinois

Dear Torn Apart: Your stepdaughter probably expects that you'll let her down again or abandon her entirely, like her biological father did many years ago.

The proof is in the pudding. Instead of telling her again how sorry you are for your mistakes,

TV LISTINGS

on roads and reduced visibility. Out West, a storm will bring rain from Central

California up into Washington.

12/16/24	▶ 6 PM	▶ 6:30	▶ 7 PM	▶ 7:30	▶ 8 PM	▶ 8:30	▶ 9 PM	▶ 9:30	▶ 10 PM	▶ 10:30	► 11 PM	▶ 11:30
BROADCA	ST CHANN	IELS	a. A.		201 - M.	A.197	1. A. A.	2 . A.	. 1	<u>a 15 d</u>		
2 KDKA	KDKA-TV News at Six (N)	KDKA-TV News at 6:30pm (N)	CBS Evening News (N)	KDKA-TV News at 7:30PM (N)	The Neighbo- rhood (N)	Poppa's House "Wig" (N)	NCIS "Hum must unwra and deliver miracle. (N	ap the truth a holiday	NCIS: Orig Jethro Gibt back to his the job. (N	is flashes first day on	KDKA-TV News at Eleven (N)	Late Show- Colbert (f
4) WTAE	Pittsburg- h's Action News 4 (N)	ABC World News (N)	Inside Edition (N)	Enterta- inment Tonight (N)		leartache on	Bears at Minr the Bears as				Pittsburg- h's Action News 4 (N)	Jimmy Kimmel Livel (N)
5) WDTV	First News	CBS News	ET (N)	Inside Ed.	Neighbor	Poppa's	NCIS "Hum	bug" (N)	NCIS: Orig	ins (N)	5 News	Colbert
7) WTRF	7News at	CBS News	ET (N)	Inside Ed.	Neighbor	Poppa's	NCIS "Hum	ibug" (N)	NCIS: Orig	ins (N)	7News at	Colbert
9 WTOV	News 9 at Six (L) (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	Little Big 1	Town's Chri	stmas at the	Opry (N)	Michael Bublé's Christmas in the City		News 9 Tonight (L) (N)	Tonight Show (N)
11) WPXI	Channel 11	NBC News	Wheel (N)	Jeopardy!	Little Big 1	Town's Chri	stmas at the	Opry (N)	Michael B	ıblé's	News (N)	J. Fallon
12 WBOY	100000000000000000000000000000000000000	NBC News	Jeopardy!	Wheel (N)		and the second se	stmas at the	- P - A - 1 - 2	Michael B		News (N)	J. Fallon
13) WQED	PBS News	100-12, 00-20-5	BBC News America (N)	transfer frag			Antiques R Exploring it		American	Masters The eer of singer	Amanpour Company (and
22) WCWB	Two and a Half Men	Two Half Men "And the Plot Moistens"	Modern Family "I Love a Parade"	Modern Family "Kiss and Tell"	Bateman, S Grace's for	Steve Belford mer crush co	2024, Roman I, Jen Lilley. V pries home fo play matchm	ce) Nick Vhen or Christmas,	Crime Exposé	iCRIME With Elizabeth Vargas	The Nation Desk	
24 WNPB	Context	America	PBS News	Hour (N)	Antiques F	Roadshow	Antiques R	oadshow	American	Masters (N)	Amanpour	(N)
46 WVFX	News (N)	Investig.	Last Man	Last Man	9-1-1: Lon	e Star	Rescue: HI	-Surf	WVFX 10	Seinfeld	Seinfeld	Conners
53) WPGH	The Big Bang Theory	Channel 11 News on Fox 53 at 6:30 (N)	The Big Bang Theory	Young Sheldon	9-1-1: Lon	e Star	Rescue: HI	-Surf	Channel 1 FOX 53 at		Seinfeld "The Pitch"	Seinfeld "The Understu- dy"
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Ruscha is 87. Actor Liv Ullmann is 86. CBS news correspondent Lesley Stahl is 83. Pop singer Benny Andersson (ABBA) is 78. Rock singer-musician Billy Gibbons (ZZ Top) is 75. Actor Benjamin Bratt is 61. Filmmaker James Mangold is 61. Actor-comedian JB Smoove is 59. Actor Miranda Otto is 57. Actor Krysten Ritter is 43. Actor Theo James is 40.

became let your apology shine time for her to come around, but be patient.

Eventually, I got sober, Send your questions for Annie and she moved out and Lane to dearannie@creators.com.

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MONDAY, DECEMBER 16, 2024

Sports ominionpost.com :

HIGH SCHOOL BASKETBALL Strong start for Mohigans in win against Linsly



Benjamin Powell/The Dominion Post Morgantown's Max Frey (1) rushes in with the ball against Linsly on Saturday evening.

BY MICHAEL GRIFFITH Sports@DominionPost.com

Morgantown boys basketball coach Dave Tallman was pleasantly surprised by his team's result on Saturday as the Mohigans hosted Linsly to begin the 2024-25 campaign.

The three-time defending Class AAAA state champions opened the season with an all-around 88-48 victory against the visiting Cadets.

MHS senior guard Marty Johnson led scoring with a game-high 26 points. He combined with sophomore Max Frey, who had 24, for 50 points in the contest.

The Mohigans shot 54% from the field with six triples, while converting 24 of 30 attempts from the free-throw line.

and their effort and I'm the rim. MHS opened a honestly not sure I expected that result," Tallman halftime break behind the said. "Linsly is an incredible program and is wellcoached and they have some great players. When we watched the film, we were a little worried about this being the first game but our guys were dogs out there on the floor today. I'm super proud of our effort and we will continue to get better."

The Mohigans (1-0) found their rhythm more as the first quarter went on, pulling ahead 15-4 midway through. But the Cadets (1-1) finished the opening eight minutes strong and cut the lead to seven at 16-9 after one.

in the second, nailing two "Very proud of our guys triples and finishing at

17-point advantage at the offensive efforts of the sophomore, who Tallman says gained valuable experience playing a role on the team last season.

"This is something we've had going on with our program for the last few years as far as younger guys putting their time in to improve and play roles on the court," Tallman said. "Max got time last year as a freshman and Waylon (Colistra) as a sophomore so that sort of experience is super valuable for them as players but also for us as a team."

Sophomore Colin Ridgeway and junior Frey then caught fire Cam Kellogg gave good minutes from the MHS SEE START, B-2

COLLEGE BASKETBALL

NO SMALL FEAT



NFL Hurts, Eagles deal **Steelers loss 27–13**

Associated Press

PHILADELPHIA — Jalen Hurts threw touchdown passes to A.J. Brown and DeVonta Smith to mute scrutiny of the Eagles' offense, and Philadelphia won its franchise-record 10th straight game, 27-13 over the Pittsburgh Steelers on Sunday.

Eagles running back Saquon Barkey's chase of the NFL season rushing record was slowed when he ran for just 65 yards on 19 carries. Barkley, who still leads the NFL with 1,688 yards, took a low hit from Pittsburgh's Minkah Fitzpatrick and missed most of the second quarter.

Hurts also had a rushing touchdown on a tush push for the Eagles (12-2), who were denied a shot a clinching the NFC East when Washington beat New Orleans earlier in the day. AFC North-leading Pittsburgh (10-4) lost for the second time in nine games but clinched a playoff spot thanks to losses by Miami and Indianapolis. The Steelers lost star linebacker T.J Watt to an apparent foot injury after he chased down Hurts in the fourth quarter. Watt,

who leads the Steelers with 11 1/2 sacks, was checked out in the medical tent and did not return.

Hurts and the Eagles' offense still weren't dynamic a week after both Smith and Brown griped about a lack of catches in a win over Carolina. Hurts and Brown faced scrutiny later in the week when injured defensive end Brandon Graham appeared on a Philadelphia sports radio station and suggested there was friction between the Pro Bowl duo.

Hurts, who threw for 290 yards and after not topping 200 in any of the last three games, tried to squash any perceived innouse dissention on the opening drive. He connected with Smith twice and Brown once, leading to Jake Elliott's 34-yard field goal. Brown, who walked gingerly on the sideline late in the game, had eight catches for 110 yards and Smith had 11 for 109 yards a week after they combined for only eight catches and 80 yards.

Benjamin Powell/The Dominion Post

West Virginia's Javon Small (7) rushes in towards the basket with the ball against Bethune Cookman on Saturday evening.

Senior point guard, WVU cruise past Beheune-Cookman

that it's his team. Whether if it's

in the huddles or on the floor, es-

pecially in that second half, you

can see him talking to guys. He's

willing us to win and taking games

That 27 came with both pure will

and creativity. The will led Small

to the free-throw line, where he

The creativity saw him fake

a handoff to teammate to Toby

Okani on one play, and then drove

"I just took the open dunk,"

straight to the rim for a dunk.

It certainly was open.

over, in the right way."

was a perfect 11 of 11.

BY JUSTIN JACKSON

JJackson@DominionPost.com

Darian DeVries was smiling as the words came out, so he had to be kidding.

The question: What more could you possibly expect from Javon Small?

Well, we could get him to 30 (points)," DeVries shot back.

That was about the only thing the senior point guard didn't accomplish Saturday, as the Mountaineers ran out to an early lead and cruised past Betheune-Cookman 84-61 inside the Coliseum.

When it was all said and done, Small led the way with a supreme effort.

He scored 27, his fifth game with more than 20 this season.

"I think he's been great," but they made a little mistake on DeVries continued. "You can sense defense.

> And then there is the versatility that comes with Small's game.

Points are nice — even if he didn't reach 30 — but then Small tosses into the ring six rebounds and six assists. He blocked two shots and added a steal.

If you scroll across the box score, which consists of 15 categories, Small didn't have a single 0 in any of them.

"I only shot four 3-pointers today, so most of my points came from the free-throw line. "Small said. "There were some easy layups or floaters, but this definitely was one of my more versatile "We were trying to run a play," he games."

SEE SMALL, B-2

WVU women defeat Temple 68-46

continued. "I guess it was planned,

Associated Press

PHILADELPHIA Kyah Watson had 15 points and 10 rebounds, four of her teammates also reached double figures in scoring, and the No. 15 West Virginia women defeated Temple 68-46 on Sunday, at the Liacouras Center.

Backup forward Celia Riviere had 12 points, eight rebounds and four assists.

Jordan Harrison had

11 points to go over 1,000 for her career and added led 31-21 at halftime 24 points after an 8-0 run seven rebounds and seven assists for the Mountaineers (10-1). Harrison also surpassed 400 assists for her career.

Small said.

J.J. Quinerly had 11 points and Syndey Shaw added 10. It was Watson's fifth career double-double since transferring to WVU in 2022.

West Virginia shot 42% overall and made 9 of 25 3-pointers.

The and extended their lead throughout the second half. Quinerly took over early in the third, scoring five points, and added two steals and two assists over the opening two minutes. She had a hand the Mountaineers in opening nine points to push the WVU advantage to 40-24.

The Mountaineers led 52-36 after three quarters

Mountaineers and their lead peaked at late in the fourth quarter. Tiarra East led Temple (5-4) with 15 points and seven rebounds, but the Owls shot 24% for the game and made only 6 of 22 3-pointers (27%).

West Virginia's only loss was 78-73 to No. 6 Texas.

West Virginia opens Big 12 play at Colorado on Saturday.

SEE WOMEN, B-2

Hurts hit Brown late in the first quarter for a SEE STEELERS, B-2

COLLEGE FOOTBALL Rodriguez ready to navigate realities of college football

BY DEREK REDD

Sports@DominionPost.com

If Rich Rodriguez's introductory press conference Friday came his to navigate as he hits the first time around at West Virginia University back in 2001, he would have a little more time to bask in the glow of returning to a stranger to the new fron-Morgantown. As it stands tiers of college football in the current state of college football, what used to image and likeness deals ber is anything but.

transfer portal," he said during Friday's press conference.

The landscape of the sport now is much dif-

ferent than it was in Rodriguez's first go-around as WVU's football coach. It's a landscape he'll have ground running trying to build and develop his first roster.

It's not that Rodriguez is - transfer portals, name, be a quiet time in Decem- and revenue sharing. It's just that he'll view all 'We're recruiting right those things from a much now because we're in the different perspective in Morgantown than he did the last three seasons as head coach at Jacksonville State.

SEE READY, B-2



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READY

FROM PAGE B-1

With the Gamecocks, he often was the fish that was eaten, with his top players wooed by larger programs with the carrot of NIL money. Now he's at WVU, which is a fish in the college football pond that has some more choices off the menu.

WVU athletic director Wren Baker sees that difference and believes Rodriguez will be able to handle it. Actually, Baker thinks Rodriguez's JSU experience would make him even more prepared.

driguez, I would argue, are an impact at WVU. After better equipped in some ways to navigate the portal because they're having to about talent evaluation deal with all this without and being honest with the the financial resources players on the roster. just to retain people," he said. "If you're a Group of our current players and a head coach has to do out-Five school, your roster is how good they are, and really getting picked over. then we've got to be com-So in terms of trying to pletely honest with our replenish talents and in guys," he said, "not just terms of trying to keep now, but certainly in the talent without being able spring. I don't want to have to afford spending money, I a guy and tell him, 'Oh, put together a great staff. would argue they're better you're going to be a start-

priority was to retain the else.



necessary players on the current roster so they don't enter the transfer it slow down a little bit," he portal. One significant defender, starting linebacker Josiah Trotter, already has entered. Rodriguez can see just a few hours south in Huntington how damaging a portal exodus can be. After Charles Huff left Marshall for Southern Mississippi, so many players on the Thundering revenue sharing and NIL

Herd's two-deep entered the portal that the team for one person, which is had to pull out of the Independence Bowl.

The second priority, he said, was to scour the portal to see what players are "Coaches like Coach Ro- out there that may make that the responsibilities of that, the process goes a little old school – it becomes

"We've got to evaluate prepared, in some ways, er,' but he's going to be a the means to put together for navigating the portal." third-string guy. He proba- a great staff that can take Rodriguez said his top bly needs to go somewhere

"From the transfer portal situation, I'd like to see said. "But unfortunately, that's the landscape we're in. So you have to constantly evaluate every day about building, not just your program, but your team.'

The portal is only one of the new wrinkles to college athletics. Now players can be paid directly through dollars. It's a lot to handle why college football programs are starting to mirror professional football programs even more.

Rodriguez understands a college head coach now reach further than simply game preparation and designing a playbook. He also isn't averse to bringing in help to make it work.

'There's a lot more that side the Xs and Os and developing players," he said. "So you better have a great staff. I'm still involved in the football part because I love that stuff, but I have to

"Fortunately, we have some of the burden off of me in all these aspects."

0-3 0-2 0, Riviere 4-5 4-4 12, Thomas 3-9 0-0 6, Agubata 0-0 0-0 0, Wood-

ley 1-1 0-0 3, Totals 25-60 9-12 68

Molina 3-5 1-2 7, Oliver 1-4 1-2 3,

East 3-13 6-6 15, Gary 1-11 0-0 3,

Taylor 2-6 0-1 4, Jacobs 0-0 0-0 0, Rivera 2-14 0-0 4, Wilkinson 0-1 0-0 0,

Alexander 0-0 0-0 0, Cedano 1-1 0-0

3, Curry 0-1 0-0 0, Turner 3-10 0-0 7,

3-Point Goals – West Virginia 9-25 (Blacksten 0-2, Harrison 3-5, Quinerly

2-4, Shaw 2-9, Watson 1-4, Woodley

1-1), Temple 6-22 (East 3-6, Gary 1-7

Curry 0-1, Turner 1-2). Assists - West

Taylor 0-1, Rivera 0-4, Cedano 1-1,

Virginia 20 (Harrison 7), Temple

10 (East 2, Gary 2, Oliver 2, Taylor

2). Fouled Out - None. Rebounds

- West Virginia 45 (Watson 10),

Temple 38 (East 7, Molina 7). Total

Fouls – West Virginia 15, Temple

Quinerly 1. A - 1,672.

13. Technical Fouls – West Virginia

Halftime – West Virginia 31-21.

FROM PAGE B-1

BOX SCORE

TÉMPLE (5-4)

Totals 16-66 8-11 46



AP photo

Eagles quarterback Jalen Hurts (1) is tackled by Steelers' Patrick Queen (6) and Damontae Kazee (23) during the first half of Sunday's game in Philadelphia.

STEELERS FROM PAGE B-1

5-vard TD — the pair celebrated with the Kid 'N Play dance — and connected with Smith on a 2-yard over the final three games score in the second for a 17-3 lead.

Pittsburgh's Wilson was stymied by the yards for the Los Angeles Eagles' tough defense and Rams in 1984. threw for a season-low 128 yards. He threw a 9-yard the right knee by Fitzpat-TD pass to Pat Freiermuth rick late in the first quarwhile falling to 6-1 lifetime

It was clear the Steelers missed injured wide the sideline with his helreceiver George Pickens, who leads the team in receptions (55) and yards receiving (850) by a wide margin. He missed a second straight game with a

The Steelers haven't won at Philadelphia since Oct. 24, 1965.

to Najee Harris in the jury. ... Backup QB Justin third quarter and the Eagles recovered. That led to injury. Hurts' score on a 1-yard tush push for a 27-13 lead. teams — among the orig- kickoff. ... LG Landon inal eight in the NFL played each other when injury. both had a double-digit win total. But this meeting of playoff-bound franchises on Saturday in a key AFC wasn't all that competitive. North matchup. Chris Boswell kicked field goals of 37 and 49 next Sunday.

taineers (8-2) need the rest of the way, especially as guard Tucker DeVries continues to miss games with an upper-body injury. "The news is still the same," Darian DeVries said of his son, meaning the guard is still out indefinitely. "I know I've got to do a little bit extra," Small little bit of discipline desaid. "At the same time, fensively." I'm just going to do what my team needs me to do to win." Mountaineers The got another team effort. ⁶⁻¹⁸²⁻³¹⁴, ¹¹⁰ ¹¹³³⁴, ¹²³^{4,12}, ¹⁴ Willoughby 1-4 1-3 4, ¹²³^{4,12}, ¹⁴ Willoughby 1-4 1-3 4, ¹²³^{4,12}, ¹⁴ ¹⁴³^{4,12}^{4,13} ell earned his first start of his college career and responded with 14 points and five rebounds. "I told him before the game, because he was excited, I told him this was a golden opportunity for you," said WVU Sencire Harris, who had a solid performance himself with 12 points, seven rebounds and two blocks. "Even though Tucker is down, this was an opportunity and make the most of it." Hansber-Amani ry added

yards and became Pittsburgh's season leader in field goals with 38.

Barkley update

Barkley needs 418 yards to top Eric Dickerson's 40-year-old NFL record. Russell Dickerson rushed for 2,105

Barkley was drilled in ter and landed on his right shoulder. He was briefly examined and returned to met in hand.

He rushed two times for 3 yards after the hit, then didn't have another carry until after halftime. His rushing total was his second worst this season.

Injuries

Steelers: CB Donte Jack-Wilson botched a pitch son sustained a back in-Fields had an abdominal

Eagles: S Sydney Brown suffered a concussion on It was the first time the a hit during the opening Dickerson suffered a knee

Up next

Steelers: At Baltimore Eagles: At Washington

and six rebounds, but (2-8)Bethune-Cookman did get as close as 45-39 four minutes into the second half, but Powell buried scored on a fast break.

NFL ROUNDUP Ravens fly over Giants

Associated Press

Lamar Jackson tied his career high by throwing five touchdown passes in a near-perfect performance that led the Baltimore Ravens to a 35-14 victory over the New York Giants.

The Giants tied a franchise record with their ninth straight loss and fell to 0-8 at MetLife Stadium.

Coming off a bye week, the win moved the Ravens moved closer to a playoff berth. Jackson finished 21 of 25 for 290 yards and had a quarterback rating of 154.6, just short of the NFL maximum of 158.3. He threw two TD passes to Rashod Bateman.

Texans 20, Dolphins 12

Nico Collins had two touchdown receptions and Houston's defense forced four turnovers, highlighted by two fourth-quarter interceptions by Derek Stingley, to help the Texans to a 20-12 win over the Miami **Dolphins Sunday**.

It's the second straight victory for the Texans (9-5), who can clinch the AFC South title for a second straight season with a loss by the Colts later Sunday. Collins had a 6-yard TD reception in the second quarter and his second 6-yard scoring grab made it 20-6 in the third. That score was set up by a 35-yard run by Dare Ogunbowale on a fake punt.

Chiefs 21, Browns 7

Patrick Mahomes threw two touchdown passes before leaving with an ankle injury, Xavier Worthy ran for a score and the Kansas City Chiefs finally didn't have to sweat out the final minutes with a 21-7 victory over the mistake-prone Cleveland Browns.

Mahomes connected for TDs in the first half with Juju Smith-Schuster and Noah Gray as the Chiefs built a 21-0 lead. The defending Super Bowl champions have 10 wins by seven points or less, with six coming on the game's final play. Mahomes left in the fourth quarter after he ankle got rolled up on. X-rays were negative.

It's the type of effort

against the Eagles. WOMEN WEST VIRGINIA (10-1) Blacksten 0-3 0-0 0, Harrison 4-8 0-0 11, Quinerly 3-9 3-4 11, Shaw 4-11 0-0 10, Watson 6-11 2-2 15, Moore

hamstring injury.

SMALL **breezeline**[™] FROM PAGE B-1





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START FROM PAGE B-1

bench on both sides of the ball. They combined for 12 points on four made baskets, with Kellogg converting all three of his free-throw attempts that came after being fouled shooting from beyond the dets 46 to 23 in the second arc.

"I thought the bench tory of the season. gave some great minutes tonight," Tallman said. el to Brooke on Tuesday "Cam and Colin are two for a 7:30 p.m. tip, before voung guys who play big-returning home ger than they look and weekend to host Huntingwe can trust them to go ton, Washington and Uniout and give the effort we versity for the LG Holiday need to impact the game Classic.

That was that.

"The flow got really ugly at times," Darian DeVries said. "We got off to a great start, so I was happy about that.

"From that point on, until about the last five minutes of the game, we got stagnant. We lacked a

BOX SCORE

BETHUNE-COOKMAN (2-8)

Carralero Martin 1-4 0-0 2, Rouzan 4-9 4-5 13, Ward 4-7 3-4 12, Freeman 6-18 2-3 14, Thomas 4-12 3-4 12, Onanina 0-1 0-0 0, Womack 1-2 0-0 2 Totals 22-61 13-19 61 WEST VIRGINIA (8-2)

Hansberry 6-9 3-4 16, Harris 4-9 4-5 12, Okani 2-4 0-0 5, Powell 5-13 0-0 14, Small 7-15 11-11 27, Yesufu 1-4 0-0 3, Tenner 0-2 2-2 2, Andre 1-1 0-0 2, Elezovic 0-0 0-0 0, Auer 1-1 0-0 3. Totals 27-58 20-22 84. Halftime—West Virginia 41-30. 3-Point Goals—Bethune-Cook man 4-18 (Ward 1-1, Rouzan 1-2, Willoughby 1-2, Thomas 1-5, Camara 0-2, Carralero Martin 0-2, Freeman 0-4), West Virginia 10-26 (Powell 4-9, Small 2-4, Auer 1-1, Hansberry 1-2, Okani 1-3, Yesufu 1-3, Tenner 0-1, Harris 0-3). Rebounds-Bethune-Cookman 36 (Ward 7), West Virginia 35 (Harris 7). Assists-Bethune-Cookman 7 (Freeman 3), West Virginia 15 (Small 6). Total Fouls—Bethune-Cookman 16, West 16 points Virginia 17. A—9,651 (14,000).

> for us. Demarcus Bandy has improved tremendously since he's been here also.'

Bandy finished with 11 points but impacted the game the most with his defensive effort and rebounding on both ends of the court.

MHS outscored the Cahalf to earn their first vic-

The Mohigans will travnext

The Browns had six turnovers. Jameis Winston threw three more interceptions.

Bengals 37, Titans 27

Joe Burrow threw for 271 yards with three touchdowns for the franchise record with 36 this season and the Cincinnati Bengals improved their faint playoff hopes by thumping the Tennessee Titans 37-27 in a sloppy game Sunday.

The Bengals earned the 400th regular-season win in franchise history. They still need to win out to extend their streak of winning seasons to four straight no matter where they wind up in the AFC playoff chase.

The Bengals turned six turnovers into 24 straight points capped by Geno Stone's 39-yard pick-6 in the third. Cincinnati also had four turnovers for the NFL's first 10-turnover game since 2007.

Jets 32, Jaguars 25

Davante Adams caught nine passes for 198 yards and two touchdowns all in the second half and the New York Jets rallied to beat the Jacksonville Jaguars 32-25 to end a four-game skid.

Adams hauled in a 71yard TD pass with 3:24 remaining and a 41-yarder that set up Breece Hall's 1-yard plunge with 1:05 to play.

In between, he made a circus catch along the sideline for a first down.



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TO YOUR GOOD HEALTH Probiotics may help restore good bacteria in the gut

DEAR DR. ROACH: You recently wrote that you do not recommend probiotics in healthy people. I am a 78-yearold male who, three years ago, underwent an esophagectomy to remove my esophagus and part of my stomach because of cancer. I was put on 30 mg of pantoprazole, which was later ome has been studied. increased to 40 mg. I've read that prolonged use of this medicine isn't recommended.

My understanding is that this medicine is used to reduce the chance of acid reflux. I have read that it also kills bacteria (both bad and good) in the stomach. I asked my primary care physician about this and if she was OK with me starting probiotics to help restore the good bacteria. -- E.M.

ANSWER: Proton-pump inhibitors like pantoprazole are often used in people after surgical treatment for esophageal cancer. They reduce acid reflux and consequently prevent a stricture where the remainder of the esophagus was connected with the remainder of your stomach.

While it is true that proton-pump inhibitors do have the potential for side effects with long-term use, there are times when the benefits outweigh the risks. Many esophageal

CURTIS

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PEANUTS



cancer experts feel that the benefits outweigh the risks in esophageal survivors like you.

Long-term acid suppression does lead to changes in the gut bacteria, called the microbiome. Using probiotics to improve the quality of the microbiand preliminary studies showed that taking probiotics daily can get more healthy bacteria in the gut. What isn't clear is whether this translates to better outcomes for the patient or whether any of the long-term adverse effects of proton-pump-inhibitor therapy will be reduced. It makes sense that it might help, but it is unproven as yet.

There is the potential for harm in probiotic treatment, but it's not common. A very few cases of infection have been shown to be transmitted by probiotics. The main harm is mostly financial, since some probiotics are expensive.

Dr. Keith Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell. edu or send mail to 628 Virginia Dr., Orlando, FL 32803.

YOUR DAILY HOROSCOPE

Horoscopes by Holiday

ARIES (March 21-April 19). There's someone you haven't spoken to in a while,

and now's the perfect time to reconnect. Strike a casual yet respectful tone. Navigating this subtle balance makes all the difference in creating a meaningful and influential connection.

TAURUS (April 20-May

20). You may doubt you can accomplish what's asked, but extend a little faith. Dismissing belief is for the unimaginative. You're far too creative for that. Wear belief like a cape and you may actually fly -- or at least look like it.

GEMINI (May 21-June 21). People who turn to you for insights may not listen when you give them. Why is this? Because most people who ask for advice really want something else - attention, to make a sale, compliments..

CANCER (June 22-July 22). It's thrilling when everything is moving fast and lots is happening simultaneously. Though it may feel like a bit of a blur as you're going through it, later you'll count this among your most productive days.

LEO (July 23-Aug. 22).

You've racked up some incredible achievements, but bragging about them isn't your style. You're not stuck in yesterday's victories; your heart is firmly fixed on the horizon. You sense the best is yet to come, and that's where your energy belongs.

VIRGO (Aug. 23-Sept. 22). Your ability to focus amidst chaos is unmatched. While others scramble, you remain calm, wait for opportunity and do the one thing that solves

RATS

12 problems. Your influence will grow, drawing people to your unique style and quiet authority.

LIBRA (Sept. 23-Oct. 23).

There are people lost along a route you know all too well. You can help them find their way, but remember -- it's more effective to guide them toward meeting their needs than to try to fulfill all their desires yourself.

SCORPIO (Oct. 24-Nov. 21).

Contributions fuel today's exchanges. The support you'll receive comes from those you've already backed; relationships thrive on reciprocity. If you've yet to invest, don't expect a return.

SAGITTARIUS (Nov. 22-Dec.

21). There you go again, effortlessly enchanting those unprepared for your charms. Keep it up and you might just make someone fall head over heels. This power isn't one to take lightly.

CAPRICORN (Dec. 22-

Jan. 19). Your social savvy naturally guides you toward a light touch, polite candor and the wisdom of listening more than speaking. Skimming the surface of conversation can still convey key ideas.

AQUARIUS (Jan. 20-Feb.

18). Some people have a way of turning everything into a contest. You'll have some stiff competition even if you don't start off with an awareness that this is, indeed, a game.

PISCES (Feb. 19-March 20). The early days of a relationship set the tone for everything that follows. Knowing that key expectations are being established, shaping the foundation of what's to come, be mindful of your words, expressions and all implications.

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JANRIC CLASSIC SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

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