



### DIY: Sock trim

Keep your feet warm, cozy – and cute

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### Food

Healthy recipes with WIC-approved ingredients

Wednesday



DOMINIONPOST.COM

## Monday

January 13, 2025



High **37** Low **13**

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### WELLNESS

## 1,000 hours outdoors: Family finds motivation to spend time outside

BY TABITHA JOHNSTON

Chronicle Staff

**SHEPHERDSTOWN** — Two-year-old Naomi Bergren, four-year-old Samuel Bergren and 8-year-old Charlotte Bergren sledged to a stop at the bottom of a snowy hill in Morgan's Grove Park on Monday afternoon. Their parents, Jim and Molly Bergren, could be found watching them from the top of the hill, with their seven-month-old son, Benjamin.

"It's a good hill!" Jim said, mentioning they moved to Shepherdstown in 2021. "We live right across the street from Morgan's Grove Park, so this is the ideal place for us to go sledding. We sledged out here last year, too."

Jim noted that the recent snowfall was an exciting change for their children, who begged to go sledding that morning.

"Charlotte said this morning, 'Daddy, you're going to take me to the park, right?'" he said, chuckling with his wife. "They make sure we get outside!"

This was not always the case for the family.

But then, two years ago, Molly heard about a movement to get children to spend more time in the outdoors, called 1,000 Hours Outside. The nationwide movement was founded by blogger and homeschool mother of five Ginny Yurich, of Michigan, who began counting the hours her family spent outside throughout a year and realized they amounted to over 1,000 hours. Based on this, she decided that it would be an achievable challenge for her to give other families, to spend 1,000 Hours Outside every year.

"It's a movement about less screen time and being out and active and enjoying just being a kid!" Molly said. "The challenge was based off of how much screen time kids were spending and thinking about, if you just took a fraction of that time and spent it outside, how much better it would be for them! It really aligned with how we wanted our kids to grow up, with nature in

SEE HOURS, A-2

SERVING NORTH-CENTRAL WEST VIRGINIA SINCE 1864

## THIS WEEK IN WEST VIRGINIA HISTORY



Submitted photos

Above: Jan. 17, 1956: Musician Blind Alfred Reed died. Center photo: Jan. 12, 1869: Newspaperman Herschel Coombs Ogden was born near Fairmont. In 1888, he relocated to Wheeling and entered the newspaper business. Bottom photo: Jan. 17, 1918: The War Department hired a New York engineering firm to build the DuPont munitions plant in Nitro.

The West Virginia Encyclopedia

**CHARLESTON** – 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](http://www.wvencyclopedia.org).

Jan. 12, 1869: Newspaperman Herschel Coombs Ogden was born near Fairmont. In 1888, he relocated to Wheeling and entered the newspaper business.

Jan. 13, 1905: Joseph H. Diss Debar died in Philadelphia. A supporter of the movement to create West Virginia, Diss Debar was commissioned in 1863 to design the Great Seal of West Virginia.

Jan. 14, 1842: Marion County was established and named after Revolutionary War hero Francis Marion. Middletown was chosen as the county seat, but the name was changed to Fairmont the following year.

Jan. 14, 1873: The first session of the Glenville Branch of the State Normal School began in the old Gilmer County courthouse. In 1943, the legislature changed the name to Glenville State College.

Jan. 15, 1864: Frances Benjamin Johnston was born in Grafton. Johnston gained national renown as the first female press photographer and enjoyed a long and remarkable career as one of the nation's leading documentary, portrait and artistic photographers.

Jan. 16, 1850: Lawman Dan Cunningham was born in Jackson County. His remarkable career involved him in the Hatfield-McCoy Feud, the West Virginia Mine Wars, and the destruction of moonshine stills.

Jan. 16, 1869: Ephraim Franklin Morgan was born in Marion County. Morgan, a Republican, was governor during the tumultuous West Virginia Mine Wars.

Jan. 17, 1918: The War Department hired a New York engineering firm to build the DuPont munitions plant in Nitro. Within 11 months, the powder plant and a complete town with houses, a civic center and a hospital were completed.

Jan. 17, 1956: Musician Blind

SEE WEEK, A-2



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**BINGO**





Shepherdstown Chronicle photo

From left to right, 2-year-old Naomi Bergren, 4-year-old Samuel Bergren and 8-year-old Charlotte Bergren slide to a stop at the bottom of a snowy hill in Morgan's Grove Park on Monday. Tabitha Johnston.

**HOURS**

FROM PAGE A1

this beautiful area.”

According to the American Academy of Child & Adolescent Psychiatry (AACAP), the amount of time spent watching or using a screen in 2024 for the average child was four-to-six hours a day and for the average teenager was nine hours a day. That amounted to a minimum of 1,460 hours of screen time for children and 3,285 hours of screen time for teenagers. AACAP found that this huge amount of screen time has led to ad-

olescents developing of a number of health concerns, including: sleep problems, lower grades in school, less time spent with family and friends, not enough outdoor or physical activity for their physical fitness needs, weight problems, mood problems, poor self-image and body image issues.

After first undertaking the challenge in 2023, the Bergrens began noticing how the increased time spent outside led to an improvement in their children's mental and physical health.

“I made it past 1,000 hours last year, all on

my own!” Charlotte said. “It's made me feel calmer.”

And so, on Jan. 1, the family restarted the challenge for their third-year-in-a-row.

Although meeting the goal every year can be challenging, the Bergrens agreed that it was more than worth the effort.

“We've found ways to make it fun,” Molly said. “We do school outside, we eat outside, we hike, we play outside and they bike and go fishing in the summer.”

To learn more about 1,000 Hours Outside, visit <https://www.1000hoursoutside.com>.

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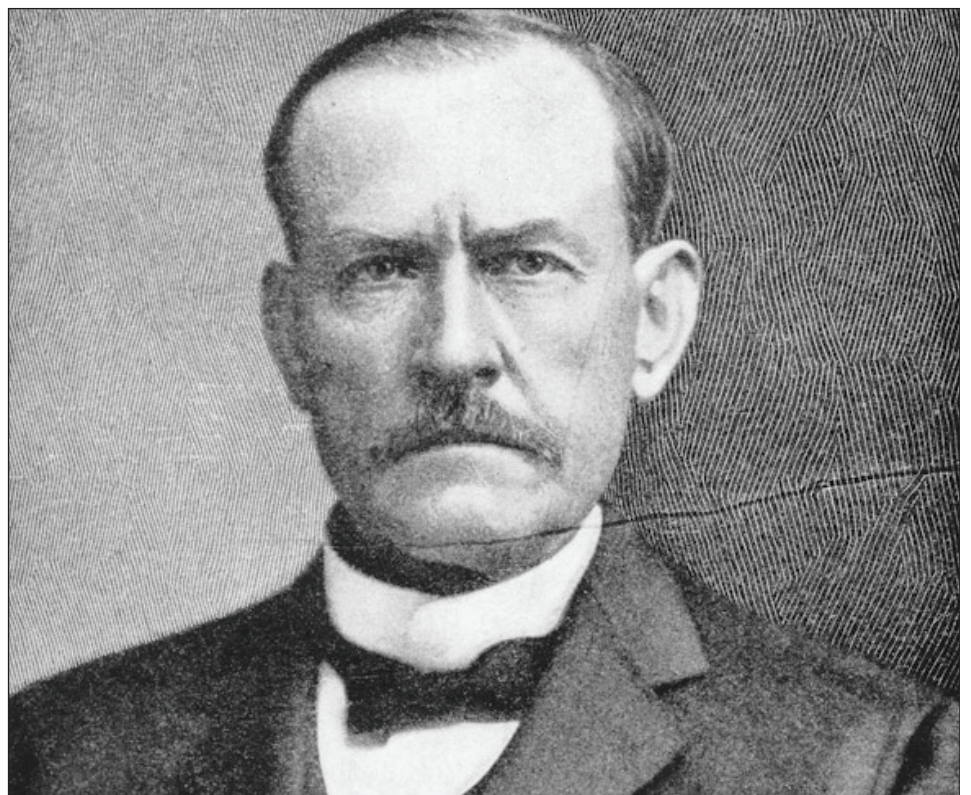
**Dominion Post.com**



Top photo: Jan. 15, 1864: Frances Benjamin Johnston was born in Grafton. Above: Jan. 14, 1873: The first session of the Glenville Branch of the State Normal School began in the old Gilmer County courthouse. In 1943, the legislature changed the name to Glenville State College. At left: Jan. 16, 1869: Ephraim Franklin Morgan was born in Marion County. Below: Jan. 16, 1850: Lawman Dan Cunningham was born in Jackson County.



Submitted photos



**WEEK**

FROM PAGE A1

Alfred Reed died. He was a street singer, fiddler and songwriter from Pipes-tem, Summers County, and is a member of the West Virginia Music Hall of Fame.

Jan. 18, 1842: Wayne County was established from part of Cabell County. It was named for General “Mad Anthony” Wayne, a Revolutionary War hero who later defeated Ohio Indian tribes at the 1794 Battle of Fallen Timbers.

e-WV: The West Virginia Encyclopedia is a

project of the West Virginia Humanities Council. For more information contact the West Virginia Humanities Council, 1310 Kanawha Blvd. E., Charleston, WV 25301; (304) 346-8500; or visit e-WV at [www.wvencyclopedia.org](http://www.wvencyclopedia.org).



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EDITORIAL

## Lawmakers should be supporting efforts to prevent HIV spread

Whether it be willful ignorance for the sake of scoring political points or a genuine misunderstanding of the broad range of strategies necessary to tackle a dual public health crisis in Appalachia, elected officials and policymakers are handicapping efforts against one of the major dangers spawned by our region's substance abuse epidemic.

A KFF Health News report followed up on federal health officials' effort a few years back to assess an outbreak of HIV in central Appalachia. The outbreak has been fueled by shared use of needles among those who inject opioids or methamphetamine.

But syringe exchange programs became an easy target for politicians who in some communities chose to put crippling restraints on them.

The U.S. Centers for Disease Control and Prevention called a 2021 outbreak centered in Kanawha County (but spreading into Cabell County, across the Ohio River and beyond) "the most concerning HIV outbreak in the United States."

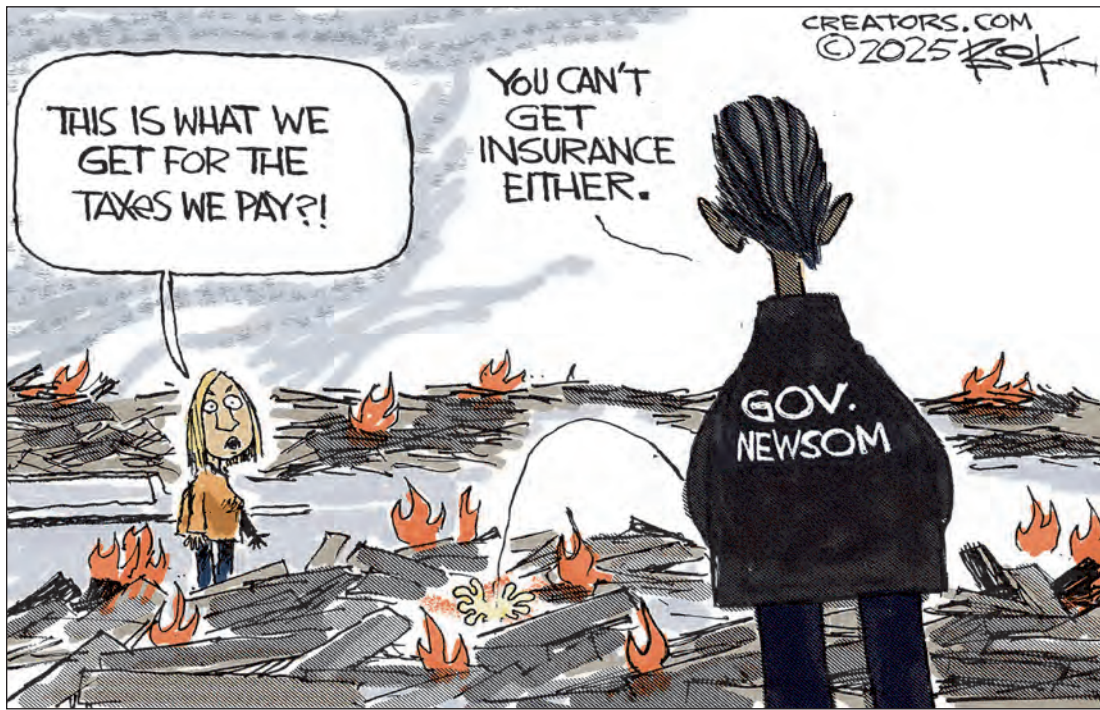
Despite scientific evidence that such programs can slow the spread of HIV and Hepatitis C as well as prevent cases of endocarditis, provide testing, AND keep syringe-users in touch with those who can connect them to resources for overcoming their addictions and getting their lives back on track, very few programs have been able to survive the restrictions put on them by cities, some counties and the West Virginia legislature.

"I would like to see them allow us to follow the science and operate these programs the way they're supposed to be run, and in a broader geography," Robin Pollini, a West Virginia University epidemiologist told KFF Health News. "Which means that it shouldn't be a political decision; it should be a public health decision."

Compounding the problem is that West Virginia has no coordinated strategy for statewide HIV testing. That means it is impossible to know whether the number of reported cases reflects the reality.

Joe Solomon, a Charleston City Council member and co-founder of SOAR WV (an organization that addresses the health needs of drug users), told KFF Health News there are many willing to give their all to the fight against the substance abuse epidemic and its accompanying public health crises. But "we still have one hand tied behind our back."

What a shame so few who are able are willing to untie that hand. Policymakers at all levels must take another look at how better to support prevention efforts such as syringe exchange programs and work together to develop a testing program that will give us a more accurate picture of the monster we are battling.



## Is Mama a reason young men are stuck at home?

Young men are not launching -- that is, growing up as traditionally holds -- at the same rate as young women. Among Americans ages 25 to 34, about 20% of the men are still living with their parents compared with 12% of the women. Fewer young males than females are attending college or job training.

There are theories on why more girls are moving out of the house and obtaining education needed for good jobs. Sociologists blame a growing sense among young men that they are not needed.

That would only partly explain the boys' behavior as they avail themselves of cheap or rent-free living in the family home while they "figure things out."

Could one of those things be Mama? And could their mamas, rather than feeling upset by the arrangement, be in on it? Perhaps their mothers like having their boys around.

The girls' presence may not be coveted for age-old reasons. Recall Snow White's stepmother before the mirror, raging against her younger charge.

There's the Oedipus complex, whereby young boys are said to view their fathers as rivals for their mother's affections. But that was something they quickly grew out of, according to Freud, author of the theory.

Daughters asserting their independence may distress mothers who are traditional

caregivers. That may be more a factor now that women have greater access to education and careers.

I know one young fellow -- actually, he's 40 -- who lives with his parents in their upscale suburban house. For a while, he was in and out of jobs, doing physical labor in another state and living in an unglamorous rental. He's now back with Mom and Dad.

His mom makes minimal demands of him. She's doing his laundry. Her friends ask why. Mom explains, well, she's doing laundry anyway. Meanwhile, having neatly folded piles of clean T-shirts, shorts and socks placed on one's bed is hardly an incentive to change living arrangements.

A sister moved out long ago into her own pad. She has a job and cuts hair at people's homes for extra cash. She hasn't had an easy time of it, having suffered a tumultuous long-term relationship. But she soldiers on as an independent adult.

The Wall Street Journal recently featured the Moreno family of Miami as an example. The Morenos have four children, three boys and a girl. The boys live in the parents' home. The girl is out in the world, having graduated from

business school and gotten engaged.

The boys talk about wanting to work but complain they can't find a high-paying job. (Starting in a lower-paying job seems not worth their while.) Two dropped out of college. One never went.

It's true that young men haven't profited from the recent rise in real estate and stock values that older generations have enjoyed. But neither have the girls who are out making do. Other economic reasons include inflation and student debt. Again, the girls face the same economy.

Could arrogance play a part? The parents don't seem keen on lowering their expectations. And there's no disgrace in sharing rents with friends. If boys feel priced out of super expensive markets like New York, Los Angeles or Miami, they could go to great cities that cost less.

We can't dismiss the social media bluster dispensing tales of crypto bros easily amassing piles of dough as they sit in robes around a pool. It's a lot of baloney but may account for the refusal of many to accept temporary work or what we call starter jobs.

There may be several explanations why the boys are living with their parents. But could Mama be a reason?



FROMA HARROP

Follow **Froma Harrop** on Twitter @FromaHarrop. She can be reached at fharrop@gmail.com.

## In these divisive times, it is science that brings us together

We're living in divisive times. It's something said so often that it's become cliché. But collaboration across divides still happens, and the International Space Station is a great place to witness this in action. The ISS is entering its 25th year with crews on board modeling scientific collaboration on global research projects. Crew members also take time to share their enthusiasm for their work with kids across the globe using ham radio, also known as amateur radio.

Will Merchant is a retired aerospace engineer who now volunteers with Amateur Radio on the International Space Station (ARISS), an organization that helps students worldwide experience the excitement of talking directly with ISS crew members. Merchant's wife Anne emailed me after reading a previous column, thinking I might like to talk to her husband. She was right.

Merchant first got involved with amateur radio when working at University of California's Space Sciences Lab at Berkeley in the early 1990s. He helped work on the Extreme-Ultraviolet Explorer (EUVE), which was a spinning spacecraft designed to rotate about the earth/sun line. "It was Berkeley's first satellite," he said.

It was there that Merchant learned about SAREX, the Shuttle Amateur Radio Experiment, which placed ham radio stations aboard space shuttles. Owen K. Garriott was the first astronaut to chat with ham-radio enthusiasts on Earth while aboard the Columbia STS-9 mission in 1983.

Merchant, along with who he called his "fellow professional space geek engineers," had the idea to connect school groups with astronauts. Luckily, right down the hill from the Space Sciences Lab is The Lawrence Hall of Science, which is a hands-on children's museum that the university runs. There, they set up equipment for kids to talk to astronaut Brian Duffy aboard the STS-57 mission.

Thanks to SAREX, NASA figured out that amateur radio was actually a useful thing to have on board. Merchant said, "it was good emergency communications back up, and the crews enjoyed it, and it was a good stem outreach activity for them."

When Merchant moved back to Virginia to help build autonomous aircraft for NASA Science purposes, he was invited to be part of the SAREX team.

Then, when the International Space Station became a reality, NASA decided that amateur radio should be a part of it. These days the ISS has an internet phone for crew members to talk to loved ones, but in the early days, amateur radio was a much-appreciated resource for connecting to people on the ground.

The first school group to speak to ISS via amateur radio was Luther Burbank School in



BONNIE JEAN FELDKAMP



Photo courtesy of Winchester Starbase Academy

Starbase Winchester students track the International Space Station with help from ARISS volunteer Will Marchant.

Illinois. Students spoke to Expedition I Commander William Shepherd on Dec. 21, 2000.

"About once a week," Merchant said, "one of the ISS crewmembers will speak to a school via amateur radio." Anyone within range can listen to these. Because the ISS is at such a high altitude, the signal from the station can be heard over a very large area. "So when an astronaut is speaking with a school via amateur radio," he said, "lots of people can listen in to what the astronaut is saying to the school."

Merchant is retired now but continues to volunteer with ARISS to help students and the general public connect with astronauts on the ISS. ARISS is a volunteer-run organization with around 200 volunteers worldwide.

Student groups have to submit a proposal to be considered for ISS contact. The next proposal window for U.S. schools and educational organizations opens Jan. 13, 2025, for contacts planned between July 1 and Dec. 31, 2025. The proposal deadline is Feb. 28 at 11:59 p.m. PST.

All ham radio enthusiasts can participate in the Slow Scan TV activities. This is where "ISS transmits pictures down to the ground every couple minutes," Merchant said, "and then people around the world try to pick those up on their radio and decode the pictures and see what the pictures are."

Merchant spends most of his volunteer time with SSTV activities these days and enjoys seeing the worldwide interaction. The most recent activity involved holiday greetings sent from ISS starting on Christmas

Day. When I spoke to Merchant on the phone on Jan. 3, ARISS had received over 9,000 images submitted, and many more were still rolling in.

Merchant reported that 164 of those folks were in Africa; 2,200 in Asia; 167 in Australia; 3,200 folks from Europe; 1,200 from North America; 326 from Oceania; and over 1,000 people from South America. About 900 folks did not identify their location.

The conversation around STEM outreach tends to be about encouraging innovation and ensuring our future economy. How America needs to fill the job gaps of the future in science and technology sectors. That may be true, but there's a bigger lesson that STEM can offer us about how countries collaborate in science for the future of all humanity.

No matter where they are from, no matter what the race, religion or political ideology, people come together every day to study our world, participate in science and solve problems. For these amateur radio enthusiasts decoding images from space, it doesn't matter if our countries are political friends or not; we are friends and collaborators in science. That gives me hope for humanity.

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.youtube.com/bonniejeanfeldkamp>.



## DIY: SOCK TRIM



Submitted photos

This is a great project for people with any skill level, even those with very little previous experience.

### BY ALDONA BIRD

DPNews@DominionPost.com

Sock season is in full swing – and while you keep your feet cozy, you can keep them cute as well.

By adding a border to your socks you can make them look like a new pair, personalized to your style.

To add a border to your socks you will need:

- a pair of socks
- crochet hook
- yarn

This is a great project for people with any skill level, even those with very little previous experience.

Plain, unexciting socks work well for this project, but you can do it with any socks.

Any yarn will do as well, but natural fiber yarns may be more comfortable against your skin, and often have a higher quality look. If you are using warm winter socks, consider using wool yarn, to give extra warmth to your addition.

Using a smaller crochet hook will make the initial steps easier. After the first round, use the size that best matches your yarn – thinner yarn with a smaller hook, larger hook for thicker yarn.

Stick the crochet hook through the sock, near the top edge. Pick up the yarn, and pull a loop through, leaving a few inches of extra yarn at the end on the inside of the sock. If the socks are a tight fabric, the yarn may slip off the hook as you pull it through. In this case, it is helpful to wrap the yarn tightly twice around the hook before pulling it through.

Keeping that loop on the hook, repeat the process of



sticking the hook through the sock, picking up yarn and pulling a loop through. Then, slip the previous loop through the new one, so you have just one loop on the hook. This creates a chain stitch.

Repeat this process all the way around the top edge of the sock, so you have a chain stitch all the way around the ankle. Be

sure not to pull the stitches too tight, as this will make it difficult to put the sock on. As you make the chain stitch, test the stretch of the sock occasionally to check that the stretch of the sock is maintained.

Once the chain fully circles the sock, you will have to break the thread and pull it through, and tie it off with the thread

from the beginning of the stitch.

Moving forward, you will want access to the yarn from the outside of the sock. Stick the crochet hook through the sock from the inside, and pull the end of the yarn through. Place this transition inside a loop of the chain to make it look seamless.

Make a row or two of single crochet stitches all the way around. To make a single crochet stitch, start with a loop on the hook, pick up the adjacent loop of the chain, wrap the yarn around the hook, then pull the new loop through the previous two loops. Continue this process to make a row of stitches.

You can continue with single stitches, incorporate loops of chain (securing it to the row below every few stitches), double stitches (start with a loop on the hook, wrap the yarn around, pick up another stitch from the row, wrap the yarn again, and pull this last wrapped loop through the other three), or any other crochet stitches, or combination there of.

After you've added the border, try it on before cutting the yarn to see if it is the right length. Once you are happy with the length and pattern, cut the yarn and pull the end through the last loop.

Repeat on the other sock. Wear your newly extended and fancy socks with boots or shoes which will reveal the crochet work to add an extra element to any outfit.

### BUSINESS

## Clear Mountain Bank names Elliott as director emeritus

DPNews@DominionPost.com

BRUCETON MILLS – David M. Thomas, president and CEO of Clear Mountain Bank, announced that Joe



Joe Elliott

Elliott has been named director emeritus in recognition of 50 years of service and dedication to the

bank.

Elliott began serving on the board of directors for Bruceton Bank in 1975. Throughout his tenure, he saw continuous growth of Bruceton Bank, which combined with The Terra Alta Bank to create Clear Mountain Bank in 2005. Elliott, who was chairman of the board from 1989-2011, served on numerous board committees, including the Audit, Compensation, Credit, and Governance committees. He also served on the bank's holding company board for many years.

At the start of his tenure, Bruceton Bank had one branch location and \$21 million in assets. Today, Clear Mountain Bank has grown to 11 branch locations and nearly \$1 billion in assets.

Elliott resides in Kingwood with his wife, Polly. Throughout his illustrious career, Elliott has been a successful entrepreneur and business owner. Working in the coal mining and commercial real estate industries, Elliott has become a staple within the community, and in his spare time, he has enjoyed being an airplane pilot.

### MUB PLANS

DPNews@DominionPost.com

Morgantown Utility Board has announced its scheduled projects for the week.

#### Street Repair

Road repair behind 175 Holland Ave.

Road repair 221 Sydney St.

Road repair Edgewood Street at Wilson Avenue

#### Main Line Construction

Water line extension: Marcus Point Drive  
Renew water services on Pennsylvania Avenue

#### Maintenance Crews

New water services:

- 447 Rockley Road
- 403 Corona Drive
- 780 Mason Dixon

Highway

Follow up on customer complaints:

- 29 Jefferson St.
- 111 Sunset Drive
- Savannah Street
- Pennsylvania Avenue (Westover)

#### Vac Crew

Periodic cleaning Morgantown Area

#### Camera Crew

System maintenance  
Dye checks  
Complaints

#### Ditch Crew

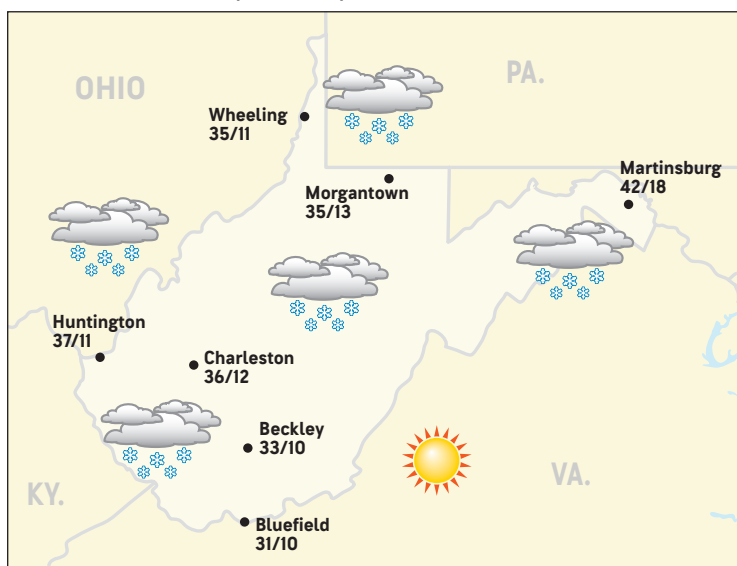
Cleaning storm drops



# Mountain State weather at a glance

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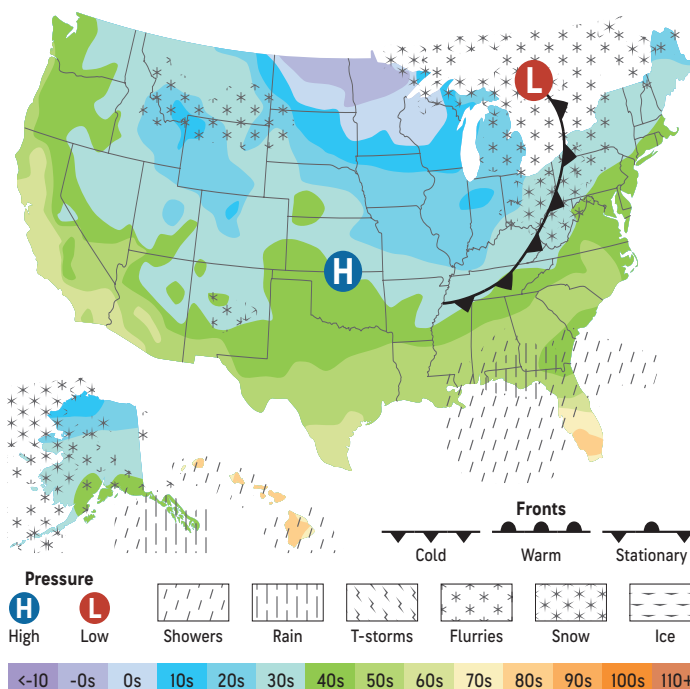
Forecast for Monday, January 13, 2025



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Forecast for Monday, January 13, 2025

Bands separate high temperature zones for the day.



**NATIONAL SUMMARY:** After a quick burst of snow moves through the eastern Great Lakes early today, lake-effect snow showers are forecast to pick up in the afternoon. Any heavier snow shower can reduce visibility and cause slippery travel. A storm will bring rain to the eastern Gulf Coast states. Strong Santa Ana winds will keep the fire danger high.

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## FORECAST

TODAY	TUESDAY
<b>Snow</b> High: <b>37</b> Low: <b>13</b>	<b>Snow</b> High: <b>20</b> Low: <b>17</b>
WEDNESDAY	THURSDAY
<b>Snow</b> High: <b>21</b> Low: <b>12</b>	<b>Partly sunny</b> High: <b>28</b> Low: <b>27</b>
FRIDAY	SATURDAY
<b>Sunny</b> High: <b>39</b> Low: <b>30</b>	<b>Cloudy</b> High: <b>41</b> Low: <b>21</b>

## ALMANAC

Associated Press

Today is Monday, Jan. 13, the 13th day of 2025.

### Today in history:

**On Jan. 13, 2021,** President Donald Trump was impeached by the U.S. House over the violent Jan. 6 siege of the Capitol, becoming the only president to be twice impeached; ten Republicans joined Democrats in voting to impeach Trump on a charge of "incitement of insurrection." (Trump would again be acquitted by the Senate in a vote after his term was over.)

### Also on this date:

**In 1941,** a new law went into effect granting Puerto Ricans U.S. birthright citizenship.

**In 1982,** an Air Florida 737 crashed into Washington, D.C.'s 14th Street Bridge and fell into the Potomac River while trying to take off during a snowstorm, killing a total of 78 people, including four motorists on the bridge; four passengers and a flight attendant survived.

**In 1990,** L. Douglas Wilder of Virginia became the nation's first elected Black governor as he took the oath of office in Richmond.

**In 1992,** Japan apologized for forcing tens of thousands of Korean women to serve as sex slaves for its soldiers during World War II, citing newly uncovered documents that showed the Japanese army had a role in abducting the so-called "comfort women."

**Today's birthdays:** Golf Hall of Famer Mark O'Meara is 68. Actor Julia Louis-Dreyfus is 64. Country singer Trace Adkins is 63. Actor Patrick Dempsey is 59. TV producer-writer Shonda Rhimes is 55. Actor Orlando Bloom is 48. Actor Liam Hemsworth is 35.

## DEAR ANNIE

### Good father, bad husband

**Dear Annie:** I have been married for more than 24 years, and we have three wonderful daughters. My husband has always been a wonderful father and an OK husband.

However, he has always treated me with a lot of disrespect, and over the years, I always brushed it off because he was such a great dad to my daughters and because he provided everything for me.

But as we all get older, he is treating our youngest daughter in the same way as he has treated me. This is upsetting her every day, and I have told him numerous times to stop, and he just continues to do this.

I am ready to leave him, which I have told him many times, but he doesn't believe me.

I have asked him to talk to someone, but he says I have the issue. I just can't do this life anymore. Please help! -- Torn About What To Do

**Dear Torn:** It is understandable that watching your husband mistreat your youngest daughter is going to be the last straw. Your mother bear instincts are in full force, and you can't watch your husband hurt your daughter the way he has hurt you for all these years.

I question whether he was a great father, even if he was kind to the girls, because disrespecting their mother in front of them is not modeling good behavior and will lead them to think they deserve to be treated like that in a relationship. If he won't go to counseling with you, then you should consult a therapist for yourself first.

**Dear Annie:** Every year, my husband and I travel to spend Christmas with my sister and her husband and their grown children and grandchildren -- a total of 13 to 15 in all.

My sister gets very stressed out and generally ends up mad and upset.

Every year, I think I won't go, but I always end up going. How can I adjust my thinking so I can enjoy this event more? Or should I give myself permission to stay home? -- Not Really Enjoying Christmas

**Dear Not Really Enjoying Christmas:** Instead of judging your sister's mood, why not talk to her beforehand and see how you can help? Maybe if she has her sister by her side, her spirits will lift and she won't end up angry and upset.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

## TV LISTINGS

1/13/25	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
<b>BROADCAST CHANNELS</b>												
2	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 Neighborhood	Poppa's House "Disciplinarian"	NCIS: A lieutenant returns home to a surprising surprise party.	NCIS: Origins "Sick as a Dog" A Navy priest is killed in the confessional booth.	KDKA-TV News at Eleven (N)	Late Show-C Colbert (N)		
4	Pittsburgh's Action News 4 (N)	World News (N)	Inside Edition (N)	Monday Night Countdown (L) (N)	NFL Football Wild Card: Pittsburgh at the National Football League. (L) (N)				Pittsburgh's Action News 4 (N)	To Be Announced/J. Kimmel		
5	WDTV First News	CBS News	ET (N)	Inside Ed.	Neighbor	Poppa's	NCIS	NCIS: Origins	5 News	Colbert		
7	WTRF 7News at 7	CBS News	ET (N)	Inside Ed.	Neighbor	Poppa's	NCIS	NCIS: Origins	7News at 7	Colbert		
9	WTOV News 9 at Six (L) (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	Deal or No Deal Island Back" Bigger risks, more treacherous twists and unprecedented rewards await 13 new players.		"The Banker Strikes Back" A teen driver takes officers on a wild, stolen car pursuit...	Law & Order: SVU A couple's dinner party ends with a violent home invasion.	News 9 Tonight (L) (N)	Tonight Show (N)		
11	WPXI Channel 11	NBC News	Wheel (N)	Jeopardy! (N)	Deal or No "The Banker Strikes Back"		Police 24/7 "Close Shave" A teen driver takes officers on a wild, stolen car pursuit...	Law & Order: SVU	News (N)	J. Fallon		
12	WBVO News (N)	NBC News	Jeopardy! (N)	Wheel (N)	Deal or No "The Banker Strikes Back"		Police 24/7 "Close Shave" A teen driver takes officers on a wild, stolen car pursuit...	Law & Order: SVU	News (N)	J. Fallon		
13	WOED	PBS News Hour (N)	BBC News America (N)	Human Trafficking	Antiques Roadshow An Elvis Presley-signed ice cream display. (N)		Antiques Roadshow	Independent Lens "Without Arrows" (N)		Amanpour (N)		
22	WCWB	Two and a Half Men "The Soils Moist"	Two and a Half Men	Modern Family "Moon Landing"	Modern Family	Police 24/7 "Tape It Off" A woman is found covered in blood near a man who was shot.	Police 24/7 "Close Shave" A teen driver takes officers on a wild, stolen car pursuit...	Crime Exposé iCRIME With Elizabeth Vargas (N)	The National News Desk			
24	WNBP	Context: America	PBS News Hour (N)	Antiques (N)	Antiques (N)		Antiques Roadshow	Independent Lens (N)	Amanpo.			
46	WVFX	News (N)	Investig.	Last Man	Last Man	9-1-1: Lone 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: Lone Star	Rescue: HI-Surf	Channel 11 News on FOX 53 at 10 (N)	Seinfeld "The Apartment"	Seinfeld "The Good Samaritan"		
<b>CABLE CHANNELS</b>												
A&E	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam
AMC	Hancock (DB) Charize Theron, Will Smith.				Shooter (07, Action) Michael Peña, Danny Glover, Mark Wahlberg.							Goodfellas
AT&TSP	FA Cup Soccer	LFC Trending (N)	Charlie C. Moore	Boxing Amir Khan vs. Lamonte Peterson (N)	Fight Sports MMA							
BET	Martin	Martin	Martin	Martin	Martin	Tyler Perry's A Madea Christmas (13) Kathy Najimy, Tyler Perry.						
CNN	Situation Room (L) (N)	E. B. OutFront (L) (N)	Cooper 360 (N)	The Source With (N)	CNN NewsNight (N)	Laura Coates Live (N)						
DISC	Contraband: Seized	Contraband: Seized	Contraband: Seized	Contraband (N)	Contraband: Seized							
DISN	Zombies	Zombies 2 (20) Meg Donnelly.	Cloud 9 (14) Dove Cameron.	Big City	Place							
ESPN	Monday Night Countdown (L) (N)		NFL Football Wild Card: Teams TBA (L) (N)									Postgame SportsC.
ESPN2	SportsCenter	SportsCenter (L) (N)	Kickoff Football Super Wild Card with Peyton and Eli: Teams TBA									Postgame Aust.Ope.
FOOD	Beat Bobby	Beat Bobby Kids Baking	Kids Baking (N)	Chopped	Chopped							Chopped
FNC	Special Report (L) (N)	Ingraham (N)	Jesse Watters (L) (N)	Hannity (L) (N)	Gutfeld (N)							Special Report
FREE	Charlie and the Chocolate Factory	Jimmy Depp.	Ratatouille (07) Voices of Ian Holm, Patton Oswalt.	The 700 Club								
HIST	Ancient Aliens: Origins "Alien Messengers"		Ancient Aliens "Ancient Close Encounters"	Ancient Aliens: Origins "Alien Arsenal"								
LIFE	The Rookie "S.T.R."	The Rookie	6,000 LB Diaries	Now "Lauren" (N)	6,000 LB Diaries							
NEWSN	The Hill (L) (N)	On Balance (L) (N)	Cuomo (L) (N)	Dan Abrams Live (N)	Banfield (L) (N)	Cuomo						
NICK	Trolls World Tour (20) Anna Kendrick.	Mod Fam	Mod Fam	Friends	Friends	Friends	Friends	Friends	Friends	Friends		
PARMT	Two Men	Two Men	Two Men	Django Unchained (2012, Western) Christoph Waltz, Leonardo DiCaprio, Jamie Foxx.								
TNT	Transformers (07) Shia LaBeouf.	Dune (21) Rebecca Ferguson, Oscar Isaac, Timothee Chalamet.	Joker									
TVLAND	A. Griffith	A. Griffith	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King
USA	Chicago Fire	Chicago Fire	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Chicago Fire	Chicago Fire
WE	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones
WFSB	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	American	American	American	American	American
<b>MOVIE CHANNELS</b>												
HBO	Gods of Egypt	Bill Maher: Is	The Martian (15) Jessica Chastain, Matt Damon.	He's Just Not That Into You								
MAX	Paranoia (13) Liam Hemsworth.	Chachi (1984) Anthony Quinn, John Wood.	Machete Kills Danny Trejo.	Inherent Vice (14) Josh Brolin, Joaquin Phoenix.								
SHOW	Primal Fear	The Untouchables (87) Kevin Costner.	Dexter: Original Sin	The Agency	Sin	Agency						
TMC	Organ Trail (23) Zoé De Grand Maison.	The Girl in the Pool	Domestic Disturbance	Mercy Leah Gibson.								

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<sup>1</sup> "Medicare & You," Centers for Medicare & Medicaid Services, 2024. <sup>2</sup> "Aging changes in teeth and gums," medlineplus.gov, 4/17/2022. <sup>3</sup> American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

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COLLEGE WRESTLING

## No. 22 WVU falls to No. 18 Pitt in Backyard Brawl dual

BY MICHAEL GRIFFITH  
Sports@dominionpost.com

MORGANTOWN — The No. 22 West Virginia University wrestling team fell to the No. 18 Pittsburgh Panthers as the Backyard Brawl hit the mat in Morgantown for a Sunday matinee inside the WVU Coliseum.

The Panthers defeated the Mountaineers 25-17, winning six of the ten bouts in the match.

WVU held an 11-0 advantage after winning the opening three matches of the night at 125, 133, and 141 pounds. But the Panthers rallied to win six out of the final seven bouts, overtaking the Mountaineers in the penultimate match at 197 pounds and sealing the deal in the finale at heavyweight.

“The match started great for us at those lighter weights, and a few of those guys picked up good wins,” WVU head coach Tim Flynn said. “Jett (Strickenberger), Mason (Kernan), and Jordan (Titus) all showed what they are capable of against quality opponents. Overall, Pitt was a little bit better today. They’re a good team and a good program, which shows in how they compete.”

The Mountaineers picked up wins, with senior Jett Strickenberger earning his second-consecutive victory over a ranked opponent to begin the contest at 125 pounds.

Freshman Mason Kernan put on an impressive performance at 133 pounds with a 12-1 ma-

ior decision victory over Pitt’s Matt Marlow.

Redshirt junior No. 32 Jordan Titus got himself back in the win column by defeating Anthony Santaniello by decision in the 141-pound bout.

Pitt then earned a major decision victory at 149 pounds and a technical fall at 157 pounds to cut the Mountaineer lead to 11-9.

WVU fifth-year senior Peyton Hall ranked third in the country in the 165-pound weight class, got WVU back on the board with an opening-round pin. The victory was Hall’s 20th win of the season and the 120th of his WVU career, moving him into a tie for second all-time in program history for wins.

SEE WRESTLING, B-2



Cassidy Roark/ The Dominion Post

West Virginia’s Jordan Titus holds down Pitt’s Anthony Santaniello on Sunday afternoon.

MEN’S BASKETBALL

# ROAD WARRIORS



West Virginia guard Joseph Yesufu (left) goes up for a basket Sunday as Colorado forward Assane Diop defends on the play.

## Yesufu, WVU topple Colorado in Big 12 win

BY JUSTIN JACKSON  
JJackson@DominionPost.com

There will come a time when the winter winds decide to quit blowing and the snow melts into the ground.

If the 21st-ranked WVU men’s basketball team is still clawing and scratching for a berth into the NCAA tournament by then, the Mountaineers

need to send a gigantic thank you to Joseph Yesufu.

The senior guard, who came into the season rehabbing from a hip injury and buried on the depth chart, handed the Mountaineers a gritty and critical road 78-70 win Sunday against Colorado inside the CU Events Center.

“Joe had a really huge second half for us,” WVU head coach Darian DeVries said on his post-game radio show. “He’s done a great job of keeping himself and ready and waiting for that opportunity. We needed his speed and his ability to get to the rim in that second half.”

Aside from remaining

in the upper echelon of the Big 12 standings — WVU is currently in a three-way tie for fourth place with a road game at No. 12 Houston coming up on Wednesday — the big news is the Mountaineers’ play on the road.

WVU picked up its second Big 12 road win of the season — the first

SEE YESUFU, B-2

PRO FOOTBALL



AP photo

A Pittsburgh Steelers supporter looks on during the second half of an NFL wild-card playoff game between the Baltimore Ravens and the Steelers on Saturday in Baltimore.

## Steelers end season on five-game skid, make playoff exit

Associated Press

BALTIMORE — Unable to reverse the negative momentum of a late-season fade, the Pittsburgh Steelers disappeared from the playoffs with a humbling loss to their fiercest rival.

Pittsburgh was eliminated by the Baltimore Ravens, who rolled to a 28-14 victory on Saturday night. The Steelers closed the season with five straight losses.

This defeat, of course, hurt more than the four that preceded it.

“I’m worried less about the regular season,” coach Mike Tomlin said. “In the single-elimination tournament, I’m really just disappointed in how we performed tonight, given the opportunity we had.”

Pittsburgh’s strength this season was its de-

fense. The unit was consistently effective in shutting down the run and notched 33 takeaways, tied for the NFL lead.

In this game, however, the Steelers were trampled by star running back Derrick Henry and quarterback Lamar Jackson.

Henry ran for 186 yards and two touchdowns. Jackson carried for 81 yards and also threw a pair of TD passes.

The Ravens finished with a 299-29 advantage in yards rushing. That was too much for Pittsburgh to overcome, but the Steelers never stopped trying.

“The best part about the game is the guys didn’t give up,” quarterback Russell Wilson said. “In the National Football League sometimes guys check out. We didn’t.”

SEE STEELERS, B-2

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## YESUFU

FROM PAGE B-1

being at Kansas — which ties for the same amount of conference road wins it's had in the last three seasons combined.

The Mountaineers were 0-9 on the road in Big 12 play last season under Josh Eilert and a combined 2-16 in league road games over the final two seasons under Bob Huggins.

Despite trailing for just 18 seconds the entire game — those came in the opening seconds of the first half — WVU (12-3, 3-1 Big 12) was on the brink of losing to the Buffaloes (9-6, 0-4), who have yet to earn a Big 12 win this season.

The Buffaloes had erased most of a 14-point deficit, were causing confusion with their full-court press and WVU's already short-handed rotation was even more compact through foul trouble.

Colorado did most of its damage in the second half by going 24 of 28 from the foul line. Otherwise, WVU's defense held the Buffaloes to just 20% (8 of 23) shooting after halftime.

"We had the game and we had that crowd quiet," DeVries said. "Now, all of a sudden, you let them creep back into it at the free-throw line."

Along came Yesufu, a college hoops journeyman who began his career at Drake with DeVries, but also had stops at Kansas and Washington State.

He finished with a season-high 18 points on 6 of 9 shooting, with 13 points coming in the second half.

Yesufu's story began with 10:38 remaining in the second half. Colorado had kept WVU scoreless for more than three minutes and had closed the gap, 54-50.

Yesufu took a long two-point shot — his foot just barley on the 3-point line — that rang true to get the lead back up to six points.

The two teams continued to trade points over the next six minutes. WVU's Sencire Harris scored on a back-door cut along the baseline and then scored on a drive to give the Mountaineers a 63-59 lead.

But then Harris fouled out and teammate Eduardo Andre also fouled out.

Javon Small, who was brilliant again with 26

points, seven assists and four rebounds, was ...

"Javon was exhausted, and rightfully so," DeVries said.

Playing without both Tucker DeVries and K.J. Tenner, both out with injuries, WVU was nearly out of options.

But Yesufu came through in the clutch.

He drove to the bucket and drew a foul, and his two free throws gave WVU a 65-61 lead with 4:44 remaining. A minute later, Yesufu got to the free-throw line again, this time sinking one for a 66-61 advantage.

After Trevor Baskin scored on a follow-up dunk, Yesufu got to the rim again for a 68-63 lead with 90 seconds remaining.

His final moment came when WVU beat Colorado's full-court press and Yesufu took the ball right at Colorado forward Assane Diop. Yesufu scored on the drive. Diop was whistled for a foul and Yesufu's three-point play gave WVU enough to win the game.

Small and Amani Hansberry finished the game out by going 7 of 8 from the foul line.

"That was a strange game," DeVries said. "(Colorado) did a good job in the second half. They got us stagnant a little bit. As the game went on, we got fatigued and that bench got shorter and shorter with foul trouble. Overall, I told the guys I don't care how we get it done, just get it done."

### Box score

**WEST VIRGINIA (12-3)**  
Andre 5-5 2-2 12, Harris 2-5 2-2 6, Okani 1-4 0-5 2, Powell 4-10 0-0 10, Small 6-17 10-12 26, Yesufu 6-9 4-5 18, Hansberry 1-4 2-2 4, Auer 0-1 0-0 0. Totals 25-55 20-28 78.

**COLORADO (9-6)**  
Diop 3-4 6-6 13, Jakimovski 3-6 2-2 8, Malone 0-1 0-0 0, Hammond 6-13 8-8 23, Smith 1-4 0-0 3, Ruffin 1-7 2-2 5, Baskin 4-8 1-2 9, Carrington 1-2 1-2 3, Dak 1-1 2-4 4, Rancik 0-2 2-4 2. Totals 20-48 24-30 70.

Halftime—West Virginia 40-29.  
3-Point Goals—West Virginia 8-24 (Small 4-10, Yesufu 2-3, Powell 2-5, Auer 0-1, Hansberry 0-1, Harris 0-1, Okani 0-3), Colorado 6-19 (Hammond 3-7, Diop 1-1, Ruffin 1-3, Smith 1-4, Carrington 0-1, Jakimovski 0-3). Fouled Out—Andre, Harris, Ruffin. Rebounds—West Virginia 26 (Harris 5), Colorado 33 (Ruffin 7). Assists—West Virginia 9 (Small 7), Colorado 13 (Ruffin 4). Total Fouls—West Virginia 24, Colorado 22. A—6,975 (11,064).

## WRESTLING

FROM PAGE B-1

"I'm just taking it one match at a time, trying to take everything in as it comes and have fun," Hall said. "Making sure to enjoy my last year is important to me and we still have a lot of wrestling in front of us."

The Mountaineers will return to action on the road against Oklahoma on Friday, Jan. 17, at 7 p.m.

### Full Results

125: Jett Strickenberger (WVU) major dec. No. 19 Nick Babin (PITT), 9-0

133: Mason Kernan (WVU) ma-

141: No. 32 Jordan Titus (WVU) dec. Anthony Santaniello (PITT), 3-1

149: Kade Brown (PITT) major dec. Sam Hillegas (WVU), 21-11

157: No. 27 Dylan Evans (PITT) tech. fall over Sasha Gavronsky (WVU), 21-6

165: No. 3 Peyton Hall (WVU) won by fall over Jared Keslar (PITT) [T - 2:46]

174: No. 18 Luca Augustine (PITT) dec. No. 29 Brody Conley (WVU), 4-2

184: No. 12 Reece Heller (PITT) dec. No. 23 Dennis Robin (WVU), 11-4

197: No. 14 Mac Stout (PITT) major dec. Ian Bush (WVU), 13-3

HWT: No. 15 Dayton Pitzer (PITT) won by fall over Michael Wolfgram (WVU) [T - 5:33]

## COLLEGE FOOTBALL

# Mountaineers land more recruits

BY KEENAN CUMMINGS

For The Dominion Post

West Virginia has continued the run of roster additions with a total of nine new commitments.

Eight of those have come from the transfer ranks, while another is a junior college prospect.

In terms of the transfers the Mountaineers have added Akron cornerback Devonte Golden-Nelson, LSU offensive lineman Kimo Makane'ol, Northern Iowa running back Tye Edwards, Washington safety Justin Harrington, Colorado State linebacker Chase Wilson, N.C. State offensive lineman Robby Martin, Virginia Union safety William Davis and Wyoming defensive end Braden Siders.

Golden-Nelson, 5-foot-10, 180-pounds, started his career at Memphis where he spent two seasons and appeared in four games prior to transferring to Akron. The Tennessee native then spent three seasons with the Zips where he appeared in 29 games during that time and recorded 66 tackles, 10 passes defended and a pair of interceptions.

Makane'ol, 6-foot-4, 297-pounds, was at LSU four-seasons where he spent time on both the of-

fensive and defensive line but is expected to play on the offensive side in Morgantown.

Edwards, 6-foot-4, 230-pounds, spent the past two seasons with the Panthers where he rushed for 1,557 yards and 11 touchdowns. That included this past season where Edwards rushed for 1,022 yards and 6 scores while catching 12 passes for 76 yards and a touchdown. He also was at Texas San Antonio for a season and had stops at Hutchinson C.C. and Georgia Military College.

Harrington, 6-foot-3, 209-pounds, only spent one season at Washington where he appeared in just eight games and recorded a total of three tackles. But prior to that the North Carolina native was at Oklahoma for three seasons where he redshirted in one and then appeared in 15 games over two years where he recorded 29 tackles and a pair of interceptions. He was the starter at the Cheetah position for the first two games of 2023 prior to a season ending injury and prior to that was one of the top JUCO safeties in the country.

Wilson, 6-foot-1, 230-pounds, was pro-

ductive during his five seasons with the Rams where he 234 tackles, 14 tackles for loss, 9 passes defended, 6 sacks and 2 interceptions during that time. The Colorado native started 25 games the past two seasons and recorded 107 tackles, 8.5 tackles for loss, 3.5 sacks and 3 passes defended in 2023 and 98 tackles, 3 tackles for loss and a pair of interceptions this past season.

Martin, 6-foot-3, 302-pounds, is a former Huntington product that was a top target for West Virginia in the 2024 recruiting class. The former all-state selection spent only one season at N.C. State before entering the transfer portal and electing to return home to the Mountain State.

Davis, 5-foot-10, 195-pounds, saw action in three seasons with the Panther and recorded 56 tackles, 11.5 tackles for loss, 1 sack and a pair of interceptions earning first-team all-conference honors at the nickel back position in 2024. Over the course of his time at Virginia Union, Davis had a total of 115 tackles, 25 tackles for loss, 9 interceptions, 4 sacks and a pair of forced fumbles as a two year starter.

Siders, 6-foot-3, 252-pounds, started 26 of 33 games in his three years on the field at Wyoming and was productive during that time with 91 tackles, 23.5 tackles for loss and 14 sacks. The Colorado native initially committed to Arizona out of the transfer portal but flipped his pledge to the Mountaineers.

Each of these transfer additions have one season of eligibility remaining outside of Martin who has four:

The final commitment in the recent wave came from Butler C.C. wide receiver Daveon Walker. The 6-foot-2, 200-pounder, received a scholarship offer from West Virginia Jan. 4 after speaking with the coaching staff and was able to quickly set up an official visit to Morgantown a few days later.

The Georgia native initially signed with Vanderbilt where he spent two seasons and played in just one game before transferring to the junior college level.

Walker played six games at Butler where he caught 19 passes for 331 yards this past season.

KEENAN CUMMINGS writes for Rivals.com.

## PRO FOOTBALL

# Josh Allen leads balanced offense as Bills dominate Broncos for 31-7 wild-card win

Associated Press

ORCHARD PARK, N.Y. — Josh Allen and the Buffalo Bills' spread the wealth approach on offense that was so productive in the regular season, proved unstoppable in their playoff opener.

Whether it was Allen completing a 24-yard touchdown pass to sliding running back Ty Johnson on fourth down, or James Cook racking up 120 yards rushing, including a 5-yard touchdown run, the Bills leaned on a balanced attack in a 31-7 win over the Denver Broncos in a wild-card playoff game on Sunday.

"I don't think there was one certain thing over another. We just wanted to come out and execute well," Allen said. "At the end of the day, we just wanted to come out and play our best football, and I feel like we did that today."

With Allen completing 20 of 26 attempts for 272 yards passing and two touchdowns, and the running game combining for 210 yards, Buffalo methodically wore down the Broncos by scoring on six of its first seven drives in



AP photo

Bills running back James Cook (4) carries the ball for a first down against the Broncos during the third quarter of an NFL wild card playoff game on Sunday in Orchard Park, N.Y.

a game where the Bills finished with a 23-minute edge in time of possession.

Allen completed passes to eight players, including getting receiver Curtis Samuel involved by essentially sealing the win with a 55-yard touchdown catch on the opening snap of the fourth quarter.

"I'll speak on behalf of

Curtis. He probably didn't have the season that he wanted to have," Allen said of the eighth-year player who was limited to 31 catches for 253 yards and a touchdown. "But he just continued to work hard, and that's kind of the mentality we've had all year is everybody eats. And today was his day."

The five-time defend-

ing AFC East champion Bills, who became the NFL's first team to score 30 touchdowns rushing and passing in a season, advanced to the divisional round for a fifth straight postseason, and will face the third-seeded Baltimore Ravens next weekend.

The Ravens, coming off a 28-14 win over Pittsburgh on Saturday, routed Buffalo 35-10 at Baltimore in Week 4 this season. The outing will mark the second playoff meeting between Allen and Baltimore quarterback Lamar Jackson after Buffalo defeated the Ravens 17-3 in the 2020 divisional round.

"This is what everyone's been waiting for, right?" coach Sean McDermott said. "So it'll be a nice week and everyone will be looking forward to it, and they're a great football team. I mean they handled us pretty good the first go around and they're certainly playing well."

The seventh-seeded Broncos were outclassed in their first playoff appearance since their Super Bowl-winning season in 2015.

## STEELERS

FROM PAGE B-1

Pittsburgh failed to force a turnover, leaving its offense a long way to go on virtually every possession. Against the Ravens, scoring two touchdowns wasn't nearly enough.

"In January football, man, you got to score points," Tomlin said, "and we weren't able to do that."

The Steelers were 10-3 and atop the AFC North on Dec. 8 after trouncing Cleveland at home, but that would be their final win.

Pittsburgh's final month of the regular season included a 34-17 loss in Baltimore that propelled the Ravens toward the division crown and a home game to start the playoffs. The Steelers (10-8) also lost to Philadelphia, Kansas City and finally, at home against a Cincinnati team that came in with an 8-8 record.

Pittsburgh has never had a losing record in Tomlin's 18 seasons and has reached the playoffs a dozen times under his direction. Although both streaks continued this season, it's unlikely Tomlin or Steelers fans will look back on this chapter with any sense of pride.

Just as disheartening, the Steel-

ers have lost six consecutive postseason games since an 18-16 win over the Chiefs in January 2017. It's been one-and-done for Pittsburgh over its last five trips to the playoffs, and Tomlin is still striving for his first Super Bowl win since the 2008 season. He moved within one loss of matching Marvin Lewis' dubious NFL record of seven consecutive playoff defeats.

"I'm just assessing what transpired tonight," Tomlin said. "Those are my bags, not their bags. The journey that we were on certainly came to a disappointing end tonight."

Eager for a fresh start after ending the regular season with a thud, the Steelers stumbled from the outset on a chilly night in Baltimore.

After Pittsburgh's opening possession ended with a punt, Baltimore (13-5) covered 95 yards in 13 plays for a 7-0 lead on a touchdown pass by Jackson to Rashod Bateman. Another three-and-out followed for the Steelers, who were outgained 128-27 in the first quarter.

It soon got worse for Pittsburgh. After another Steelers punt, Baltimore put together an 85-yard drive on 13 plays — all of them runs — to go up 14-0.

Just before the half, the Ravens applied another slap in the face to the reeling Steelers. Tomlin called a timeout with 1:08 remaining in hopes of getting the ball back as Baltimore faced a third down on its own 17.

The move backfired. The Ravens zipped downfield and went up 21-0 on Jackson's TD pass to Justice Hill with 2 seconds left.

Pittsburgh finally got into the end zone with a third-quarter touchdown pass from Wilson to Van Jefferson, but Baltimore promptly answered with a 70-yard drive, ending with a 44-yard run by Henry.

The Steelers again closed within 14 points, but that was as close as they'd get. Wilson lamented the defeat, but treasured his first season in Pittsburgh following stays in Seattle and Denver.

"It's been truly a blessing in my life, one of the best years for me personally, to be a Pittsburgh Steeler," said Wilson, still in uniform long after the final whistle.

He would love to the chance to lead the Pittsburgh offense in 2025.

"I hope I'm here," Wilson said. "It gave me so much joy being here. I love black and gold."

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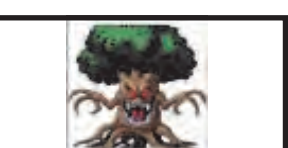
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Interested parties please send resume to  
 PO Box 1328, Uniontown, PA  
 Golden Eagle Asphalt is also looking for employees to fill positions at the asphalt plant. Resumes for asphalt plant can be sent to the same address.

**Cemetery Plots**

**Bev. Hills Mem. Gardens**  
 2 grave lots, Sec J, Lot 191-A, Units 3-4, Sermon on the Mount,  
**\$2,500 call 919-749-7220**

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**French Bulldog puppies.**  
 AKC. Shots, wormed, flea meds, heart worm. Born 10/25/24. 3 males. Ready now! Raised with other dogs, two cats and children. Extremely affectionate. Using puppy pads.  
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 CKC registered  
 Ready to go now  
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 1 males and 1 females  
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**Cats**



**Persian kittens**  
 12 weeks old. Black smoke, silver shaded, and white males available. Vet checked and 1st shots. CFA registered. Located in Wheeling, WV just 45 minutes from Pittsburgh airport. Limited delivery assistance available. \$550.00.  
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 Call **304-319-1106** or **304-319-2661**.

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**Regional Fundraising Manager**

Make-A-Wish seeks a motivated and energetic full-time development professional in its Morgantown office. Looking for a unique individual who is bold, excellent with people and knowledgeable about community.

Requires professional fundraising experience with expertise in major gifts, annual and individual giving, event planning and donor prospecting. Responsibilities also include office/staff management, public speaking and community outreach. Excellent written and verbal communication skills are a must, as well as a BA or equivalent experience. Familiarity with Salesforce is a plus. Organization has an excellent benefits package, hybrid work schedule and an open and rewarding work environment.

**Email cover letter, resume, salary requirements and three references to Make-A-Wish at [resumes@greaterpawv.wish.org](mailto:resumes@greaterpawv.wish.org).**

No calls please. EOE.

**BEAVER COMPANIES**

The Beaver Excavating Company is looking for a goal-driven **Project Manager/Estimator** to work as part of our team in Morgantown, WV. This position is responsible for all aspects of the planning and execution of assigned projects. This position works closely with project superintendents, owners, engineers, and construction managers. In addition, this role supervises and trains project engineers and other related project staff. The **Project Manager/Estimator** creates clear and attainable project objectives while keeping a focus on quality, cost, and time. This role advocates a teamwork approach and keeps the lines of communication open to ensure the best possible outcome for the customer.

**Main Job Tasks & Responsibilities:**

- Actively participates in ensuring job site safety according to Beaver safety policies
- Runs 'Pre-Job', 'Mid-Job', and 'Post-Job' meetings
- Communicates production goals clearly to field supervision
- Manages multiple projects at one time
- Develops and communicates project schedule
- Ensures that the activities of subcontractors and suppliers are monitored, completed appropriately, and are understood by job site Superintendents and Foreman
- Ensures that subcontracts and purchase orders are completed correctly with all pertinent information and submitted in a timely fashion
- Provides mentorship to subcontractors to meet project goals and requirements
- Communicates with owners and their representatives regarding budgets, schedules, and change management in a professional manner, ensuring a long term relationship
- Leads project reviews and problem resolution with owners, subcontractors, and suppliers
- Responds timely to customer's needs without compromising safety, quality, or reputation
- Coordinates project close-out and ensures completion of proper documentation
- Maintains project quality and conformance to drawings and specifications
- Seeks to meet project DBE, MBE, and EEO requirements
- Informs customers of the Beaver Companies' abilities and areas of expertise
- Maintains a vision of value engineering and actively pursues implementation within the project
- Proactively looks ahead to identify and avoid potential challenges
- Maintains full awareness of all current project conditions and issues, including union, environment, geotechnical, government regulations and permits, materials supply, subcontractors, and schedules

**Marketing & New Work Development Responsibilities:**

- Develops and maintains positive relationships both publicly and professionally in and outside of the workplace

**Management & Development Responsibilities:**

- Weighs-in on performance reviews for assigned personnel when necessary
- Estimating & Bidding Responsibilities: Accurately and efficiently bids projects
- Develops pricing for RFPs, change orders, change authorizations, bulletins, etc.
- Demonstrates a thorough understanding of how each project was bid and communicates efficiently with project Superintendents.

**Cost Management Responsibilities:**

- Identifies and manages project scope changes
- Coordinates job set-up, cost codes, and reporting project costs
- Manages project payment applications
- Tracks quantities to update project revenues
- Directs pre-job planning, turnover, lessons learned, etc.
- Manages project claims and change orders
- Takes the lead to address and solve issues that impact safety, job costs, production, quality, and profitability

**Responsibilities and tasks outlined in this document are not exhaustive and may change as determined by the needs of the company**

**Skills & Requirements:**

- Ability to demonstrate an understanding of industry practices and the impacts of project activities
- Excellent written and verbal communication
- Strong organizational and prioritization skills
- Strong leadership skills and complex problem-solving skills as it relates to customers, equipment, personnel, subcontractors, suppliers, governmental agencies, etc.
- Competent use of MS Office and construction software skills
- Demonstrates respect for coworkers and customers

**Education & Experience:**

- Bachelor's Degree in Civil Engineering, Construction Management or equivalent required; equivalent field experience will be considered
- 5 years' experience in the construction industry required
- Previous field experience preferred
- Previous experience in a supervisory role preferred

**View the full job description and apply via our website: <https://www.beaverexcavating.com/careers/>**

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# TO YOUR GOOD HEALTH

## Long-term use of high-dose gabapentin causes great concern

**DEAR DR. ROACH:** Am I a doomed man? When I was 25, I survived a battle with testicular cancer. The good news is that 45 years later, I'm in good health. The only medicine I take is gabapentin for peripheral neuropathy that was caused by the chemotherapy drugs I received during the cancer treatment. One or more of these drugs caused neuropathy in my feet.

A neurologist prescribed 800 mg three times a day, and I took this for about 15 years. As I got older, it became 800 mg four times a day for the past 20 years. People seem shocked that I'm still alive after taking so much gabapentin.

I've never experienced any known side effects from it. I have read that long-term use of gabapentin can increase the chances of dementia. Are there specific things that I should have my regular doctor test me for because of the long-term use of gabapentin? — C.P.

**ANSWER:** Testicular cancer is one of the most curable cancers because it is sensitive to both radiation and chemotherapy. However, both of these modalities can lead to problems years after the successful treatment.

For many years, platinum-based chemotherapy has been one of the mainstays for advanced

testicular cancer. Painful peripheral neuropathy, especially in the hands and feet, is a common side effect. Gabapentin is a commonly used medication to relieve pain from damage to the peripheral nerves, which occurs in diabetes or with chemotherapy.

I don't often see doses as high as you are taking, but they are certainly used. In a seminal trial on pain following shingles (post-herpetic neuralgia), the target dose of gabapentin was 900 mg four times daily. It often takes weeks or months to build up to this dose so that people can tolerate it, but it is very effective. The most common side effect is sedation, but increasing the dose slowly reduces this effect.

The evidence of gabapentin and dementia is mixed, with two studies looking at hundreds of thousands of people and coming to completely different conclusions. In the study suggesting that there was a dementia risk, it was strongest in younger people.

I conclude that you aren't doomed.

**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](mailto: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).** Rewards will be dispersed. Because you enjoy being a witness to the thriving of those who clearly deserve their rewards, your heart will be full. You're also well aware that it is impossible to really know who deserves what.

**TAURUS (April 20-May 20).** Your self-criticism is an indicator of how much you hold yourself to possibly high standards. Please remember, your value isn't diminished by a bad habit or a tough day.

**GEMINI (May 21-June 21).** When it comes to positivity, some people thrive on high hopes, while others prefer the grounding of realism. As for your expectations today, it would feel unnatural to stray too far from your innate tendencies.

**CANCER (June 22-July 22).** It takes courage to be vulnerable, to say how you really feel and to accept the ways in which you are currently limited. It's not a defeat. It's an acknowledgment of the reality you're in. You could say that your weakness is a strength.

**LEO (July 23-Aug. 22).** The changes you want and the way you'd like your life to develop are not selfish. They are a longing to express your creativity, reclaim your time and honor the person you are beyond your current load of responsibility. **VIRGO (Aug. 23-Sept. 22).** It's unnecessary to respond to everything and everyone who wants your attention. Be the gatekeeper of your own life, and while you're at it, acknowledge that you're also the gate and all that's behind it and you'll have much more control over the flow of your day.

**LIBRA (Sept. 23-Oct. 23).** Maybe you feel your pattern is very predictable, but to the ones who don't know it yet, you are exciting, interesting and maybe baffling, too. No need to explain your every move.

**SCORPIO (Oct. 24-Nov. 21).** You'll have wonderful and weird experiences that not everyone will understand. Bafflement can be invalidating. Work on your stories in private or with people who get you and you'll find the most impactful way to relay your experience.

**SAGITTARIUS (Nov. 22-Dec. 21).** The host of the party isn't always the center of attention, but they are, in the end, the main influence of the experience because so much of social flow is in the setup. You will use this principle to your advantage today.

**CAPRICORN (Dec. 22-Jan. 19).** You'll find much to enjoy in the day, mostly because you're looking for it. It's a habit you'll keep up in the days and weeks to come. Bit by bit, this fun-seeking will nudge you into new territory and culminate in a playful plot twist.

**AQUARIUS (Jan. 20-Feb. 18).** A problem doesn't have to be technically yours for you to get a surge of satisfaction from solving it. So while you're not looking to borrow trouble, when you see the solutions others miss, you are definitely game to pitch in.

**PISCES (Feb. 19-March 20).** You can take any old situation and turn it into an opportunity for warmth and connection — it's practically a hobby of yours these days. You'll apply your creativity to interpersonal dynamics.

# CROSSWORD

ACROSS

- 1 B'way sign of yore
- 4 Seaweed
- 8 Knocks
- 12 — de parfum
- 13 Rosary part
- 14 Pennsylvania port
- 15 Play part
- 16 Shakespearean villain
- 17 Grape plant
- 18 "Me, — & Irene"
- 20 Lubricated
- 21 Fermented taro root
- 22 Charter
- 24 Mere show
- 26 Gallery display
- 30 Strong wood
- 31 Egg yellow
- 33 Diagnostic image
- 34 Above
- 36 Stand

38 Swellhead's problem

- 39 Most small
- 41 Eat heartily
- 43 — gin fizz
- 44 Devotee
- 45 Stream
- 48 Like a swamp
- 51 Wild monologue
- 52 Narrative poem
- 54 Debtor's letters
- 55 Aid and —
- 56 Bundle
- 57 N.J. neighbor
- 58 Notorious ruler
- 59 Born and —
- 60 Language suffix

DOWN

- 1 Suture
- 2 Somewhat risqué
- 3 Fortright
- 4 Talent region
- 5 Turn over a new —

Answer to Previous Puzzle

R	A	W	T	S	A	G	U	S	T		
A	L	E	R	A	K	E	I	N	C	A	
P	A	L	A	L	I	T	S	P	A	M	
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W	E	D	T	I	P						
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O	N	O	Y	A	L	E	S	L	I	P	
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55					56	53				57	
58					59					60	

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# CURTIS



BY RAY BILLINGSLEY

# PEANUTS



BY CHARLES M. SCHULZ

# THE GRIZZWELLS



BY BILL SCHORR

# BEETLE BAILEY



BY GREG, BRIAN & NEAL WALKER

# FRANK & ERNEST



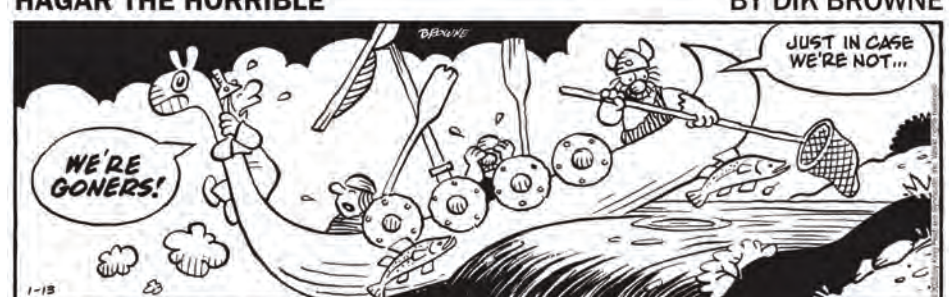
BY BOB THAVES

# BORN LOSER



BY ART & CHIP SANSON

# HAGAR THE HORRIBLE



BY DIK BROWNE

# 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).

Rating: BRONZE

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

Solution to 1/11/25

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

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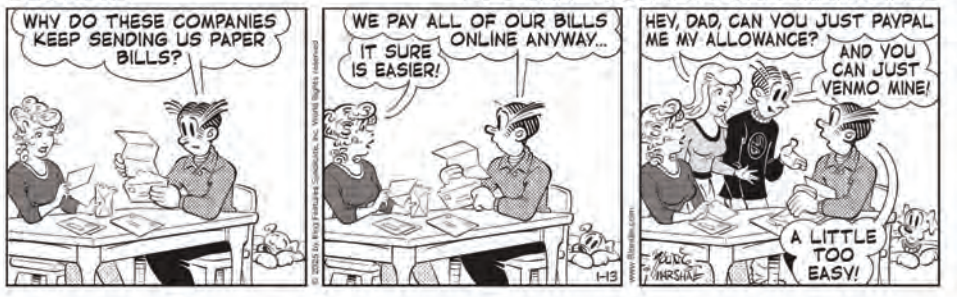
# MARMADUKE



# FAMILY CIRCUS



# BLONDIE



BY DEAN YOUNG & JOHN MARSHALL

# GARFIELD



BY JIM DAVIS

# MUTTS



BY PATRICK MCDONNELL