

2023

How-To GUIDE

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How-To Guide

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How To choose an BRIDAL SHOP

Every bride has the dream of their own wedding day and wearing a gown. The church, venue, destination, and music must be inspiring. Many women dream of their perfect wedding gown and it becomes one of the most important aspects of their wedding day. Choosing the bridal shop that fits your specific needs can save you valuable time, freeing you up to plan other wedding details. When you choose the best bridal shop for your needs you will find your ideal wedding gown. You are looking for styles that fit your body type, emphasize the right features, and mask the ones you want to minimize.

Dress Styles

After you have discovered a few styles that you are attracted to, research the bridal salons that have those styles.

A reputable bridal salon will have trained consultants that know what styles will work best for you. Most bridal salons have ready-to-wear gowns that can be altered while others offer custom designed bridal gowns as well. This is a great way to personalize your wedding gown and be aware of the additional costs related to this service.

Color and Size

Wedding dresses are traditionally white or ivory, but you can choose different shades of both including Diamond White, Egg Shell, Off White, Light Ivory, Medium Ivory, Soft Gray, or Platinum. All whites and ivories are not the same, so look for a tone that gives you a natural glow and compliments your beauty. But you don't have to wear white if you are intrigued by other fashion options.

The fashion trend leans toward under linings of lovely shades of Blush, Light Gold, or Light, Medium or Dark Nude in styles of simple elegance, elaborate embellishments, or Bohemian designs.

You can choose your own favorite color to give the wedding your own personal flair. When you choose your Bridal Salon, compare Bridal Resources, checking that they have a selection for your size. Curvy women should have many styles to choose from.

Budget

Costs can vary depending on the service the shop provides, bridal gown selection, size, and length. Some bridal boutiques will be able to accommodate a wide range of price points. Other boutiques prefer to work with a more exclusive clientele. Carefully plan your budget and be flexible as you discover you like features you had not thought of when planning your big day.

Many bridal shops work within the price range of their clients and will help you find something you will love that won't break your finances.

Convenience

Start by searching for stores in your area by researching the internet, social media, local newspapers, area magazines, and word of mouth.

Once you locate stores in your area check the type of services they provide and the merchandise they carry. Choosing a local shop is convenient, especially when it is time to alter your gown. Going to the bridal boutiques' websites can also provide a great deal of information, call and ask questions to get a feel for the personality of the shop.

Alterations

It is rare to find a bridal dress or gown that fits perfectly from the moment you take it off the rack. Most gowns will need to be altered to fit your unique body type. You will want to purchase your wedding gown six to twelve months ahead of time. Alterations take time, especially if your body changes over the months before the wedding. You might have to make multiple trips to the tailor in the days leading up to the wedding. Choose a shop that makes alterations most convenient and don't forget to budget for these changes.



You Should Be Comfortable in Your Wedding Dress

Remember that you must be comfortable in your wedding gown. Weddings and receptions require sitting, standing, and even dancing. You don't want to get a dress, no matter how beautiful, that you can't move comfortably in. Your gown should not be so tight that you cannot sit, go up and down stairs or have skin bulging from any point of your gown.

A good retailer will encourage you to consider how the dress might feel and even suggest walking and sitting to see how the dress moves and looks.

Finding your soulmate is the quest, **CONI AND FRANC** makes finding the gown easy. Every bride wants the perfect wedding dress, and for the last 41 years, this is our mission. We have made bridal dreams come true!

We offer an individual shopping experience for your entire bridal party and family and friends. We want to be a part of the happiest day of your life! "

"We have the gown, you create the memories."

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How To choose between URGENT CARE and the EMERGENCY DEPARTMENT

It's summertime, and people are spending more time on the go. They're participating in a variety of outdoor activities locally and in destinations across the state, country, and world. But what do you do when injury or illness strikes without warning? Do you go to the nearest Urgent Care clinic, or do you go to the Emergency Department at the local hospital?

"The first question I want people to ask themselves is, 'Do I need to be admitted to the hospital?' If you are older, if you have a lot of illnesses or chronic conditions, like heart disease, lung problems, cancer, things of that nature, you're more likely to get admitted. So, most of your acute complaints are best suited for the emergency department," Chris Goode, M.D., chair of the WVU Department of Emergency Medicine, said.

"Most urgent cares are very well suited to take care of minor-to-moderate ailments. If you think you broke your ankle, but you don't think your ankle needs surgery, you can go to urgent care and be taken care of. If you have a laceration on your arm and the bleeding is not fast, really bright, and really copious, you can go to urgent care and get that fixed. If you get stung by something, it turns red, and you're not having problems breathing, you can go to urgent care. And, for most people that are otherwise healthy, urgent care is a very safe option,

especially if you can drive yourself. That's another good indicator. If you or your family member can drive yourself for care, then urgent care is most often going to be a pretty good option for you."

In cases of traumas, signs of stroke, and symptoms of heart attack, it's important to call 911 so treatment can begin as soon as possible. In some instances, the earlier the treatment is started, the better the outcome.

"Most urgent cares are well suited to take care of any emergency. And if necessary, they'll contact the local emergency department and transfer you. That's perfectly OK," Dr. Goode said. "But for the most part, if you're otherwise healthy and young and you can drive there, urgent care is usually a pretty good choice for you."

WVU Medicine operates Urgent Care locations across West Virginia and in parts of Ohio and Maryland. WVU Medicine J.W. Ruby Memorial Hospital provides emergency department telemedicine services, including tele-stroke, tele-psychiatry, and tele-case management, to Braxton County Memorial Hospital, Jackson General Hospital, St. Joseph's Hospital, and Summersville Regional Medical Center.



From these local emergency departments, patients are connected to a WVU Medicine specialist using special audio and video equipment. Telemedicine allows two-way, real time interactive communication and more specialized care that may not otherwise be available in smaller communities.

"We have designed our emergency medicine system for the benefit of the patient and for the people that we serve within our Health System. We have incredible relationships with our consulting services. Many of our patients are seen by our ear, nose, and throat specialists; our ophthalmology specialists; our dermatology specialists; and our orthopaedic specialists," Goode said. "The advantage of coming to a WVU Medicine Urgent Care or emergency department is the fact that all your records are accessible through our electronic medical records. We really like to use that connectivity to provide a more seamless and better experience for the patient."

ER OR URGENT CARE

Where should I go?

Is your life in danger, or are you facing permanent disability?

Go to the ER for trauma care and surgical procedures if you've been seriously injured.

TYPICALLY TREATED IN THE ER:



broken bones
difficulty breathing
head/eye injuries
poisoning
seizures
serious burns
severe chest pain

Is your injury or illness painful but not a true emergency?

Visit urgent care for same-day care if your primary care provider is unavailable.

TYPICALLY TREATED IN URGENT CARE:



cough/cold
diarrhea
ear infections
fever
minor burns
fractures and sprains
vomiting



Visit [WVUMedicine.org](https://www.wvumedicine.org) for WVU Urgent Care wait times.

How To choose a MORTGAGE LENDER

Once they have found the home of their dreams, most buyers want to close the deal as soon as possible. But first, they need a mortgage lender.

Although finding the right mortgage lender can be time-consuming, the right lender will guide homebuyers through the loan process to find a mortgage product that fits their needs.

The best mortgage professionals are knowledgeable about their loan products and provide excellent customer service. They take pride in guiding homebuyers through what could be a confusing process, keeping the best interests and financial priorities of the homebuyers in mind.

"I think it is important for a potential homebuyer to meet with a lender before they start looking for a home. The mortgage lender will be able to provide the homebuyer with a realistic price range they can afford," says Harry Hayes, Vice President Mortgage Origination, at Clear Mountain Bank.

In addition to meeting with a mortgage professional, buyers should also research the mortgage process and various loan options. Basic financial knowledge can help a potential buyer make a sound assessment about a mortgage lender's skills and abilities.

SEEK LOCAL LENDERS

Seeking out a mortgage lender in your community is the best option. Each community has specific challenges, and a local lender will be familiar with the rapid changes happening in your community's housing market. They will understand how these changes may affect you.

Community banks typically offer lower costs and more financing options. "Clear Mountain Bank works with multiple investors and can typically offer the best market rates available. Additionally Clear Mountain



Bank (as a community bank) can offer portfolio lending. Portfolio lending is not always available through national lenders," says Hayes.

TAKING ADVANTAGE OF PERSONAL REFERRALS

Ask your friends and family about their experience with mortgage lenders. They may be comfortable recommending the same professionals they used for their home loans, or help you steer clear of offenders with negative experiences.

COMMUNICATE WITH YOUR LENDER

The best mortgage lenders will focus on understanding your long-range financial goals. They will ask you how long you intend to remain in this new home, and if you plan to make home improvements. Your answers will help the lender determine the best mortgage products to suit your needs. "Every loan product is unique and some homebuyers may qualify for more than one loan program, including first-time homebuyers programs. This is why lenders should take the

time to get to know the homebuyer's financial situation to ensure that the right product is selected for their best benefit," says Hayes.

REVIEW MORTGAGE DISCLOSURES

Once you've narrowed down your choice to three or four lenders, ask for a good faith estimate, a detailed list of costs provided by a bank or mortgage lender to a borrower. While these are only estimates and may vary slightly from your actual costs, you can use your good faith estimate as a tool to help you choose the most reasonable lender.

The mountain of forms, declarations and financial terminology can be daunting to even experienced homebuyers. Read documents thoroughly, and ask the mortgage lender to explain what each paper means. Understand what you are signing and any obligations you are assuming.

"I Never Thought
I Would Be
Able to Afford
My Own Home!"

YOU CAN OWN A HOME WITH LOW TO NO MONEY DOWN!

For many first-time homebuyers, purchasing a home can fulfill a dream, but can often seem overwhelming or not possible. But, that's where we can help!

At Clear Mountain Bank, our team of Mortgage Specialists can provide a number of home loan programs to help you purchase your own home - and often with little to no money down!

First-Time Homebuyer Programs can offer great benefits:

- Down payment assistance, including low to no money down
- Lower interest rates for qualified buyers
- Low credit lending options
- Discount on closing costs



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How To choose a MONUMENT

Every monument tells a story. A story of life, a story of tribute, a story about our loved ones. Just as people plan for their funerals, many families are planning and designing their monument. This gives you the opportunity to reflect beliefs, values and meaningful accomplishments, giving your family the chance to create a long-lasting personal statement.

Whether you are choosing a monument for yourself or for a loved one, purchasing a monument doesn't have to be difficult. Monuments come in all shapes, sizes, colors and price points with many options for personalization. To find a perfect monument for your loved one, you first need to choose an excellent monument company. Here is some guidance from **Lang Monument Company**.

Selection

The best monument companies have a wide selection of monuments onsite. At Lang Monument we have approximately 100 onsite to look at with new deliveries coming every month. Purchasing an in-stock monument simplifies the process by allowing you to see the stone in person. This also reduces the completion time by about 1/3 of a special order. If you don't see what you are looking for in our showroom, we can special order to meet your needs. Special orders do take a bit longer, however, scaled drawings are provided to ensure accuracy with as many edits and changes necessary to make it perfect.

Monuments are granite. It's long lasting, beautiful and durable. Monuments come in different colors and textures, making each piece of granite unique. Sandblasting and custom hand-etchings of in stock monuments are completed onsite at Lang Monument, personalizing the experience and reducing wait time for completion.

Lang Monument offers a wide variety of in stock markers & monuments varying in prices. A deposit begins work with the balance due upon completion. We also offer interest-free financing and accept all major credit cards.

Knowledge

Lang Monument Company is a 5th generation family business, established in



1874. Rob and Paula Lang are the current owners and operators. Rob started working at the family business with his dad and Uncle Fred during college in 1992 and proceeded to take ownership in the early 2000's. With over 30 years of experience, Rob is very knowledgeable and can answer any questions you may have, making it easy and simplified to pick out the perfect monument for you and your loved ones.

Service

Choose a monument company that has been in business for many years. Established in 1874, Lang Monument Company is located at 812 Don Knotts Blvd, Morgantown, WV 26501 and has been at this location since 1948. Stop in or schedule an appointment and Rob will answer all your questions even if you have a monument that was previously purchased elsewhere. You should never experience pressure when picking out a headstone. We will provide you with a written quote that is good for 90 days allowing you time to continue to ask questions and discuss with your family. Every purchase at Lang Monument Company is backed by our lifetime guarantee, from flower vases to

quality of granite to our 18" deep concrete foundations. **If Lang Monument Company does it, we guarantee it.**

Customization

Traditional headstones are still most commonly chosen. However, you have the option of customizing a monument in any way, including, symbols, verses, quotes, pictures, porcelain and etched including custom scenes. Bring us your picture or idea and we can hand-etch it onto a monument for you. If you have something in mind, simply ask Rob.

Other Services

At Lang Monument, we are a full-service monument company. We offer every aspect of monument services, from full-service installation, completing lettering on existing monuments, cleaning, releveling, monument repairs, drilling and mounting of flower vases, pictures and bronze plaques. We also offer plaques and sandblasting for signage, home and business addresses, and dedications.

Thank you for considering Lang Monument Company when choosing a monument and allowing our family to be of service to your family.

Lang MONUMENT COMPANY, INC.



A fifth generation company, originally founded in 1874.

Along with every life is a unique story of their journey. After a passing of a loved one, our thoughts turn to remembering them. The most permanent symbol of remembrance is the selection of a memorial. It provides us something tangible to lean on, to kneel in front of, to leave notes at, to cry beside and to remember and celebrate the life that was lived and our times together.

Since 1874, the Lang family has been preserving the personal stories in customized cemetery memorials and monuments guiding families through this important process. From sketching the shape, size, and material of the memorial, to personalizing it with engravings and etchings. We will be there every step of the way.



The Lang Family - Rob, Alex, Tara, and Paula



OUR SERVICES INCLUDE:

- Memorials & Plaques
- Children's Memorials
- Veteran's Memorials
- Pet Memorials
- Benches, Flower Vases
- Hand-Crafted Lettering
- Custom Etchings
- Death dates on existing monuments
- Cleaning, renewing & Leveling
- Full Installations including 18" Deep Foundation



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How To choose a TRADE SCHOOL

Trade schools are a faster route to the career you want and are oftentimes considered the backbone of higher education in the United States. These two-year (or less) institutions provide a bridge to four-year colleges and institutions and satisfy basic requirements at a lower tuition before offering the opportunity to transfer to a college or university.

In many cases, trade schools maintain partnerships with local colleges and universities, so you can bridge the gap from high school to higher education if you decide to continue on!

For students with family responsibilities, full-time jobs or other obligations, trade schools can be a godsend. Some find the associate's degree or diplomas offered by these school are sufficient to pursue their careers!

But don't make the mistake that one trade school is like the next. Location, tuition costs, courses and ease of scheduling are all factors to keep in mind when choosing a school!

Research all the colleges in your area. The ideal school should be in an area that is accessible to you easily by either car or public transportation. You'll be more likely to attend classes if it doesn't take hours to get there! Typically, there is no or very-limited on-campus living.

Cost is always a major factor. Check to make sure the school you are considering offers



financial aid or scholarships, student work options, or other types of loans to pay for your education!

Courses are another consideration when choosing a community college. Make sure the school is accredited or has a cooperative partnership with local or state universities so your credits are transferrable. Also consider what types of learning styles the school offers — most trade schools use the hands-on learning modalities in order to get you trained in your career skills quicker! Also consider if the school is helpful to you after you complete your program. Do they offer refresher courses? Do they have resources you can use once you've completed?

If you find several schools offer your choice of study, research their internship program and reputation. Do they have employment statistics? Do they offer assistance in job placement after graduation? Choosing a college with a higher employment rate could benefit you after graduation.

Does the school have a good standing within the community?

Do they promote local employers for job opportunities after graduation? Some trade schools partner with local employers for in-class demos, tuition reimbursement programs, job shadowing, and mock interviews. Some also offer articulation agreements that allow for learning in high school as well.

Review their offerings. Do they offer a fast-tracked schedule that gets you learning hands-on skills quickly? What about distance-learning opportunities? Some schools let students earn certificates or degrees completely online.

You might simply need to earn a certification for a current or future job. Trade schools offer these program adjustments as well. Be sure to ask your employer about tuition reimbursement!

Consider your lifestyle and personal requirements when choosing a trade school. It is likely that a school in your area will fit your needs and get you on your way to that promotion, new job or just updated skills!



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How To choose an AUCTIONEER

Are you trying to raise funds for a cause, liquidate a business or sell off an estate? You may need an auctioneer. Those in this line of work concentrate on specific auction types, so find the right one to meet your needs.

An auctioneer must be gregarious and personable, with the ability to use his or her gift of speech to develop a rapport with the audience. Look for someone who is outgoing and has a touch of humor.

Once an auctioneer establishes a verbal rapport with the audience he can better entice bidders to participate, which means putting more money in your pocket. A great auctioneer will be able to drive up bids on even the most unattractive items.

One of the first places to look for an auctioneer is at an auction house. Most skilled and experienced auctioneers are independent contractors and can work at a variety of locations.

By hiring a professional, you can be sure to have someone who can push bids higher and close at the perfect time. A professional also has the verbal dexterity to move the auction along quickly.

If you can't find a suitable professional, look for someone in your community who possesses the same attributes. Charisma can make up for verbal skills. Sometimes using someone well-known to your audience is more beneficial than hiring a professional auctioneer. This person should undergo some training in the overall auction process.



There are various logistics involved in auctions that lay people are often not familiar with.

You can also search for an auctioneer on the Internet or in your local newspaper. If you choose to look in the paper, browse through the auction section for professionals in your area.

While the Internet can be a great tool for locating an auctioneer, not every site lists only credentialed auctioneers. Be sure to visit the website of a certified institution.

No matter where you find your auctioneer, ensure that he or she is licensed and actively working auction events. Be sure to ask for references and work history.

If you've exhausted these sources, contact the National Auctioneers Association or visit their website. The person you speak with at the association will be able to provide you with a list of qualified local auctioneers.

These auctioneers will also be listed on the association's website.

Many auctioneers belong to professional organizations such as the Certified Auctioneers Institute, or CAI. By hiring an auctioneer with this certification, you can know he or she has had extensive training. Auctioneers with this certification are also held to a higher standard of integrity.

Once you've created a list of auctioneer finalists, attend auctions and watch them in action. Pay attention to how they handle the crowd and how they move the auction along. Take notes on each auctioneer and compare them.

When you've decided on one or two auctioneers, perform a quick background check and obtain reliable references.



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How To look 10 YEARS YOUNGER

You can achieve younger looking skin without having to go under the knife.

"People often ask me, 'What do you do to your skin?'" - Michel Marrara-Marlatt, Founder/Medical Esthetician at Spa Roma

And my answer is, "I use pharmaceutical-grade nutraceuticals and cosmeceutical products morning and night. Then every 3 to 4 months I do something intense to my skin, which would be a professional skin treatment."

It's important if you're going to spend the money on anti-aging skin treatments that you build a comprehensive pharmaceutical-grade skin care regimen to use at home, morning and night.

Having a comprehensive skin care program must include nutraceuticals and cosmeceuticals. We want to make sure that we're not over medicating or under nourishing the skin and we also need to make sure that we are not only nourishing skin, but also stimulating new cell growth. Cosmeceuticals are medicine for the skin; they cause new cell growth. Nutraceuticals are the nourishment that we feed the new cell growth. It is crucial to have a blend of both.

If you're using the same products at home, day after day, year after year, your skin gets "sleepy". It's important to have a skin care regimen with products that can "wake up" your skin! By that I mean products that you may not use every single day, but when your skin looks and feels dull or dry, there are a few key products that are more intense and intended for that specific use. Your Esthetician can design your skin care regimen that would include products to perk your skin up!

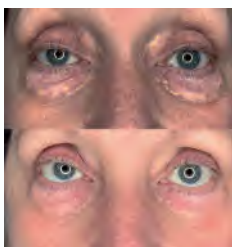
It is also important for your Esthetician to teach you the importance of doing daily exfoliation. And I don't just mean by using a retinol. Many times, patients are over-prescribed retinols, and they are under-prescribed nourishment products. More importantly, they don't know exactly how and when to use their retinols. We at Spa Roma always use a skin cycle program when using retinols. I explain it like this: if you're using a retinol every other day or every two or three days it's like pulling the car out of the garage and then putting it back in, it never really finishes what it is meant to do. We prescribe that you use your retinol products back-to-back for a number of nights and then for the other remaining nights of the month we will have you nourish the skin. It is vitally important if you're using a retinol product that you have a good topical vitamin and/or a nourishing product to feed that new cell growth. In addition to using retinol products for the purpose of smoothing fine lines, brightening pigmentation, and getting that daily exfoliation that we all need, we will have our patients on something called a peel pad, which they would use either every night

or every three nights.

In addition to products that create and nourish this new cell growth, it's also important for your skincare regimen to include a vitamin C serum and sunscreen.

At Spa Roma, we are known for enhancing peoples' natural beauty and improving their skin by building them an at-home pharmaceutical-grade skincare regimen as well as setting them up with a professional skin treatment plan.

Achieve amazing results without surgery! Here are a few of our treatment modalities that have shown proven results:



Fiberblast Plasma Pen - A device used by professionals to remove unwanted skin tissue (i.e. skin tags) and tightening the skin etc., using a plasma technology without cutting the skin. It is a non-invasive alternative to surgical

cosmetic procedures, including tightening around the mouth, the eyes cheeks and neck. It causes the skin to contract, tightening the skin. It also can be used to soften fine lines, acne, scars, hyperpigmentation, moles, small veins and more. This treatment requires minimal downtime of 5 to 7 days.



Microneedling with PRP - Hitting reset on your skin can be as simple as a 30 minute microneedling treatment.

Microneedling creates micro channels at the rate of 1600 per second.

These micro wounds stimulate your skin, kicking its healing process into high gear. Best of all it doesn't rely on heat or chemicals, so the results are natural and safe for all skin tones and types. It rejuvenates your skin from the inside out. It is quick and easy with little to no downtime. It improves the appearance of acne scars, fine lines, and wrinkles on the neck, hands chest and face, as well as breaking up hyperpigmentation. The inflammation caused from this treatment, triggers your immune system to increase blood flow and begin to create new tissue.

PRP - Platelet Rich Plasma (PRP) is also known as the "vampire facial". We obtain the PRP by drawing a small amount of your blood, spinning it in a centrifuge to separate your plasma, which we then use topically during your microneedling treatment. Plasma contains a high concentration of platelets, stem cells and growth factors. Platelets help your tissue heal and promotes new cell growth. The benefit of using PRP during your microneedling treatment is it penetrates your skin through the tiny micro channels created. The PRP super charges the benefit of your Microneedling

treatment. It also addresses under eye puffiness and dark circles to give you a more youthful well-rested appearance. It's safe for anyone wishing to improve the quality of their skin. It can be used on all skin types and all skin tones. It's beneficial for those wanting to treat acne, scars, scarring on the face and body, fine lines and hyperpigmentation. Since PRP is derived from your own blood the side effects are virtually eliminated.



Morpheus 8 - Radio frequency combined with microneedling. It is the deepest fractional treatment available on the market today. It's a safe and effective treatment option that utilizes radio

frequency technology to give the face neck, body and even the upper and lower eyelids a more youthful appearance. As well as microneedling, Morpheus 8 can also be used to help patients who have cystic acne or acne scars. This treatment is effective, treating deep into the dermal, as well as the epidermal layers of the skin. You will see an overall lifting and tightening of the skin in as little as one treatment. However, for most, three treatments are recommended to achieve a full remodeling of the dermal layer. This is one of the most effective advanced skin tightening treatments on the market today. Your downtime will be 2 to 5 days.

Areas of the body that can be treated with Fibroblast plasma, microneedling with PRP and Morpheus8 include:

- Face
- Neck
- Décolleté
- Arms
- Hands
- Legs
- Abdomen,
- Back
- Upper and lower eyelids

So, in about 30 minutes and in as few as three treatments spaced 30 days apart, you can transform your skin with any one of these professional skin treatments. Most med spas will offer package deals on three or more treatments. Your downtime will typically be 2 to 5 days, although most can return to work the next day. All these advanced skin rejuvenating treatments turn back the clock! They're all considered the "10 Years Younger Treatments". Combine these with a comprehensive skin care regimen at home and this is your formula for looking 10 years younger! Achieve amazing results without surgery!

Your skin tells your story. We're not trying to erase your history/past, but rather soften it. If you have questions or you're confused about what products and treatments would best suit your skin, schedule a FREE consultation with one of our Medical Estheticians at 304-594-9782.

BAREMINERALS

CINQ MONDES

BUMBLE & BUMBLE

ORIBE

IS CLINICAL

PCA SKIN

THE BALM COSMETICS

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How To choose a SEWING MACHINE

Looking for a new machine? Whether you're an experienced sewist or a beginner, here are a few tips to help find the perfect machine for you.

Consider what you'll be sewing or making.

There are a wide variety of machines and features on the market, so it's easy to get overwhelmed when you begin the search for a new machine. Take a few moments and think of what you'll be sewing. Will you be making garments or patching old clothes? Are you interested in quilting? Perhaps you like to make home decorating projects. Machine embroidery is popular and a fun technique to consider, but not all machines offer that capability. Consider all possibilities for the wide range of projects that you would like to create.

Look at machines that are compatible with your skill level.

Novice sewists do not need an advanced machine with sophisticated features. Stick with a basic machine but realize that quality counts. Don't buy the cheapest machine available as an inexperienced sewist. Too often, these machines are poorly designed and cause more frustration in learning to sew. For sewists of all levels, beginner through advanced, make sure that you buy a machine that allows you to grow your skills. If you're going to invest in a quality machine, make sure that it offers enough features to let you expand your sewing abilities while meeting your current needs.

Review the level of new owner and maintenance support offered.

As you research the different machines online, it's easy to compare prices across various websites. Of course, it's tempting to buy from an online store due to the lower prices, but it's very important to look at the level of support that you will receive from the online store. Local sewing machine dealers offer new owner guide classes to help you learn the features of your machine, and they also offer maintenance support to keep your machine in top shape. Another benefit from buying from a local dealer is that you can try the machine before you buy it. It is usually worth the extra investment to work with a local sewing machine dealer when you consider the value of the return that you get from in-person support.

Must-have features.

For even the most basic projects, here are a few features that are must-haves for successful and enjoyable sewing:

- **Needle up/down selection** – This feature allows you to select whether the needle will stop in the up or down position when you stop sewing. The needle down position is especially helpful when it's necessary to pivot around a point or when sewing curves.
- **LED lighting** – It's hard to sew when you can't see what you're sewing. Make sure that you select a machine with adequate lighting.
- **Needle position adjustment** – When sewing precise seam allowances, it is preferable to be able to adjust your needle position to the left or the right of center to achieve the perfect seam.
- **Automatic thread cutter** – This is a feature that is a "nice to have" and not necessarily a need. If you sew frequently,



this is a feature that will save time when working on multiple projects.

- **Needle threader** – There are a variety of mechanisms that help you thread the needle. Unless you're an eagle eye with steady hands, you'll want to find a machine that helps thread the eye of the needle.

Budget.

In today's world, most machines are computers that sew, and their cost is similar to home appliances. To determine the amount of money that you are willing to spend on a machine, compare the different brands, models, and features. Look at online forums, social media sites, Consumer Reports, and major brand websites to compare the values and set your budget. Of note, most sewing machine dealerships offer special financing to help make your purchase more budget friendly. Also, be willing to consider buying a used machine at a sewing machine store. You can save a lot of money on a high quality machine that was gently used and traded in.

Sewing machines come in all shapes and sizes at a wide range of prices. Take your time to research and test a variety of machines to find the one that is best for you.





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How To Care For Your Hearing

Your hearing health is vital to your overall well-being. Hearing health treatments reduce communication difficulties, improve social relationships, and quality of life. Your hearing health treatment at Yost Hearing is an individually prescribed experience focused on convenience & service. The Journey to Better Hearing takes a village. Your team at Yost Hearing will be there along every step of your journey.

YOUR HEARING HEALTH

Hearing Evaluation

Hearing testing is used to diagnose hearing loss. Early identification of hearing loss can help alleviate years of aggravation and keep your brain healthy. Hearing testing is non-invasive examination and a key component to your hearing health! Your community hearing health team at Yost Hearing goes above & beyond a basic hearing test with the Yost Hearing (6-Step) comprehensive hearing evaluation. The evaluation includes: a case history, otoscopy, tympanometry, pure tone testing, speech testing, and a result review.

Tinnitus Management

Many people suffer from tinnitus. In fact, about 90% of patients with hearing loss experience some degree of tinnitus. Tinnitus is often described as a ringing or buzzing sound in the ears. At Yost Hearing, you will find a comprehensive approach to tinnitus management. Your audiologist will take the time to explain what tinnitus is, potential reasons why it happens, and discuss individualized treatment plans following a thorough assessment.

Hearing Loss Protection

Sounds can be harmful to your hearing. Sound is measured in decibels (dB). A whisper is 30 dB, normal conversation is 60 dB, and a motorcycle is 95 dB. Sounds above 85 dB may start to damage your hearing & any noise above 120 dB can cause immediate harm. Wear hearing protection in noisy environments & follow the 60:60 rule! Listen to 60% or less of the max volume of your device for no more than 60 minutes. Visit Yost Hearing for all your hearing protection needs!

YOUR HEARING TREATMENT

Hearing Aid Styles & Technology

If hearing loss is diagnosed, Yost Hearing offers a variety of hearing aid styles & technology. The aids are personally prescribed to your specific hearing loss. Yost Hearing considers many factors when helping you choose your style & technology. Some factors include: hearing loss, dexterity, lifestyle, budget, listening environment, and comfort. The latest prescription hearing aid technology is incredibly powerful, offering remarkable sound quality and performance. Wireless connections allow phone calls, music, and television to stream directly to your hearing aid for exceptional clarity. Most styles are now available with rechargeability.

Aural Rehabilitation

At Yost Hearing you work with a Doctor of Audiology. An audiologist is a trained communication specialist prescribing personalized hearing treatment solutions. Your audiologist is working to rehab your ears and brain. Hearing has just as much to do with your brain as your ears. Different communication strategies along with speech or "lip reading" are used by your audiologist. Additionally, the audiologist leads the hearing aid fitting & programming process and recommends any assistive listening devices if necessary. Successful aural rehabilitation strengthens communication abilities and helps manage any stresses of gaining back your ability to hear better.

Routine Care & Maintenance

Yost Hearing believes that clean ears work better! If necessary, Yost Hearing offers ear cleanings. Patients appreciate the convenience of this fast in-clinic procedure. Excessive ear wax can contribute to tinnitus & hearing loss. Additionally, a comprehensive hearing aid check-up is vital semi-annually. This allows for a deep cleaning of aids, tubing changes, and dome & filter replacements. A professional drying treatment is done to maximize moisture removal. Benefits include: clearer sound quality, increased reliability, and longer life spans. Lastly, a listening check of your hearing aids makes sure that they are working optimally. Yost Hearing recommends an annual in-clinic hearing screening. Just as your prescription eyeglasses or contacts can change from year to year, so can your hearing!

Yost Hearing is proud to serve as your family-owned community hearing health clinic along The Journey to Better Hearing. The mission is to provide the best possible patient experience with an emphasis on convenience and service. Life is all about the journey. It's about stepping away from the noise of this world and seeing the journey for what it really is – a precious gift. The goal is to help you enjoy YOUR journey. Yost Hearing is "HEAR" for you to keep you connected to your family and friends "Because Today Can't Be Repeated".



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How To choose a MODULAR OR MOBILE HOME

Modular homes have experienced growth in popularity over the past recent years. Others look to modular homes for savings or for a vacation home.

Modular homes are built to residential standards in a factory, then delivered and assembled at the construction site. The time savings and the efficiencies of producing most of the structure in a modern factory also make modular homes a great value.

Follow these tips to help you find a modular home that will fit your needs.

The Dealer

Your first step is finding a qualified, licensed dealer who works with modular home manufacturers. Route 21 Homes is celebrating 43 years of doing business in West Virginia and Pennsylvania.

Route 21 Homes can handle all aspects of constructing your home. They will make certain that the design meets your specifications and budget.

Route 21 Homes will oversee all aspects of putting your home together, which includes securing the correct permits, to concrete, plumbing, HVAC, electrical and



carpentry work that will occur onsite. All site checks are done by qualified field supervisors free of charge.

In addition, Route 21 Homes will assist you with your lender and financing of your new home. They want to make sure everything goes smoothly for you.

The Manufacturer

Once you pick a dealer, you can begin to look at styles of modular homes.

Each manufacturer has different options. There are sizes, floor plans and architectural designs to consider. Maybe you would prefer a one-story ranch, two-story home, Cape Cod or chalet-style structure. You can customize the look to meet your

lifestyle and budget.

These homes are manufactured using innovative technologies in a controlled environment, the result is a more precisely built home. Variations in weather during construction will not affect the home. Manufacturers purchase massive quantities of materials for their factories, so they pass their cost savings on to you.

Under normal circumstances, production time at the factory is approximately 2-3 months. The structure will be delivered and placed onto your foundation. After that, the final process of construction usually takes twelve weeks depending on the home and job site.

Research the background and expertise of Route 21 Homes. Stop in and look at all types and styles of homes. They stock over \$2,000,000 in inventory and are open six days a week. Look carefully at the features and design of the manufacturer's plans. Your hard work will result in a high-quality home built to last. Route 21 Homes is one of the largest dealers in the northeast. With 43 years of experience, they make the Home Buying process simple.



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How To choose CONTINUED ADULT EDUCATION

People never stop learning. It's a lifelong process. And continuing education can be an ideal path for those who want to keep that lifelong process going.

Continuing education, or adult education, often brings to mind returning to the classroom to update job skills, earn credit for promotion, or train for a new career.

But not all continuing education programs focus solely on job skills, certificates, and degrees. Some offer education opportunities designed for personal enrichment, allowing people to learn a new hobby or add to their knowledge of a favorite interest or activity.

REQUIRED TRAINING

For those who need to fulfill a training requirement or meet a certification standard in their careers, schools, universities, and professional organizations offer many different continuing education courses in a variety of settings.

Nurses, for example, need to maintain ongoing professional certification and even pick up new ones as they refine their area of specialization. In many fields, you may find yourself in need of further training to keep pace with new techniques and developments.

If this is the case for you, two important questions to consider are whether the course fulfills the necessary requirements, and if it's convenient in meeting your busy schedule.

Be sure the continuing education course you're considering will fulfill your obligation. In many cases, the instructor's background and course

curriculum need to be very specific in order to earn or renew a certification. Verify with your employer to be certain you have the right course.

Many adult education courses are offered on nights and weekends, providing flexible schedules for most anyone's routines and lifestyles.

Some programs also offer online or correspondence options. It can be a good option if it fits into your lifestyle.

But not everyone is a good fit for online training. You must be motivated and show initiative in order to complete the assignments. However, it is an increasingly common option because it is convenient, flexible and often more affordable.

PERSONAL ENRICHMENT

For those who are curious and inquisitive, and looking for ways to stay intellectually engaged, continuing education and lifelong learning programs, offered through schools and universities, community centers, libraries, arts organizations, and more, often provide opportunities at a lower cost and with less stress to complete homework or pass tests.

The Osher Lifelong Learning Institute at West Virginia University (OLLI at WVU), housed in the Mountaineer Mall in Morgantown, is one such program. OLLI at WVU offers over 200 non-credit online and in-person classes annually, designed for older adults, in the arts



and humanities, sciences, current events, health and wellness, and more. Classes are developed and taught by volunteers from the community who are passionate about their topics, avocations, and interests, and love to share their ideas. With an emphasis on social engagement as well as learning, OLLI also hosts field trips, social events, and discussion groups; offers numerous volunteer opportunities; and nurtures new friendships.

HEALTH BENEFITS OF LIFELONG LEARNING

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."
– Henry Ford.

Whether your motivation for returning to the classroom is economical or job related, or simply for the fun of it, the health benefits of lifelong learning are well-documented. Keeping the brain healthy, as well as the body, can help lower stress, delay the onset of Alzheimer's and other dementias, and improve one's sense of self, belonging, and well-being.

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How To choose a WASTE REMOVAL COMPANY

Got Trash?

We all do, but if you're producing extra garbage and junk as a result of a remodeling, renovation or you're just getting rid of older items you no longer need, you can't rely on the regular city or county pickup to haul it away.

That's when you need to choose a waste removal company. Waste removal companies can be a big help in getting unwanted refuse removed from your property promptly and professionally.

Mountain State Waste (MSW) is able to handle all of your residential, commercial, or construction waste removal needs. At Mountain State Waste we pride ourselves on offering the finest service available in West Virginia. From large containers like roll-offs and dumpsters, to the average curbside trash pick-up, we'll be the company you can count on for all of your residential and commercial waste service needs. We also offer cardboard and single stream recycling services.

One question you may ask yourself: "Aren't all trash companies the same?". Absolutely not. One thing that separates Mountain State Waste from other companies is that we are owned and operated by native West

Virginians. We are 100% LOCAL. That means when your home or business needs prompt attention, you will be contacting our local office with our local customer service representatives. Your call will not be routed to a national call center in Arizona or Illinois, it will be received in our local company offices. Our customer service representatives know the area, know you or your business, and know how important you are. You will never be treated like just a number with MSW.

Whether you are looking for service for your home, business, or construction site, our rates are always clearly explained prior to your service so there are no surprises on your bill. MSW strives to be transparent with our fees so you have no worries.

Speaking of rates, Mountain State Waste is able to offer some of the most competitive disposal rates in the area. Many rates from waste management companies are based on distance that the refuse needs to travel to be disposed of. Since we have recently opened our Mt. Morris waste transfer station, we are only a few miles away from



most homes, businesses, and construction sites in Monongalia County. That means less travel time, less fuel, and less cost to YOU! In addition, MSW has locations in Jane Lew and Milton in order to service more areas more efficiently. Typically, we are able to get your service started and your containers delivered to your home or business within 24 hours. All our workers are friendly, trustworthy, and fully insured.

If you still need convinced that Mountain State Waste is the waste management company that you should be using, please visit our website at mountainstatewaste.com or give us a call at 866-679-2776. Remember: MSW is large enough to tackle any job, small enough to never lose attention to detail.

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How To maximize your HVAC SYSTEM

Mountain Air LLC was established in Morgantown, WV back in early 2000 by brothers Charles Westfall & Kevin Rose. We have been a family owned & operated Lennox Dealer since 2006 with the goal to give first class service and installation to every customer. We are capable of servicing most brands of equipment while specializing in the fabrication of custom duct work for nearly any application or installation.

You Can't Control Summer Temperatures, But You Can Control Your Energy Costs

With temperatures rising and energy costs soaring, there are a variety of steps you can take to cut the expenses of cooling your home. Cooling and heating equipment uses more energy than any other appliance. This inevitably shows up every month on the energy bill, but it's important to remember that energy costs can be controlled.

Homeowners play a vital role in making sure their cooling systems operate at peak performance to maximize home comfort and money savings. It's important to realize that operating a dirty unit can cause unnecessary loss of efficiency and can damage the unit. A few minor steps are a small price to pay for the high efficiency, which means lower energy bills and improved total comfort. A qualified service technician should handle major maintenance tasks, but homeowners can take a few simple steps to ensure their systems are running properly.

Homeowners can

- Trim brush and shrubbery near outdoor units to prevent airflow obstruction

- Remove grass clippings, leaves and other debris from outdoor coil
- Replace indoor unit's filter monthly and clean the blower
- Reduce clutter in near registers/return vents to maintain proper ventilation and reduce the system's cooling load

Annual Maintenance

One step to control energy costs is to schedule annual maintenance checks with a technician to make sure your unit is running efficiently. Most cooling systems require very little owner maintenance. However, operating dirty cooling equipment can result in an unnecessary loss of efficiency and can damage the furnace.

High-Efficiency Cooling Equipment

If you are in the market for a new cooling unit, consider purchasing a high efficiency model. These can help reduce your energy costs as well as conserve our natural resources. When selecting an air conditioner or heat pump, pay close attention to the SEER (Seasonal Energy Efficiency Ratio). This is a measure of cooling efficiency for air conditioners. The higher the SEER, the higher the savings. The minimum SEER rating is 13.



Zoning

Zoning can drastically lower your heating costs. With zoning, you no longer have to pay to heat or cool areas of your home that are rarely used. You won't have to heat or cool the whole house just to make one room comfortable. Zoning divides your home into separate comfort areas, which are heated or cooled based on your needs.

Programmable Thermostats

Programmable or setback thermostats can make a big difference in energy consumption. These thermostats deliver maximum comfort, efficiency, and energy savings. Programmable thermostats are used to achieve the temperatures you want throughout your home. For example, if you're going to be away, you can set the whole house at an energy-saving temperature to avoid heating or cooling an empty house.

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How To choose a GENERATOR

No matter where you live, everyone experiences power outages from time to time. That's why investing in a powerful generator can bring you peace of mind, knowing you have instant access to power when outages occur.

Even if you rarely experience power outages, generators are useful for powering all sorts of tools and appliances without needing access to power outlets.

Generators come in a wide variety of sizes and power output. You can get a good idea of these capabilities online, but when it comes time to buy a generator, a free on-site estimate is the most accurate way to pick the correct size for your needs.

AUTOMATIC STANDBY GENERATORS

Automatic standby generators are on continuous standby, meaning that the generator can power itself on and off, regardless of whether you are home or not. Once a stop in the flow of electricity is detected, these machines respond instantly. They turn themselves on and begin supplying power.

Installed outside of your home, these generators are similar to central heating and air units. They are powered by liquid propane or natural gas. The generator supplies electricity directly to your home's circuit breaker.

Because they operate quietly and smoothly, they are not an annoyance or distraction to you or your neighbors.

PORTABLE GENERATORS

Portable generators are built to remain outside of your home. These mobile units are fueled by gasoline and manually operated.



Extension cords will make it easier to plug objects directly into the generator. These kinds of generators are usually cheaper than automatic standby generators.

STANDBY VS. PORTABLE

Despite the price difference, there are plenty of advantages to buying an automatic standby generator. Since automatic standby generators use natural gas and liquid propane, the cost of running this machine will be cheaper.

These units keep your house neat and clutter-free. Portable generators require numerous wires and extension cords running through your home. It is much easier to have power connected directly into your home's infrastructure.

Once power is restored, automatic standby units turn themselves off. There is no need to worry about shutting it off yourself.

DEDICATED SERVICE

Crites Electric has been installing and servicing generators for over 44 years. We provide free in-home estimates to properly size your unit

to meet your needs, make sure your gas line is the proper size to support your generator, and check your electric service.

Crites has been recognized by Generac as a Premier dealer for 7 years. Crites Electric won Generac's Regional Dealer of the year that is given to one dealer from the East Coast and Canada. 2017 was the best year yet, as they won the prestigious CORE award, which is presented to one dealer in the continental United States.

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How To choose the RIGHT BANK

Finding the right bank can help you protect your hard-earned money while giving your overall financial security an extra boost.

It stands to reason that you should apply the same effort and care to finding the right financial institution that you'd use to earn your money in the first place. Money is one of our society's stabilizing forces, and controlling how your money is handled is one of the chief factors in determining whether your life is easy or hard.

When it comes to banks, the one-size-fits-all rule does not apply. Not all banks provide the same types of financial services and programs, nor do they offer the same returns. While plenty of people use convenience as their main guide in selecting a bank, settling for a bank just for its location might cost you some significant benefits.

There are many other factors to consider besides convenience. While convenience is important, it shouldn't be your only guide.

Think about these tips when you begin looking for a bank.

Interest Rates and Fees Charged

Banks operate in a competitive market. They're constantly competing with other financial service providers to earn your business.

One way banks lure new customers is to offer appealing interest rates. While it's typical for savings account interest rates to vary widely, a majority of institutions make adjustments according to changes in the federal funds rate.

Those little numbers on a bank's interest rate listing may look insignificant, but they add up dramatically when applied to large deposits over time. When substantial deposit amounts are involved, a slightly higher rate can make a big difference.

Banks also charge fees for particular transactions. For example, a checking

account may only allow a certain number of checks to be written each month before a fee is assessed. Sometimes, a minimum balance is required to keep the account active.

But there are banks that offer free services, like free checking accounts and other options. Make sure, though, that the free checking is really free. There may be stipulations such as being required to keep a minimum balance in the account at all times.

Look at a fee schedule to determine if it is acceptable to you.

Personal Convenience

Convenience will be a significant factor when selecting a bank, and for good reason. Banks with multiple locations in convenient areas are important.

If you travel frequently, make sure your local or regional financial institution is a member of a national network.

Also, ask about their online banking policies. Is their website easy to navigate and secure? Online banking can be a great way to pay bills and transfer money between accounts.

Overdraft Safeguards

Everyone makes mistakes. Accidental overdrafts happen occasionally. Each financial institution has a different policy about these matters.

Some banks might offer overdraft coverage in the form of a high-interest credit line. Other banks charge fees each time an overdraft occurs.

Sometimes, banks provide no coverage. Be sure to research overdraft policies before making a final decision.



Institutional Stability

It's always important to consider a bank's stability. Before you entrust your money to an institution, check its history and financial condition.

Typically, banks invest deposited funds under a fractional reserve banking system. Any bank with a strong balance sheet should be able to weather any turbulence caused by market corrections.

The majority of banks are insured by the Federal Deposit Insurance Corporation for up to \$250,000 per depositor. This value can vary depending on the type and number of accounts held by a customer.

Provided you understand and act within these safeguards, your money will likely be safe in a bank. That is not to say that failures are impossible. A solid bank will limit exposure to toxic assets that put its balance sheet at risk.

Services You Need

Most banks offer a variety of services. Whether you need to get a loan or open a checking account, choose a bank that fulfills your needs with the fewest fees. It should offer the maximum conveniences possible.

Careful and vigilant consumers will have positive experiences by making an effort to choose a trustworthy bank.



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How To select the best RETIREMENT COMMUNITY FOR YOUR NEEDS

More Americans are staying active into their retirement years. And they're increasingly looking for living arrangements around others who want to maintain an active lifestyle.

For many of these people, a retirement community is the ideal choice.

Seniors today are also more health conscious and recognize that an active lifestyle could prolong their lives.

That's why many are looking for the kind of retirement communities that match their active lives, as well as their goals for lively recreation and relaxed living.

Before making a financial commitment to a living facility, consider these points.

Community Activities and Parking

The right community will feature the activities that matter to you or your loved one. Any prospective retirement community should have easy access to activities such as golf, tennis, swimming and walking. Many seniors enjoy spending time engaged in energizing activities like these.

But other seniors may enjoy arts and crafts, board games, dancing and organized activities. Participating in social events can provide seniors with opportunities to make new friends.

Look into which types of social events are organized within the retirement community you're considering.

Find out also whether the community has ample opportunities for residents to travel to theaters, museums or shopping malls together.

Parking is another important factor when choosing a retirement community. Most people enjoy having family and friends visit, so parking is a necessity. When parking is tight, visitors will be less likely to come. Do not overlook its importance.



Medical Care Facilities

Emergency personnel should be able to gain easy access to any retirement community.

Know the location of the closest hospitals, doctors, ambulance services and other personnel. You may wish to restrict your search to communities located near your preferred physician or other service providers.

Any prospective community should have a formal emergency plan in place. In addition, check to see if the retirement unit has custom safety features, such as railings in the bathrooms and entranceways.

Pet Policies

Pet policies are another feature to consider when investigating potential retirement communities. Some facilities will allow you to bring your pet to live with you while others will not. So if you have a pet you don't want to leave behind, you may be able to bring it with you. Many communities now recognize the health benefits of having pets.

Additionally, a park or nearby dog walking area will benefit you and your animal companion, particularly if your pet requires daily exercise. Taking a walk each day will benefit both of you.

Churches, Libraries and Schools

Consider how close the community is to schools, sports facilities, and other sites that produce a large amount of traffic volumes and noise levels. Many people prefer to live in less congested, quiet areas during their later years. Also, think about where the nearest libraries and churches are located, as well as public transportation.

Ask whether the community provides its own transportation for residents. Some facilities have their own fleet of minivans and buses. It is extremely helpful for seniors who no longer drive and need to do some routine personal shopping.

The Community

Current residents will give you a feel for their level of satisfaction with the community. Talk to them about their experiences and seek candid reviews of the amenities and staff.

After all, it is important you feel confident that you have selected a retirement community that fits your personal needs and lifestyles.

By taking the time to research multiple facilities, you will undoubtedly find a warm, welcoming facility. You will be able to build lasting friendships and gain the support you need to have fun during your retirement.



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How To choose a PROPANE COMPANY

If the power goes out, you'll be glad your home has propane.

If the power goes out, you'll be glad your home has propane.

A great alternative to electricity, propane gives millions of rural homeowners the power to heat their houses and cook their meals. In many areas, it can be stored in an on-site tank without the need for a connection to an outside utility supply. That makes propane an especially popular choice for people whose homes lack access to natural gas utilities. A good propane supplier will charge a reasonable price and provide quality service. Look for a supplier who can guide you through the process of using propane and who will stand behind his product.

Here are some tips to help you pick the right propane supplier.

RELIABILITY

It's smart to form a good relationship with your propane supplier. That's especially true if you use propane to heat your whole house. Regular customers to any business often get better service.

The right company will treat you with respect. They will go the extra mile to cultivate a good relationship with you as a customer.

Get your tanks from a reputable company that sells high-quality products. It's important to choose a company with a good reputation for thoroughness and responsiveness when it comes to servicing the tanks they sell. Ask about automatic deliveries, safety checks, and cellular tank monitors.

And here's a tip if you use propane for your outdoor grill: Exchange your empty propane tank at an authorized propane dealer for the best service.



PRICE

Buy the highest-quality tank you can afford. It will last longer than a cheaper one, and you won't have to worry about leakage.

Quality tanks are made with heavier metal, so they are built to last. Their valves and hoses are not prone to breakage.

A good propane dealer will replace a faulty tank without question, or do a free tank rental. Also ask about ways to save money on propane. A regular delivery schedule may come with price breaks. Locking in an annual price will help you avoid price fluctuations.

PROPER STANDARDS

Propane companies are subject to government requirements and standards. When you visit the office, look for certifications and licenses that should be displayed prominently. If they are not posted, request to see them. Salespeople are also licensed by the government. They should be happy to show you their licensing and certification for your state.

Remember that you are protecting your family, life and property by asking for verification. Any reputable

dealer will be more than happy to show their documentation to you.

BACKGROUND

Before doing business with any propane company, check their safety and customer service record. State public service commission's usually oversee propane supplies. Speaking to them can be quite informative.

The Better Business Bureau is the best source for information on customer service complaints. Avoid a company with too many safety infractions and too many dissatisfied customers. However you should not discount a company that has responded to complaints and resolved issues. Family, friends and neighbors are also great sources of information about propane dealers in your community. Ask them about their experiences. Most propane dealers are safe, honest and highly reputable. Time and research will determine which dealer is a good fit for you. Once you have selected the best dealer in your community, work to establish a relationship with them. Having a friend in the business is a very good thing on a cold winter's night.

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How To Reduce Food Waste

Did you know that almost 40% of waste going to the landfill is wasted food? Thirty-eight percent of it is edible food that could have been eaten. There was nothing wrong with it other than maybe it was ugly, damaged packaging, lack of interest or not knowing what to do with leftovers or a misunderstanding of food labels. Besides the importance of not throwing away perfectly good food, grocery bills are going up and with more people in need of help with food, this is a good time to look at How to Reduce Wasting Food.

Plan Meals

First, make a list by taking a look around the cupboards and fridge to see what you already have and can use. It might be that you already have an ingredient or can use those leftovers to make a meal. Make sure to shop and buy only what you need and then use what you buy. Check out Savethefood.com for an easy-to-use Meal Prep Mate.

Buy the Ugly Fruits and Vegetables

The trend is changing but some stores still reject imperfect “ugly” produce. These fruits and vegetables are still delicious so give them a try and keep them from being wasted.

Donate

If you ended up buying too much food that you will not eat soon consider donating to a local food pantry. Contact the pantry directly to learn the items they accept and when.

Chill the Fridge Out

Is your fridge at the right temperature? The FDA recommends your fridge is at 40 degrees or below

and your freezer at 0 degrees to protect your food and keep your food safe and fresh for longer. Your food can last at least three days longer in the fridge and even longer in the freezer. Purchase a small thermometer to keep in the fridge and freezer and monitor the temperature often. If you are not sure how to set the temperature in your fridge contact the manufacturer.

Organize Your Fridge

Practice “First In First Out” (FIFO) by shifting the older foods to the front of the fridge, freezer or pantry and put new ones in the back so you remember to eat them before they spoil and go bad. Set up, and label an “Eat Soon” or “Eat First” section shelf, or bin dedicated to items that need to be eaten soon. For families, make sure the shelf is where the kids can see it and get them involved!

Use Leftovers

Leftovers, and foods needing to be eaten soon and overripe fruits and vegetables, can be mixed together to make another meal! There are recipes, and programs, to help you. Check out Hellmann’s Make Taste, Not Waste campaign, Save the Food or Love Food Hate Waste websites for some tasty recipes.

How Long to Keep Food to Avoid Wasting It

You likely can see and smell that some foods are no longer good to eat. But what about other food? Check out the Food Safety.gov FoodKeeper tool or try the Save the Food Storage Interactive Storage Guide.

Food Product Dating Labels

Confused by those “Sell By”, “Best if Used By/Before”, “Use By” or “Freeze

By” date labels on food packages? You are not alone. Except for infant formula, the dates on packing are not safety dates. See the USDA’s explanation for each.

“Best if Used By/Before”

date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.

“Sell-By”

date tells the store how long to display the product for sale for inventory management. It is not a safety date.

“Use-By”

date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formulas.

Grow Your Own

Another cost saving approach is to grow your own food. Check out WVU Extension Gardening Guide which includes container gardening and gardening with limited space and WVU Campus Food Garden and Urban Farm. Both are available to the public.

Compost

Composting is another way to reduce food waste going to the landfill. Start at home or consider a community composting area. The WVU Campus Food Garden and Urban Farm not only shows you how to grow your own food but they offer composting classes too.

To learn more about how to reduce food waste visit our website monongaliacountyswa.com, subscribe to our e-newsletter or follow us on Facebook or Nextdoor.

Monongalia County Solid Waste Authority



304-292-3801

www.monongaliacountyswa.com

moncountyswa@gmail.com



*A resource for Monongalia County residents
to learn about solid waste issues, recycling events,
and where to properly dispose of or recycle solid waste items.*

Confused about what the date labels on food packages mean?



Here's what you should know:



You'll see a date on the label of most packaged foods.

- Labels often include phrases like "Use by" or "Best if used by," but may only have a date. Other than infant formula, date labels are not required by federal law on packaged foods.
- Manufacturers often apply a date to inform consumers and retailers when the food will be at its best quality. Food packages may also have a date to indicate when the food was produced or packed.

SELL BY



Avoid wasting food

- Don't just rely on the date label that appears on a package. Look at and smell the food for signs of spoilage to know if it is ok to eat. Toss it if the color, consistency, or texture has changed.
- If the label recommends eating the food within a certain number of days after opening the package, eat it before that window closes.

Extending shelf life

- Freezing is a good option for extending the shelf life of many packaged foods. Use the USDA's FoodKeeper App for information on how to safely store different foods to maximize freshness and quality.

<https://www.foodsafety.gov/keep-look-safe/foodkeeper-app>

If you have questions about the shelf life, quality or safety of a packaged food you have purchased, contact the manufacturer listed on the package.

For more information and resources about food waste visit:
<https://www.fda.gov/food/consumers/food-loss-and-waste>

For links to the tools mentioned in this article, visit our website:
www.monongaliacountyswa.com

Reduce food waste.



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FOOD
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CHILL THE FRIDGE OUT



Do you think I'm ugly?



How To choose FUNERAL & CREMATION CARE

Choose Smith Funeral & Cremation Care For Your Needs

When we lose a loved one, the sense of loss and emotional pain that accompanies their passing can sometimes be unbearable. In addition to your grief, there are practical matters that need to be addressed. One of these tasks is selecting a funeral home, and it's never an easy decision to make.

Smith Funeral & Cremation Care, located at 108 Holland Avenue in Morgantown, knows that making funeral arrangements is one such task. But there are some ways to make the process easier, and a little less stressful. If you need to find the best funeral home for a family member, these tips can help make the burden of choosing the right funeral home a little less stressful.

Compare Prices & Facilities:

"Convenience and familiarity play a role for many when it comes to choosing a funeral home. It might be tempting simply to choose the funeral home that's most familiar to you, but this isn't always the best option," says Jason Smith, Licensed Funeral Director and Co-Owner of Smith Funeral & Cremation Care.

Smith Funeral & Cremation Care has always had a transparent approach to funeral & cremation services. They were the first funeral home in North Central WV to openly publish their prices for all to see and continue to do so.

"Make sure that when you are comparing prices that you're getting an apples-to-apples comparison. Every funeral home is required to give you a copy of their General Price List, and at least show you their merchandise price lists. Take the time to talk these over with your family, and don't make a rash decision", continued Smith.

Smith Funeral & Cremation Care has a completely remodeled facility that provides a warm and homelike atmosphere, along with all the necessary amenities for today's changing needs. Expanded parking has been added, and the funeral home is constantly updated with the needs of their client families in mind.

Look at Reviews and Ask for References:

Almost everyone, at some point, needs the services of a funeral home. Even if you haven't personally experienced this, chances are you have friends who have. Reach out to those you know and ask for their recommendations based on their own experiences with funeral homes.

They can provide valuable information about the staff, facilities, and pricing of specific funeral homes. Smith Funeral & Cremation Care has the distinction of being the most reviewed and highest rated funeral and cremation service provider in the Morgantown area on platforms like Facebook, Google, Yelp and the BBB. This recognition is a testament to the quality of care they offer and the personal touch they provide.

Transparent Pricing:

Funeral homes differ in how they handle services and cater to specific requirements. When choosing a funeral home, it's crucial to select one that meets your specific needs to make this challenging situation a little less daunting.

Cathy Smith, who is Co-Owner, Licensed Funeral Director, and Certified Celebrant says, "That's where we come in. We make it easier from the first thought of having to choose a funeral home, from the first call for service, through the end of our services and beyond."

Smith Funeral & Cremation Care offers easy to understand complete funeral and cremation plans that can be found on the funeral home's website, www.smithfcc.com. This lets you make decisions and compare prices from the comfort of your own home rather than in a funeral home and be presented with overwhelming options and difficult-to-understand pricing.

Also, Smith's are proud to offer an in-house monument business, Etched in Stone Monument Design. This allows families to select everything they need in one place and even receive discounts on monuments when they choose Smith Funeral & Cremation Care.

SFCC Crematory

In December of 2022, Jason and Cathy Smith opened SFCC Crematory to better serve families who choose cremation services. With four licensed cremationists and the area's most state-of-the-art crematory, you can rest assured that your loved one will never leave their care. For those who want to see their loved one through the beginning of the process, or for those whose religious customs or traditions warrant it, the Smiths also offer the ability to witness the start of the cremation process.



Photo Courtesy of Post and Boost at postandboost.com

Smith's Caring Family:

When visiting a potential funeral home, the funeral director and staff can greatly influence your decision. A compassionate and professional funeral director will take the time to explain all your options with empathy, enabling you to make an informed choice. At Smith Funeral & Cremation Care, Jason and Cathy believe that everyone, regardless of their circumstances, is still somebody's someone. They genuinely care about getting to know you and your family and will work within your financial means to create a dignified and lasting tribute to your loved ones. If a funeral director seems dismissive or uninterested in your needs, or makes you feel like you and your deceased loved ones aren't important, it's best to consider other options.

Their Beautiful Comfort Dog, Coco:

Nearly from day one, Coco E. Claire, an English Chocolate Lab with, what Jason and Cathy say has the biggest heart ever, has been greeting area families and turning frowns into smiles. Coco is available to work with each family upon request and be present during visitations and funeral or memorial services. She is wonderful with children and our older friends, and will quickly become a member of your family, even if for just a little while.

If you want your loved one to receive the proper funeral they deserve, Smith Funeral & Cremation Care is the best choice for your family. Their commitment to fair pricing, transparent services, and compassionate care sets them apart, ensuring that you and your family can navigate this difficult time with support and dignity.

At Smith Funeral & Cremation Care,

we understand that honoring a loved one's memory is more than just a service—it's an experience that should be cherished and remembered.

We are proud to go beyond expectations, providing you with a compassionate and personalized experience that will truly celebrate the unique life that was lived.

Let Jason and Cathy help you with pre-planning or transferring a pre-arrangement.

C Jason Smith -
LIC

Catherine A Smith -
COIC, LFD,
Certified Celebrant

Bailey Glodowski -
Funeral Service Apprentice



108 Holland Avenue
Morgantown

304-292-9494

www.smithfcc.com



How To choose a NEW CAR DEALER

Buying a new car can be exciting, but with that excitement comes significant stress. You can ease the stress that comes with making such a big decision by choosing a trustworthy and reputable car dealer. With the right dealership, the car buying experience can become a simple, low-pressure transaction. You may even find it pleasant. And when you're done, you'll feel great as you drive your new vehicle off the lot.

At **Weimer Hyundai of Morgantown**, we earn your trust by what we say and what we do. The relationships we've built with our customers are very important to us. Keep these thoughts in mind as you look for a good automobile dealer.

Choose the Right Car

Selecting a great car dealer is vital, but before you can do that, you have to select the right kind of automobile — one that fits your needs and personal style. Large families may need an SUV or van in order to fit everyone into the vehicle. But college students buying their first



car would probably be happy with a compact car such as a coupe. The savings on gas will help ease your finances while you are in school.

Along with the car model, there are numerous options to consider. You might get a car with a navigation system, moonroof, GPS or satellite radio, just to name a few. Your friendly salesperson at Weimer Hyundai can help guide you as you select those options. If you have to commute long distances, think about purchasing a smaller car with a good MPG (miles per gallon) rating. Hybrid and electric cars can also help you save money each month. There may be tax credits up to \$7500 for electric vehicles. Anyone in a cold climate might look at various vehicles with either all-wheel or front-wheel drive.

your business will help you negotiate the total cost of your car. Be aware, however, that the price isn't everything. What about their service department? Look for the availability of dealer loaner or rental cars while yours is being serviced. Do they have an indoor service drive? Stop in and meet the people who will be taking care of your vehicle. And introduce yourself to the General Manager, such as Weimer's Brian Atwood. These are all great tips to building a long-term relationship with this dealership.

Make sure to look for current discounts on the car you want. During specific times of the year, you may be able to get a better deal on a new car. This is particularly true during year-end sales.

And of course, you should "test-drive" a car before purchasing it. A great dealer will have a knowledgeable representative who can assist you as you examine the finer points of each automobile you may be looking at.

Buying a car is an expensive, long-term commitment. For most, it's the second largest purchase you'll ever make next to a home. Finding a great dealer, like **Weimer Hyundai of Morgantown**, will make your transaction as simple and comfortable as possible

Choose the Dealer

Once you have settled on a car model, check into area car dealers. Finding several dealers who sell the brand of car you want is usually best. The competition for



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All vehicles shown may not be in dealer stock. See dealer for details.

How To choose a WATER TREATMENT COMPANY

With growing awareness of the quality of our water and the pursuit of healthier lifestyles, water has become an integrated part of the overall quality of life. Choosing wisely will give you the peace of mind that your concerns are being addressed in the best way possible.

Purchasing a water treatment system does not have to be difficult or confusing, but it does require knowledge and experience about water and how different products perform and their proper application.

Here are a few considerations when looking for water treatment and a dealer.

Choose a committed water treatment company — you may want to steer clear of companies or individuals that do water as a sideline, upsale or add-on.

How many years have they been in water treatment business and what is their reputation, reviews, referrals? What is the expected longevity of their products? What are the recurring services needed, how often and at what cost? Are their products cutting-edge, yet homeowner-friendly? How long have they been carrying the product and are they made in the U.S.? Who is their manufacturer? Get a second opinion, ask questions. Never let someone pressure you into contracts, agreements or pricing that you are uncomfortable with. A reputable company will give you time to decide. Here at Royal Water we chose to do one job and do it to the best of our ability and with excellence.

Here at Royal Water Treatment LLC we believe actual knowledge and experience are priceless. First, after listening to your water concerns and doing a free water analysis, we will give you an honest water evaluation. No pressure, no gimmicks, no contracts. We know the products that will effectively and affordably address your water-quality issues. Being a nationally

backed but locally veteran and woman-owned business, we understand the importance of serving our community and beautiful state well. We love the service we provide and the people we have gotten to know!

We don't have to ask what's in your water. With over 32 years knowledge and experience in fixing problem water, we have not been taken by surprise by the issues that are just coming to light, so don't get stuck on someone's learning curve, we know how to achieve the quality of water your family deserves. We want your treated water to exceed your expectations.

Royal Water Treatment carries only the highest-quality water treatment equipment available, with the best warranties, guarantees and pricing! We are a full-line water treatment company. We offer every aspect of water treatment service, from sales & installations to service & supplies. We guarantee that our products will give you the quality of water you are looking for.

We offer everything for your well or city water, from Chemical-Free Iron & Sulfur removal, ultraviolet light, ultra-filtration for sterilization of bacteria and viruses, high-efficiency water softeners for hardness, chlorine, and by-products reduction for the whole house. Reverse Osmosis for purified drinking, cooking and ice. We address everything from methane, radon, arsenic, low water pressure, storage and preparedness etc. If it's found in your water we can fix it! And we will continue to service you after your purchase. All of our products are made in the U.S. with third-party laboratory testing and certification.

Currently our office is located



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Check us out on Instagram for some great before and afters, and find out why Royal Water Treatment LLC has the happiest customers! Dare to compare — you'll be glad you did.

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How To help YOUR CHILD DEAL WITH TRAUMA

Parents want the best for their children. They spend time preparing healthy meals, engaging in educational activities with their children, and protecting their children from harm. Unfortunately, adversity is a part of life and there is no way for a parent to shelter their child from it. Some life experiences may even be considered traumatic. Traumas are serious events that are scary and cause kids to fear for their life or safety. Events like abuse, violence, separation from a parent, having a parent struggling with mental illness or addiction, serious illness, violence, accidents, or natural disasters can be traumatic. It is normal for children to have intense emotions after a traumatic incident. They may withdraw from others, cry frequently, exhibit irritability, or not enjoy their typical activities. For some kids, trauma can even lead to post-traumatic stress disorder (PTSD). Without the proper support, the effects of trauma can negatively impact children as they mature and lead to lasting problems. It is possible for kids to recover from trauma. Professionals often refer to this process as building resilience. Children who have been traumatized often need therapy to recover and heal. However, parents and guardians also have an important role to play in building resilience in children. Using these coping tips can help children learn that they have the ability to manage symptoms of traumatic events, rebuild their sense of safety, and thrive.

Maintain routines as much as possible. Try to follow your child's typical eating schedules and bedtime routines. Make sure that they continue to participate in activities that they like. The familiarity and consistency create a sense of security for your child.

Help your child talk about feelings

Model how to talk about feelings in a healthy and productive way. Pick good times to talk when there are natural openings to start a discussion. Acknowledge your child's feelings. Avoid simply saying, "Everything will be OK," or "Don't worry." These statements may send the message that their feelings aren't OK. Instead, listen to their concerns and reflect their statements with responses such as "I hear that you are scared". Then discuss steps that they can take to feel safe and let them know that you will help them.

Spend time with your child

After a trauma, kids need your support and comfort more than ever. Participate in activities together that are fun and relaxing. Take walks, play games, and share meals. Give your child hugs and smiles. Praise your child and use loving words that let your child know how much you care about them.



Stay calm and pay attention to your own emotional health

Much like they advise you on an airplane that if oxygen is needed to put your mask on first before helping a child, you need to make sure that you are processing the traumatic event and using healthy coping skills. Your child will take their cues from you. If you model emotion regulation your child will feel reassured and secure. Seek professional help for yourself if needed.

If you have questions about how to help your child recover from a traumatic event, you can reach out to Monongalia County Child Advocacy Center for more tips and guidance.



**Mon
County
Child
Advocacy
Center**

Monongalia County Child Advocacy Center

Providing The Help We Need.

**Empowering traumatized children
by building resiliency and restoring hope.**



**Help Us
Help Them.**

Donate Today



We help children who have suffered from abuse,
neglect, or who have experienced other
adverse childhood experiences (ACEs).

Your donation helps children receive resiliency building services
at no cost to the client or their families at MCCAC:
forensic interviews, therapy, and advocacy services.

**For information call
304-598-0344**



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