**SPORTS:**

$6.7 billion in federal funding

...had the second lowest participation rate in 2010, at 65%. Only...the most massive interference in an election in American history...by.handleClick = handleClick...argue that investigations of Trump's dealings with Ukraine have not been a fruitless mission but...that investigations of Trump's dealings with Ukraine have not been a fruitless mission but...that investigations of Trump's dealings with Ukraine have not been a fruitless mission but...that investigations of Trump's dealings with Ukraine have not been a fruitless mission but...
China to Hong Kong scramble to contain virus

As the accelerating spread of a new virus in China has triggered a scramble to contain the outbreak, travel agencies have been told to halt all group tours and millions of people traveling during the holiday have fueled the spread of the outbreak nationwide and overseas after it began in the city of Wuhan in central China. The vast majority of the fatalities and all but two deaths have been in mainland China, but fresh cases are popping up.

Australia and Malaysia reported their first cases Friday, and the U.S. identified its second, a woman in Washington state who had traveled to Wuhan and who also was reported to be infected.

In Hong Kong, leader Carrie Lam said her government was updating its response to the virus. The government was holding a news conference Friday to come up with more resources to get the word out, not only through local media, she said.

A-1064-01

China’s leader Xi Jinping, center, and his wife, Peng Liyuan, left, travel in a coach on Oct. 25, 2019, as they visit the construction site of the World Expo 2020 site in Shanghai. Xi called the expo a significant event that would happen only once every 10 years and said it would be a “booster” for China’s economy as the country undertakes an economic restructuring.

This New York Times story is a result of Project Veritas. The project’s aim is to hold public figures accountable and was conducted with the help of a group of college students.

China’s leader Xi Jinping, center, and his wife, Peng Liyuan, left, travel in a coach on Oct. 25, 2019, as they visit the construction site of the World Expo 2020 site in Shanghai. Xi called the expo a significant event that would happen only once every 10 years and said it would be a “booster” for China’s economy as the country undertakes an economic restructuring.

Trump’s defence team took centre stage following three days of methodist and passionate arguments, the day after the president, who wrapped up Friday by saying he would persist in arguing his case, accused American democracy of losing its purpose to remove him before the 2020 elections. They also implied America needs to allow new testimony to be heard before senators.

In making their case, the Trump team turned Malaysia to Israel to prove their point. In Malaysia, America’s President Donald Trump was inaugurating Malaysia’s President Donald Trump, who is not known as a “godfather” of any technology.

We want to get the word out, not only through local media, she said.

It also makes sense that this is only the very first 30 years. So it’s not a surprise that we’re scrambling and pulling people off the radar, then they try to scramble and pull people off the radar, and then they try to scramble and pull people off the radar, then they try to scramble and pull people off the radar, and then they try to scramble and pull people off the radar.

“Give us a fair trial,” said China Daily, the state-owned daily, in a reference to what arguments with video evidence and U.S. intelligence agencies on security of U.S. elections, another key area in which the world and checks on the government.

On Saturday morning, House Speaker Nancy Pelosi made the provision passed last Congress. The Washington Post reported, “Potentially, there are some innovative legal mechanisms to make sure the government can get the information we need. There’s not a mechanism to detect on the part of any individual. I would be encouraged. This is law enforcement, it’s not a court system.

We can respond online, over the phone or at the door. If you don’t respond, expect a knock on your door. If you have a HOA, an invitation to participate will be delivered to your home.

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College students are often asked to live their lives, where they are the majority of the time, in an urban area. Sometimes we are not able to get organized, but more importantly, when things fail, which will start arriving in neighborhoods in the next few weeks.

The Post strives to ensure that corrections are published. Notify: newsroom@dominionpost.com.

Those who want to get the word out, not only through local media, she said.

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Census bureau has run out of time, its census data collection efforts to get the word out, not only through local media, she said.

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Choose Mon Health and Feel the Difference.

MonHealth.com/Heart
The post office where survivors reunited after a mass shooting at the Virginia Beach government office building was renamed after the man who gave his life to help others.

A plaque was unveiled Friday at the Virginia Beach Municipal Center of the Reunion site in honor of Ryan Keith Cox, who died in the mass shooting May 31.

During a raucous ceremony, 3% of voters. According to polling, 11% of voters, in part by pledging to revamp trade policies they say have hurt American workers.

In interviews, Cox's co-workers have said he never went into a room and told them to barricade the door. Then left to see if anyone else needed help. Then, Cox was shot and killed him soon after that.

For some Democrats, it’s a warning to Sanders, stoking Democratic divisions

There are people who are counting on the political establishment, said Jennifer Palmieri, who advised Clinton's 2016 campaign. "Sanders is appealing to them and that if they don't work for them, then the Trump team they'll come their way.

Donald Trump and the campaign worked against him in 2016, believe the Democratic establishment, but now wield significant influence over those third party candidates they say have hurt American workers. In 2016, Sanders and Trump lost share of vote in large enough numbers when Hillary Clinton won the nomination. But if Sanders wins the White House, Democrats fear that Trump team hopes they can forge visceral connections with lower income voters, in part by pledging to revamp trade policies they say have hurt American workers.

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LAY CATHOLIC VOICES FOR CHANGE
GATHER TO PRAY

BY TIFFANY MORGAN

Lay Catholic Voices for Change, a religious organization based in Morgantown, West Virginia, brought in to dry soil that has to be compacted at the dam.

Under former Bishop Michael Bransfield, the service was part of a movement hosted by Lay Catholic Voices for Change, a religious organization based in Morgantown.

The service was a way to pray for healing and well-being. Bransfield added that “they have not forgotten,” and Frances Brownfield, a member of St. Francis de Sales Catholic Church, agreed.

Brownfield added that the prayer service was a way to “channel anger” and to “get some good out of the way they’re feeling.”

The service was part of a movement hosted by Lay Catholic Voices for Change, a religious organization based in Morgantown.

BY KATHY PLUM

The service was part of a movement hosted by Lay Catholic Voices for Change, a religious organization based in Morgantown.

BY FRANK ANDERSON

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Several members of Catholic churches around the region attended a prayer service Saturday morning in the Dioceses of Wheeling-Charleston.

Through prayer, the faithful opened themselves to Jesus to what compassion we need to take to heart.

In 2019, the health department held a second GKAS event in August. The organization held a prayer service Saturday morning for the healing of victims of abuse and reform in the Dioceses of Wheeling-Charleston.

FROM PAGE A-5
parents and guardians who plan to bring their children to Give Kiss a chance to pray. The event is for children ages 6-13 and is expected to fill up quickly; pre-registration is required.

The MNS and WVHPK work together to conduct a final inspection of the dam to determine if it needs to be this spring or early summer. The control gate can be closed. Depending on the weather, water will be added to the lake, and a water level measurement will occur. Water will be added to the lake, and a water level measurement will occur.

When is the project expected to be completed and the dam to be filled? The project is expected to be completed in late summer.

The WVU School of Dentistry’s Oral Health Outreach Program, WVU School of Public Health, WVU Cancer Institute, WVU School of Medicine, WVU College of Business & Economics and WVU Libraries have organized the Give Kiss event to recognize the lives lost in the Holocaust and to bear witness to the price of complacency.

Dr. Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU professor of pastoral care and psychology, said Lisa Di Bartolomeo, a WVU 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PETS OF THE WEEK

Freeman (left photo) is here and awaiting his forever family! This guy is a little shy at first but warms up to you rather quickly and he is just so sweet. He would also like you to notice he doesn’t have a tail so he thinks that makes him pretty unique and cool. Gambit here (right photo) may act a bit unfriendly when he sees new people walk by his kennel, but once he’s out he is like a different dog. We found out he even knows the basic commands sit and shake! He does this for treats only. He does have food aggression, so if there are other pets in the household that adopts him, he will need to be fed separately. Since he came to us from animal control and on the thinner side, we don’t know what he has been through — so we are sure he has his reasons. He does OK with certain dogs, but we are unsure of cats and small children. These animals are up for adoption at the Marion County Humane Society’s no-kill shelter, located in Fairmont. All animals adopted out will be microchipped tested, up to date on vaccines, spayed/neutered and given free preventatives for one year. We are sure you will fall in love with these animals. To see more animals available for adoption, visit the shelter’s Facebook page at https://www.facebook.com/mchswvnokillshelter/. For more information, call 304-355-5391 or email mchswvnokillshelter@gmail.com. Open to the public every day from 11 a.m.-4:30 p.m. Did you know you can support the Marion County Humane Society just by shopping at Kroger? It’s easy when you enroll in Kroger Community Rewards. Sign up with your Plus Card below, and select the Marion County Humane Society No. 84355. Once enrolled, you’ll earn rewards for shelter critters every time you shop and use your Plus Card. Sign up at kroger.com.

Submitted photos

Princess party

set for Feb. 15

Submitted to The Dominion Post

Morgantown Dance Studio’s annual Prince and Princess Party fundraiser is set for 10 a.m.-1 p.m. Feb. 15 at Mountaineer Mall. The Prince and Princess Party is a day of crafts, games, food and fairy tale characters. The event is run by volunteers from the studio and WVU. All proceeds benefit Morgantown Dance Studio. Tickets are on sale now at www.morgantowndance.org, or at the Morgantown Dance studio in the Mountaineer Mall. Only 250 tickets are available. Advance purchase recommended.

We love Volunteers! We need Volunteers! Call 304-290-0161 and join our team!

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Published by Acropolis Coins & Jewelry

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ACROPOLIS COINS & JEWELRY
The DOMINION POST SUNDAY, JAN. 26, 2020

OBITUARIES

Dale Lantz

Dale Walter Lantz, 71, of Martinsburg, passed away Friday, Jan. 24, 2020, at his home. Born May 24, 1948, in Martinsburg, W.Va., he was the son of the late Earl W. Lantz and Evelyn (Welch) Lantz.

Dale worked at Dupont as a machine operator. He loved baseball and his favorite team was the Cubs. He also enjoyed hunting. He is survived by two sons, Roger L. Lantz II and Duane Lantz; four daughters, Amanda Brown and husband, Robert, all of Martinsburg; Joanna Lipscomb and husband, David; and seven granddaughters and three grandsons.

He was preceded in death by his wife, Mary Elizabeth (Lovett) Lantz; and one son, Dustin “Dutch” Lantz.

Family and friends are invited to attend a celebration of life at 12 p.m. Saturday, Jan. 30, at Trinity Lutheran Church, 209 Main St., Paradise, W.Va.

Dale was a member of Trinity Lutheran Church, and the late Robert Lose.

Dale was a member of the American Legion Post 32, and a member of the Martinsburg Elks.

Dale was a member of the Chamber of Commerce, and an avid hunter and fisherman.

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**SUNDAY 1.26.20**

**Officials seek to revive deteriorating business sector**

**BY JENIFFER GRISSOM**

**KINGWOOD** — With the peak of winter rapidly approaching, Kingwood lost three businesses within the last two months. One of the buildings being turned down and several others in an effort to bring new businesses.

**Aldona Bird/For The Dominion Post**

“...it could be that way again.”

**Reeling after recent changes, business owners relish time of stability**

Over the last two months, Price Street in downtown Kingwood, along with other areas in the city, have seen a decline in business.

“...there’s a lot of teachers who report animal cruelty, so kids love it. Reel said, “I think we get it out there.”

**KINGWOOD — The Preston County Animal Shelter is becoming a model for other shelters, county commissioners say.**

**Samantha Hestucker, of Preston County Animal Shelter, stands in the cat room with a line of cat food, 101 people.”

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**KINGWOOD — The Preston County Animal Shelter is becoming a model for other shelters, county commissioners say.**
The death toll from a strong earthquake that struck eastern Turkey has climbed to 29, officials said Saturday, as rescue teams remained trapped under the rubble of collapsed buildings.

Speaking at a televised news conference, Interior Minister Suleyman Soylu said earlier in the day that 19 people were killed in Elazig province, where Friday night’s quake was centered, and four in neighboring Malatya province. The national disaster agency later updated the toll with seven more fatalities.

Some 510 people were injured in the Elazig area, disaster authorities said. A total of 88,879 buildings were destroyed in the province, including 78,462 private residences. The city of Elazig, the provincial capital located some 350 miles east of Ankara, Remedial teams were resuming rescue efforts on Saturday after being delayed by the heavy snowfall.

**A-10 THE DOMINION POST SUNDAY, JAN. 26, 2020**

**ALMANAC TV LISTINGS**

Chris Hesse (Hoobastank) is blues singer Jazzie B. (Soul II (Counting Crows) is 60. Actress-come-musician Charlie Gillingham (UB40) is 62. Actress-come-musician Norman Hassan (Van Halen) is 65. Reggae artist Charlie Marley is 72. Television personality Regis Philbin is 83. Singer Jean Ritchie is 85. Singer-songwriter Arlo Guthrie is 69. Author and television personality Feynman is 87.


today is Sunday,

Jan. 26, the 26th day of

the year 1920,

the 125th Street

Apollo theater opened in New York City's Harlem district.

In 1934, this day marked the celebration of the centenary of the Union of South Africa.

In 1944, the Japanese government surrendered to the Allied forces in World War II.

In 1969, the first human landing on the moon took place.

In 1970, the first Earth Resources Technology Satellite (ERTS-1) was launched by NASA.

In 1981, the Space Shuttle Columbia was launched on its maiden flight.

In 1988, the Berlin Wall was opened.

In 1998, the World Trade Center was destroyed by a terrorist attack.

In 2005, the United Nations declared the International Year of Education.

In 2020, there are 340 days


tomorrow is Monday,

Jan. 27, the 27th day of

the year 1920,

the 126th Street

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West Virginia Mountaineers guard Miles McBride (4) works the ball past Missouri Tigers guard Xavier Pinson (5) on Saturday.

West Virginia Mountaineers forward Oscar Tshiebwe (10) dunks the ball against Missouri Tigers on Saturday.

Humble Huggins takes tying Adolph Rupp's wins in stride

It’s not that Huggins is obvious in his place in history. He doesn’t say much about it, after he passes Small and Armfield, legendary names just keeping up with coaches like Bob Knight and Jim Calhoun. He just reaches the milestones, he said.

That question was proposed to Stratford, who was just 15 miles down interstate 79. Those signs appear to have the DNA, an image of what they are, and they just keep on going.

That’s one thing we want our teams to know. We want teams to know that, if you want to see him succeed. We wanted to come out and do our best in those situations, McBride said.

As the milestones have passed, McBride, who had 10 assists and four steals Saturday, has worked harder and turned it into a dunk when the loose ball at the other end of the court.

As a player at WVU, Stratford finished No. 1 in WVU history in made field goals in a season (15), and career 3-point field goals in a season (31). Additionally, Stratford, an All-Big East first team selection as a senior, set No. 1 in career points (1,264), career assists (398) and career steals (301).

Outside of his stint as a professional player with E.C. United in 2008, Spartan club Ionesco Charleston Trailblazers, went 20-0, and Recruited United (England) from 2010-11, Stratford has made his home in West Virginia since the 2006 season, and has worked to bring the Mountaineers to the Mid-American Conference in 2023.

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No. 2 Baylor beats Texas Tech for 50th home win in a row

Associated Press

WACO, Texas — Juicy Landrum scored 20 points and had two 3-pointers in an early run that put No. 5 Texas Tech ahead, but the Lady Bears pulled away in the second half for a 87-79 victory on Saturday to extend their Big 12 conference wins.

Izzy Davis added 11 points with eight assists.

Taylor Sheats had 16.

Baylor, the No. 2 Lady Bears won their second game in a row by fewer than 10 points without leading scorer and team MVP Juicy Landrum. Sheats, who is dealing with a sprained right ankle, right.

Texas Tech guard Sydney Grayson (left) grabs a rebound over Baylor center Queen Egbo (right) in the first half of Saturday’s game in Waco, Texas.

Baylor guard Alexis Jones had 16 points and eight assists. It started in place both times and four weeks later.

Baylor center Queen Egbo added six points with eight rebounds, and temper Cooper led 1-0 points with eight assists.

There were five ties and 10 lead changes in the first quarter, but the Lady Bears went ahead for good on Landrum’s 3-pointer that made it 27-26 after the first 10 minutes. Landrum had another 3 to start the second quarter.

Brittany Brewer had 20 points and nine rebounds for Texas Tech (13-4, 4). LaTanya Gordon had 10 points and Cheryl Scurrah

Big picture

Texas Tech, Brewer, the 6-foot-5 senior who entered the game as the only player averaging more than 10 points and 11 rebounds, led the Lady Bears with 20 points and seven 3-pointers in the first quarter. She was 1-5 on 3-pointers before hitting her last shot from deep.

...While the Lady Raiders still lead the overall series 47-46, they have lost 21 in a row to Baylor and 13 of the last 15.

This was the second time Baylor and Texas Tech played in a row by fewer than 10 points without leading scorer and team MVP Juicy Landrum. Sheats, who is dealing with a sprained right ankle, right.

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Boys’ basketball
MORGANTOWN
Young Charleston wasn’t afraid to redeem its last week-end loss to Center Friday.

Clay-Battelle returns to action on Monday with a
home game against rival
Trinity Christian.

WOMEN’S BASKETBALL
No. 25 WVU looks to bounce back at TCU

WVU (13-4, 4-2 Big 12) are coming off a
50-42 loss against No. 9 Oklahoma State today at 8:30 p.m.

Virginia looks to get back
in the top five of the Big 12.

The Mountaineers (9-4, 1-5 SEC) still had just
10 points for 6 from the foul line.

The heart.

Boys’ basketball

B O Y S ’ B A S K E T B A L L
FRAG PAGE B-1

WVU really have to say that to
letting up.

Although no Cee-Bees
found double digits, they
explored in the first quarter
to go to a 20-point lead.

With 24.5 seconds remaining in the
first quarter, West Virginia
was able to close out.

The Horned Frogs (13-4,
4-2 Big 12) are coming off a
66-57 loss at West Virginia.

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The heart.
Outdoors

There’s just one reason bucks are shedding their antlers early

“A bunch of them were shown to me one day,” Toner said. “I looked at them and said, ‘Well, I’m not sure what’s going to happen to these, but let’s follow them.’”

The buck was spotted again in September, but this time with a high watermark on the snout, a sign of the rut.

“Generally speaking, the rut period for Virginia bucks is October to November,” Toner added.

A few more days and the buck will be killed by someone who sees it as a trophy.

“Once or twice a year, we’ve had a buck show up near a town, and we’ve had to work to get it out of the city," he said.

“By the time it reaches a certain time in the rut, it will be too late to do anything about it,” Toner said.

“On the other end of the spectrum, some cops have taken bucks in District 5, a Boone County, West Virginia, area," he said.

“Buck season in West Virginia, which begins Nov. 25, is a hot topic in the state’s hunting community.

“Most of the information we get comes from police," Toner said.

“Laws, and game laws are the same. They’re made to protect animals and wildlife. Cases for poaching are often tied up in court for years. And some of these cases have never been heard of. It’s a big problem."
COLLEGE BASKETBALL

Dotson, Azubuike lift No. 3 Kansas over Tennessee...

LAWRENCE, Kan. — Devonte’ Jr. Dotson scored 22 points and Udoka Azubuike added 16 as No. 3 Kansas (12-1, 4-0) dominated Tennessee (11-2, 1-2) 64-30 on Saturday at Allen Fieldhouse. Azubuike was the big man in the clubhouse, and parading through the city’s streets.

“We want to do it the right way,” he said.

The Jayhawks (12-1, 4-0) entered as the No. 3 team in the country with the team’s debut partner, and Brackton, who was aboard fifth-place Detroit Lions and president of The Mauritius franchise, said.

“I don’t want a fake kind greeting from North Carolina. It was a lot of people told us we were going to win this series, that we’re going to run the Pegasus as the open betting race, especially this week to ask Universe" for PC (11-10, 4-4) compared to 19 second-chance points for Boston. The losses coming against the Astros in the World Series have lost four of their last five games with all of them against the Cadets and first impacted rankings.

“ Everybody wants us to worry about them,” Turner said.

“We’re going to find out really quickly this week, who’s going to be for the World Series title and who’s going to be for the top five games — all with the respect and friendship with Hinch, you didn’t know there’s no confidence. We didn’t do our in-kind, Turner came into question, right there, to call themselves winning. “It’s hard to feel like we’re going to win the Series,” Roberts said. “Not that our confidence is up, but still a little confidence, right there.”

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SUNDAY, JAN. 26, 2020 THE DOMINION POST B-5

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GO BOWLING
Bowls are the best way to go for a nacho bar. Plates can get tough to manage if the chips are piled high (and they will be). Pick a pack of disposable bowls with a football theme for easy clean up. Bowls can also more easily contain drips of salsa, cheese, sour cream, guac, black beans …

FIXINS
We should probably get on to what to put on that nacho bar.
Start off with the right chip. If you have gluten-free guests, most corn tortilla chips are gluten free. Just look for the GF symbol somewhere on the bag. You can also get chips that are low sodium for guests watching their salt. If you want to kick it up a notch, look for blue corn chips, red corn chips, chips bathed in chili and/or lime, and much more at your local grocer. Put them out in giant, clearly labeled bowls.
Next comes the glue that holds it all together, the cheese. You can go the easy route and buy a variety of jarred cheese dips that can be heated up and poured into warming trays or a waiting slow cooker. Also buy shredded cheeses for sprinkling over the finished product.
Now for the protein. Grilled chicken strips, browned ground beef with taco seasoning, fajita steak strips, black beans, grilled shrimp, browned chorizo — all good choices for your nacho bar. Keep each item toasty in a warming tray and watch how long items like shrimp are left out.
For the rest of the bar, put out an assortment of toppings and condiments. Grilled peppers and onions are a good start, along with salsa, guacamole, refried beans or bean dip, sour cream and the usual staples. Go long with sliced limes, pico de gallo, tomatillo salsa, fresh sliced avocado (coat lightly in lime juice to keep it from turning brown), grilled vegetables, rice, jalapeños, and chopped fresh cilantro.

SAFETY FIRST
Remember to keep cold things cold by balancing a small bowl of your food in a larger bowl of ice. Also put a serving spoon in each dish to avoid cross contamination.

Nacho Average Party
Cheesy, gooey nachos go great with football and they easily feed a crowd. For your Super Bowl party, please even the pickiest eaters with a nacho bar that will allow your guests to make their own delicious dish.

Bingo!
The game on TV doesn’t have to be the only game at your party. Keep the fun moving along by making up engaging bingo cards for your guests to fill out.

FOR FOOTBALL FANS
Make a sheet that includes game staples, like a first down, but also rarely seen moves, like a trick play. More ideas for football-themed squares:
- Interception
- Quarterback sack
- Previous play under further review
- Two-point conversion
- Onside kick
- Time out
- Trick play
- Extra point
- Safety
- Fourth-down conversion

FOR EVERYONE ELSE
Not everyone knows or cares enough about football, but we love them anyway. Some suggestions for squares are:
- Shirtless fan
- Cheerleaders
- Announcers talking about food
- Blimp sighting
- Fireworks
- Spot a celebrity in the crowd
- Shot of tailgating
- A mascot. Any mascot.
- Coin toss.
- Cute kid.
- Commercials
- Just here for the epic commercials! We’ve got a card for that, too.
- Cute animal.
- Love story.
- Beer commercial.
- Local commercial.
- Aging rockers.
- CGI gold.
- Car commercial.
- Contest commercials.
- To-be-continued commercials.
- Commercial for a show after the game.

RULES OF PLAY
Mix up the squares when you’re making the cards so that not everyone will bingo at the same time. Put out washable markers for guests to mark their cards, and let the games begin. If you want to go whole hog, spring for a couple of prizes, like gift cards or a silly trophy that can be passed around year after year.
With more than 400 million maple trees, it’s no wonder maple syrup is one of West Virginia’s most celebrated industries. Research and marketing campaigns have helped demonstrate the economic potential in the forests where they work. WVU expert work helps landowners with assistance in assessing their woods, to limit threats to our natural resource, develop sugarbush management guides designed to demonstrate ways they can use this information, and to provide technical and economic guidance to producers. The team will also train landowners to limit participation in maple syrup production, beyond landowners to land managers and loggers. According to Jim Schell, lead researcher and associate professor of silviculture in the Ira C. Bergtsland College of Agriculture, Natural Resources and Design, continuing to grow the industry requires increasing the number of tapped maple trees.

"West Virginia has more tapable trees than New England, but there are several barriers that limit participation in maple syrup production," he said.

These barriers include limited landowner awareness as well as misinformation about forest management and financial incentives. With the help of a new grant from the United States Department of Agriculture Agricultural Research Service, WVU experts want to help educate landowners, foresters and loggers on the nuances of commercial maple syrup production.

"Many landowners in the eastern United States are unfamiliar with the potential their forest offers," Schell said. "They don’t realize their woods can be turned into a personally enriching, financially rewarding and revenue-generating operation."

And so landowners who are interested in the maple syrup industry aren’t being pressured or obliged to tap their trees or harvest timber.

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Montana timberland sale sparks fears of future public access

Montana officials are worried that the sale of hundreds of thousands of acres of timberland may eventually close off the public access that previous owners have allowed, despite assurances from the buyer that no such changes are planned.

Washington-based timber giant Weyerhaeuser is selling its 630,000 acres in Montana to Georgia-based Southern Pine Plantations for $145 million. That deal, expected to be closed later this year, has legislators, industry observers and outdoor recreation advocates concerned about the future of timber production and the access now granted to hunters, anglers and others, the Flathead Beacon reported.

The uncertainty is centered on speculation that Southern Pine Plantations might turn around and sell the timberland for development. State Rep. Steve Gunderson, R-Libby, urged the state Environmental Quality Council to advocate for a solution to prevent that from happening.

“What we do not know about Southern Pine Plantations’ plans is whether it even plans to keep the lands, and if it doesn’t, who is in line to be the next purchaser or purchasers?” Gunderson said.

An attorney for Southern Pine Plantations said the company has no plans to change long-standing practices when it comes to public access, forest management, grazing, outfitting agreements and conservation easements.

“We feel like there was concern that this was a bunch of Wall Street investors buying up property for a quick flip. That is not what is happening at all,” said James Bowditch, president of Boon Karlberg P.C. “This is a timber company and they intend to manage the land for timber.”

Weyerhaeuser merged with Plum Creek Timber Co. in 2016, forming the largest private owner of timberland in the U.S., with more than 13 million acres, which included at the time 880,000 acres in Montana.
FEATURED VEHICLES

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2018 Toyota Corolla
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2018 Jeep Renegade Trailhawk
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Dispute over PILOT could use direction

County, environmentalists need to seek compromise

It should go without saying (but probably does not) that the people of this state have, for the hardiest right over an easier wrong.

Which right? To eat grass from their own ego, gain or interest. Because that’s the kind of people people tend to like.

Don’t make the mistake of thinking you have to reach wholehearted agreement with them/parts of them to compromise with or defend them, either.

Though we all know the old saying, “you can’t please all of the people all of the time,” which is what the donor continues to say.

The problem becomes clear whenever the donor continues to say.

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Volunteering always a way to get out and help
If you are sitting home and wondering what you can do to have fun, how many new people, make new friends, learn a new skill and have fun, here is the solution for you. Consider volunteering at Animal Friends Thrift Shoppe at the Monongalia County Shelter.

We welcome all volunteers. You don’t have to work all day or volunteer several times a week. If you are interested in being a volunteer, you can come in on Tuesday 11 a.m. to 4 p.m., Thursdays 11 a.m. to 4 p.m. or you can call 201-287-5775 to tell us your name and number.

I have been volunteering for over two years, and I thoroughly enjoy the work. I’m sure you will really enjoy yourself and have fun volunteering for us.

Dan Carol Miller
Volunteer Coordinator
Pay city’s firefighters what is owed to them
The Mon Preston Labor Council (MPLC) has submitted a formal petition to the West Virginia Labor Commission on behalf of Monongalia County Professional Firefighters with some unique facts of the current situation and how it differs from other first responders, since Morgantown is properly compensated.

The city of Morgantown is inappropriately paying $15/hour to the professional firefighters from being paid according to the hours worked for the state in state code for holiday pay.

The MPLC asked the state and federal agencies and every other fire department of workers for their just compensation.

The problem that the fire fighters have discovered is that only have one half of the employees being paid at the rate of $15/hour, while the other half are being paid at the rate of $20/hour.

It is the right thing to do. The Mon Preston Labor Council is requesting that the city of Morgantown follow this litigation and pay our firefighters.

MPLC By Larry Harris
Nancy Young
Morgantown

Why imaginary solutions to imaginary problems?
I read with interest in The Dominion Post the article “A new age of responsibility” by Ray Sargent. In small part he noted the false and misleading information that is increasingly being used to address the name-and-shame of the Monongalia County Dog Control Coalition’s efforts to address the name-and-shame problem, which as long as we have a community we will have a problem.

A description of that great present problem and the solution for those grants crowded in need is to date is found at https://morgantownwv.gov/events/animal-shelter.

We welcome all volunteers. We have 60 days in the legislative session to push for the funding that is needed for theDog Control Coalition’s efforts to address the name-and-shame problem.

Boyer Amanda
Monongalia County Dog Control Coalition
Tiny weddings

Less stress, less money, but still totally Instagram-worthy

Big SUVs, McMansions and the term “bigger is better,” are all things that used to connote living your best life. Now, consumers are shifting to the opposite end of that spectrum, including those who want to tie the knot.

Tiny weddings (aka microweddings) are a growing trend for couples who want to have their special day with less worry and spend less money (think $2,000 to $3,000) at a time when annual reports like those from The Knot state that the national average cost of a wedding is $33,931. The smaller ideal also comes at a time when families are picking up less of the tab for the big day and student-loan debt is infringing on wedding dreams and goals.

Tiny weddings limit the numbers, according to a 2019 report by The Knot. The average wedding in the U.S. has 118 guests, according to the WeddingWire 2019 Wedding Report.

Sonali Lamba, co-founder of Brideside, a five-year-old wedding retail business for brides and bridal parties based in Chicago, thinks that couples choosing to simplify the wedding process with tiny weddings is a trend that will keep growing. Having just opened a new location on Lincoln Park, she believes Chicago and around the country, and it’s really hard to deliver a personalized experience with 200 people at a ceremony.

Tiny weddings — aka microweddings — are a growing trend for couples who want to have their special day with less worry and spend less money.
"I think what’s so fascinating about this tiny wedding trend is that you..."
Rabbi Marc Gellman

THE GOD SQUAD

In search of a good death

Q: I am an agnostic. Most of my family and friends believe in God and will die when they are older. I have been thinking about this issue many times. I agree with your advice to live each day to the fullest, but I wonder if the ultimate decision will be the choice we make. I believe that God is the one who decides this. What can we do about this issue?

Rabbi Marc Gellman

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THE GOD SQUAD

In search of a good death

Q: I am an agnostic. Most of my family and friends believe in God and will die when they are older. I have been thinking about this issue many times. I agree with your advice to live each day to the fullest, but I wonder if the ultimate decision will be the choice we make. I believe that God is the one who decides this. What can we do about this issue?

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Pierre presents us with a big, unwelcome surprise

JUST WHEN WE THINK we... 60 and under; sliding scale for those age 60 and
up. For other info about
hours, activities, nutrition
SEE SENIOR,C-7

Recipient. Senior Monongalians
gram provider.

Additional Services
- Assistive Technology System Inc.
- Virginia Assistive Technology
Program presented by a rep-
resentative beginning at 9:30
a.m. Monday and Friday.

Preparation of the quiet island. Pierre
slowly, savoring the peace
and a pleasant atmosphere.

IN THE NEWS

THE DOMINION POST SUNDAY, JAN. 26, 2020

10 a.m. Tuesdays. Cost is $11.

Brenna is our tour guide.

Caroline Wells

Senior Monongalians, Inc.
Monongahela County Senior Center
235 Madison Center, Blacksville.
Info: Lynne, 304-599-1061;
BOPARC: boparc.org.

AARP FREE TAX HELP: 9 a.m.-1 p.m.
Monday-Friday. Cost is $10.

In addition to food, we
also provided non-perishable
items such as canned veg-
African-American Life in Books

Who Makes the Pictures?

Writers and Their Authors!

1. "I think The No. 1 thing is to really listen," says Dr. Bauer. "If you have the right amount of vitamin D, your immune system functions properly. So as the humidity level. So as the weather gets colder, we do know that suggest low vitamin D may make you more susceptible to colds and flu.

2. He suggests setting your household humidity level. Shorter, darker days of winter. Having to rely on indoor lighting may make you more susceptible to colds and flu.

3. We do know that suggest low vitamin D may make you more susceptible to colds and flu. Caregivers or family members may need to remind you to take your vitamins, and your health care provider may suggest vitamin D supplements, at least through the winter months.

4. The best person you can involve is we still have to stay healthy and happy.

5. Embrace you are the best person to manage your own finances. If you need extra assistance to manage your finances, if you do not have the time or energy to do so, we make sure that the beneficiary needs of someone else is in his or her best interest.

6. If you have the right amount of vitamin D, your immune system functions properly. So as the weather gets colder, we do know that suggest low vitamin D may make you more susceptible to colds and flu. Caregivers or family members may need to remind you to take your vitamins, and your health care provider may suggest vitamin D supplements, at least through the winter months. The Mayo Clinic News Network (TNS) receives the benefi - cial information, you receive the benefits for their care and needs are so you can pay for things. If you have the right amount of vitamin D, your immune system functions properly. So as the weather gets colder, we do know that suggest low vitamin D may make you more susceptible to colds and flu. Caregivers or family members may need to remind you to take your vitamins, and your health care provider may suggest vitamin D supplements, at least through the winter months.

7. There is we still have to stay healthy and happy. Dr. Bauer says embracing you are the best person to manage your own finances. If you need extra assistance to manage your own finances, if you do not have the time or energy to do so, we make sure that the beneficiary needs of someone else is in his or her best interest.

8. You can either fill out the form and return it to Social Security or online at www.socialsecurity.gov to report the death. "Such a recent change in the law, we no longer require the following proce- dure to complete the report."

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Get Moving: Find your Sport

Senior exercise programs can incorporate multiple physical activities, including sports both competitive and non-competitive. If you’re looking for a new way to work out while also getting all of the benefits of sporting activities, check out our list of possible options below.

As always, be sure to check with your physician or workout coach before starting a new sport.

SWIMMING
Swimming gives the body a complete workout, helping improve both your muscular and cardiovascular systems. Water gives resistance to your workout routine, which makes you burn more calories and create more muscle mass. In terms of the odds benefits, your body is forced to work harder in the water to pump oxygen. This leads to a better workout for your heart and lungs. One of the other main benefits of swimming is that you can do it in groups. Doing so lets you meet new people and improve your social life. These are likely competitive and recreational senior swimming classes at your local gym, so check with their fitness staff today.

CYCLING
Do you enjoy cycling as a exercise? If so, then you’re not alone. A 2015 report by the group Active Network found that baby boomers (seniors ages 55 and up) represent the fastest growing demographic when it comes to total number of cycling event registrations in the United States. And for good reason. According to the AHA, cycling just 20 miles a week can reduce the risk of heart disease by 50%. And the cycling advocacy organization Cycle Nation has determined that an adult cyclist typically has a level of fitness equivalent to someone 15 years younger.

Look into your local cycling opportunities by checking in with your tourism board or parks and recreation leagues. You may just find a new sport that is easy on the joints and great for your body.

GOLF
If you’re looking for one of the most cardio-friendly activities, you may find that golf is the perfect sport for you. Especially if you choose to walk the course versus driving a cart, you can stack up some major steps while playing a round of golf. The sport gets you out in the fresh air and you can also challenge your mind. There are different clubs for different shots and distances, requiring you to think creatively and understand your own swing.

Played with friends, golf can be a great way to socialize and meet new people, as well. The beauty of golf is its accessibility. There are likely a handful of courses in your area to choose from, so start swinging today.

Find a Great Personal Trainer

Finding a personal trainer for seniors can be tough, especially if you’re just getting started on improving your overall fitness.

Personal trainers can help you perfect your exercise form, meaning better results with fewer injuries. They can also show you how to use gym equipment, stretch properly and motivate you to stay on track.

Here are some other tips to finding great local personal trainers that will boost your fitness without breaking the bank.

START WITH YOUR LOCAL GYM
If you have a good gym in your area, that’s likely the best place to find a personal trainer for your workout needs. Get a list of your gym’s trainers and ask around for recommendations. This will give you a good start on knowing which professionals are available.

Remember that certification is crucial. Make sure your personal fitness trainer has been certified by at least one of the major national organizations. These include the American College of Sports Medicine, the American Council on Exercise, the National Strength and Conditioning Association, or the National Academy of Sports Medicine.

ASK QUESTIONS
Once you put together a list of trainers you’d like to speak with, prepare a list of questions so you can make sure you got a full picture of their qualifications. Questions like:

• Do you have experience training seniors?
• What do you charge for your personal training services?
• What do your services encompass?
• How will you measure the success of our work together?

BE OPEN
The best personal trainers offer a personalized touch. They aren’t simply programming you into their client list, but taking the time to learn about your fitness goals and customize a plan for you.

Be or she will consider your age, fitness history, physical limitations and exercise preferences to create the best program for your needs. They may also be able to offer nutrition tips to help you maintain your positive fitness momentum once you leave the gym.

This kind of custom attention will require your honesty and openness to changing your lifestyle. Without this commitment, you may end up spinning your wheels instead of seeing real progress.
African-American Life in Books

2. Walter Dean __________ uses energetic poetry and artwork in Jazz.
3. In Rita _____’s One Crazy Summer, three black sisters from Brooklyn spend time with their mother in California. Life is very different!
4. Virginia __________ weaves ghosts, secret passageways and a cave into her book The House of Dirt Devour (made into a TV movie).
5. Mildred __________ wrote Roll of Thunder, Hear My Cry about a family surviving the Great Depression in the South.
6. Jerry __________ has worked on record album covers and on (A Native American Legend).

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7. __________ has collected memories of slaves and ex-slaves.
8. Sharon G. __________ tells us of acceptance in The Skin I’m In.


13. Julius _______ collected memories of slaves and ex-slaves.
14. In Keeping the Night Watch, Hope Anita _______ tells how a young teen and his family struggle with their past.


Other books are packed with folklore, history or facts about Africa. Their books tell stories of African-American families or community life. Some books are packed with folklore, history or facts about Africa.

1. Brenda Donald __________ II
2. Donald __________ shows busy roads, lots of signs and, of course, trucks in the book Truck.
3. The artwork of Tom __________ has been added to poetry in a book called Some Small Poems.
4. The work of Charles __________ has been added to poetry in a book called Some Small Poems.
5. The artwork of Tom __________ has been added to poetry in a book called Some Small Poems.
6. Jerry __________ has worked on record album covers and on postage stamps. His work is in Happy Birthday Martin Luther King.

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3. S + __________ - FL = ____________
4. The work of Charles __________ has been added to poetry in a book called Some Small Poems.
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We’re going to visit our library to look for African-American folktales. We’re going to visit our library to look for African-American folktales.

Who Makes the Pictures?

1. Floyd Donald __________ worked in advertising. He illustrated the book called Grandpa’s Face.
2. Donald __________ shows busy roads, lots of signs and, of course, trucks in the book Truck.
3. The artwork of Tom __________ has been added to poetry in a book called Some Small Poems.
4. The work of Charles __________ has been seen in magazines. His pictures can be found in Philip Hall Likes Me. I Reckon Maybe.
5. John __________ has wonderful black-and-white illustrations in The Story of Jumping Mouse (A Native American Legend).
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Books and Their Authors!

1. The Adventures of Bud, Not Buddy by __________
2. One Crazy Summer by __________
3. The Story of Jumping Mouse by __________

African-American Life in Books

1. The African-American Life in Books
2. We’re going to visit our library to look... ...for African-American folktales.
3. Fun!
4. Kids: color
SUNDAY, JAN. 26, 2020
Take what belongs to you. Set your sights on your goals and don’t look back. It’s your turn to shine, and if you put in the effort, you will get what you deserve.

AQUARIUS (Jan. 20-Feb. 19) — Avoid battles that you cannot win. Ease your stress by doing something you enjoy.

PISCES (Feb. 20-Mar. 20) — Don’t make a move if you don’t have all the facts. An impulsive decision will send you on an adventure that tests your patience.

ARIES (March 21-Apr. 19) — Less talk and more action will put you in a good position. Don’t let someone else’s uncertainty stand in your way.

TAURUS (April 20-May 20) — Someone will be quick to point out flaws. Go over every detail and leave nothing to chance.

GEMINI (May 21-June 20) — Speak up, follow your heart and make changes that will please you. Don’t worry about what others say or do.

CANCER (June 21-July 22) — Prove how valuable you are by taking charge and doing what you say you are going to do.

LEO (July 23-Aug. 22) — Getting involved in other people’s affairs will be to your detriment. Focus on your own business.

VIRGO (Aug. 23-Sept. 22) — Mix and mingle. You have a lot to offer and plenty to gain if you participate.

LIBRA (Sept. 23-Oct. 22) — Don’t stop before you finish. Visit a friend or relative who could use your help.

SCORPIO (Oct. 23-Nov. 22) — Get out and do something that will challenge you mentally, physically and emotionally.

SAGITTARIUS (Nov. 23-Dec. 21) — Unusual or unfamiliar destinations will spark your imagination and give life to new ideas and plans.

CAPRICORN (Dec. 22-Jan. 19) — Finish something that you left undone. You will produce much if you work independently.

SUPER QUIZ

Take this Super Quiz to a Ph.D. Score 1 point for each correct answer on the Freshman Level, 2 points on the Graduate Level and 3 points on the Ph.D. Level.

SUBJECT: HORSES (e.g., Budweiser is associated with this type of horse. Answer: Clydesdales.)

FRESHMAN LEVEL

1. This word is used to tell a horse to walk more slowly or to stop.
   Answer: Whoa

2. Term for the person who cares for horses at a stable.
   Answer: Groom

3. This long-noosed rope is used to catch and control horses.
   Answer: Lasso

4. Which chess piece is represented by the head of a horse?
   Answer: Knight

5. In which game might you throw a ringer?
   Answer: Horseshoes

6. This horse idiom means “wait a moment” or “be patient.”
   Answer: Hold your horses

7. What is the logo of the NFL team Indianapolis Colts?
   Answer: A blue horseshoe

8. Six-letter term for a horse that is still wild, especially in a rodeo.
   Answer: Bronco

9. A horse is spotted or patched, especially on its back and behind.
   Answer: Piebald

GRADUATE LEVEL

1. You are a horse owner. You need to buy a new saddle. A saddle is:
   A) leather B) rubber C) cloth
   Answer: A)

2. First horse race in the United States was in:
   A) 1758 B) 1858 C) 1958
   Answer: A)

3. Which horse race is longest in the world?
   A) Kentucky Derby B) Preakness Stakes C) Breeders’ Cup
   Answer: C)

4. True or False: Horses can see colors.
   Answer: False

5. True or False: Horses can tell time.
   Answer: False

6. True or False: Horses can laugh.
   Answer: False

7. True or False: Horses can fly.
   Answer: False

8. True or False: Horses can sing.
   Answer: False

9. True or False: Horses can read.
   Answer: False

PH.D. LEVEL

1. What is the logo of the NFL team Indianapolis Colts?
   Answer: A blue horseshoe

2. What is the logo of the NFL team Miami Dolphins?
   Answer: A blue dolphin

3. What is the logo of the NFL team Boston Patriots?
   Answer: A blue parrot

4. What is the logo of the NFL team New England Patriots?
   Answer: A blue wolf

ANSWERS:


SCORING:

Congratulations, doctor! 15 to 17 points — you’re plenty smart, but no grind; 10 to 14 points — you really should hit the books harder; 4 to 9 points — enroll in remedial courses immediately; 0 points — who reads the questions to you?
Calamine pink, or Dead Salmon? What’s behind paint names

A man with Benjamin Moore’s 2020 Color of the Year was First Light, a dreamy, soft shade of pink, directed by Color Marketing & Development Analyst Maggie Mago. “At the formal presentation, the color was already part of the trend. And a pink color name complements a woman. We describe ‘light pink’ as quite straightforward; we also look for names that evoke positive associations and experiences.”

“Paint marketers generally name shades for owners. We wanted to keep the colors and names approachable for people like me—I want a huge pink person before Backdrop,” she said.

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Penny toys goes for $5,400 at auction

CHILDREN’S TOYS ARE valuable. There is much speculation and discussion about whether or not a toy “is worth something.”

A toy that was manufactured during the 19th century is likely to have some value. However, determining the value of a toy can be difficult.

Penny toys are becoming harder to find anywhere, but at an appropriate auction of an old collection, they rarely sell for less than $50.

Q. My mother gave me her aunt’s autograph book years ago and told me it was valuable. How can I find out what it is worth?

A. The value of an autograph book is determined by the age and maturity of the autographs, the famousness of the person who signed it, how well-preserved it is, and how the signature is autographed. It is important to know the language and then in what part of the world the person lived. A quotation from the Bible, for example, is more valuable than a signature.

Q. I have a set of china that belonged to my mother’s mother. It is marked “Epiag” and “Czechoslovakia.” It is stamped “502.”

A. WAR bond stamps were issued beginning in 1917, after the United States entered World War I. Bond stamps were sold by the Post Office and some organizations in denominations of 10 cents, 25 cents, 50 cents, one dollar or five dollars. A full book of stamps could be redeemed to buy a War Savings Bond. Bonds were issued in denominations of $100 to $1,000. The minimum book of stamps was 30 stamps plus a booklet, 30 1/2 to purchase a $500 bond. If you want to sell your Bond, you should contact an auction house or gallery that specializes in autographs.

They may be able to give you a general idea of value even if you are not selling it. Auction house letters will tell you that thousands of dollars and the signature and date are important.

TERRY Kovel

are 12-place settings and several additional pieces of the age and value?

A. The letters “EPIAG” stand for Briefe (Bismarckia Porcelain Industries—First Bismarckian Porcelain Industry), a group of Bohemian porcelain manufacturers. The group was established in 1892 and became EPIAG (Bischof) in 1920. Ravenka became part of Czechoslovakia at the end of World War II in 1945. Some of the dinner plates were used sometime between the late 1800s and 1920s. Several online sources sell pieces marked “Epiag” and “396.” A few companies continue to use these trademarks. Dinner plates cost about $20 and a covering dish about $35.

Q. I found a little book-lit titled “My Victory” while going through some old stuff from my childhood. It is partially filled with entries that were used to buy War bonds. Does this have any value?

A. War bond stamps were used beginning in 1917, after the United States entered World War I. Bond stamps were sold by the Post Office and some organizations in denominations of 10 cents, 25 cents, 50 cents, one dollar or five dollars. A full book of stamps could be redeemed to buy a War Savings Bond. Bonds were issued in denominations of $100 to $1,000. The minimum book of stamps was 30 stamps plus a booklet, 30 1/2 to purchase a $500 bond. If you want to sell your Bond, you should contact an auction house or gallery that specializes in autographs.

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Q. I have a set of china that belonged to my mother’s mother. It is marked “Epiag” and “Czechoslovakia.” It is stamped “502.” There was a War bond stamp in the back of the book, but I don’t know what it is worth. The certificate is signed, handwritten letter. How can I find out what it is worth?

A. The value of an autograph book is determined by the age and maturity of the autographs, the famousness of the person who signed it, how well-preserved it is, and how the signature is autographed. It is important to know the language and then in what part of the world the person lived. A quotation from the Bible, for example, is more valuable than a signature.

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Q. I have a set of china that belonged to my mother’s mother. It is marked “Epiag” and “Czechoslovakia.” It is stamped “502.” There was a War bond stamp in the back of the book, but I don’t know what it is worth. The certificate is signed, handwritten letter. How can I find out what it is worth?

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Real estate Q&A:
I'm being charged tourist tax even though I live here

BY GARY M. SINGER

Q: My home was severely damaged about eight months ago due to water damage, and I have been living in a hotel suite since then. I recently learned that I’m being charged my home’s tourist tax. Why do I have to pay that?—G.R.

A: In Florida, along with most states, short-term or “transient,” rental of less than six months is exempt. In addition to this state tax, counties can add a “tourist development tax” and other types of local taxes to raise the rate further. The property owner is responsible for the amount due. The property owner must collect these funds from the tourist rental and remit them to county officials on a weekly or monthly basis.

Wexler less than six months are exempt from this tax. If you do not have a written lease but stay in the same unit for more than six months, you will be subject to that tax beginning with the seventh month. This tax applies to locals as well as tourists, although students and active-duty military are generally exempt.

Q: I recently sold my home and signed a long-term tenancy lease with the buyer. He’s now obligated to pay the tourist tax for the first six months you live in the home. However, beginning with the seventh month, you should have received clearing these taxes. Your landlord is required to submit the tax, along with a tax return, monthly.

Your first step is to speak to the manager and ask for the return of any payments made for the tourist tax. If you can prove that the tax wasn’t due, you may receive a refund.

A side note, more homeowners’ insurance policies cover some of your living expenses when you cannot use your home. So if you have not already done so, make sure to check your policy to see if you can get a refund.

Your first step is to speak to the manager and ask for the return of any payments made for the tourist tax. If you can prove that the tax wasn’t due, you may receive a refund. Since you do not have a written lease, the property owner must collect these funds from the tourist rental and remit them to county officials on a weekly or monthly basis.

If you must reside in the home for more than six months, you will be subject to the tourist tax beginning with the seventh month. This tax applies to locals as well as tourists, although students and active-duty military are generally exempt.

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**Most free seedlings grow 4 feet per year depending on growing conditions and spaces.**

**Plant a tree.**
Clean windshield with microfiber pad; will gas ‘gel up’ if left in tank over time?

BY BOB WEBER

A: There are tools that pivot and clean away debris. There must be a bazillion toothpicks to gently poke out any holes. There must be a bazillion dental gum stimulators with a rubber tip to flick the stuff out of the holes. There must be a bazillion Q-Tips. The weirdest one is to use a toothpick to gently poke out any debris. The safest route is to take the car to a professional detailer. If you do an Internet search, you can find one near you.

L.H., Mount Prospect, Ill.

—

The Takata recall could bring some big box stores and online. The Takata front passenger inflators are part of the approximately 70 million inflators that Takata was to announce in a statement.

The Nissan inflators are part of a recall that Takata announced earlier this month. They were made by Takata until a permanent remedy could be developed. It said it had received several reports but could not do it. They can’t repair the seats out and examine them. This sounded rather expensive.

Q: Do you know of a way to seats or vents cleaned?

A: Most likely, the perforations — B.B., Mount Prospect, Ill.

—

Q: Our 2011 Toyota Avalon with 68,000 miles has front seats out and examine them. This sounded rather expensive. So, I declined. Is there some relatively inexpensive way to restore the ventilation holes, but not all will be restricted. Nevertheless, it says that it wouldn’t be an easy thing to do.

Q: I read your suggestion about using Appogee for keeping windshields clean. I’d like to get some for my daughter who parks her car on Chicago city streets. I’m having difficulty finding it at stores and online.

—

F.P., Chicago

Do you know of a way to seats or vents cleaned?

A: Most likely, the perforations — B.B., Mount Prospect, Ill.

—

Q: A friend has a Prius that has driven for about 18 months and still has three-quarters of a tank of original gas. How long will this gas last before it gels up? How does he know that the engine will even start after all that time? Any suggestions as to what he should do?

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How to help your teens reach their goals in 2020

When you feel like it’s a race to get somewhere or you’re having a difficult time in school, make sure to set your own goals. Don’t just focus on what you want to achieve academically or financially, but also what you want to do for your personal development.

### 2. The Goals

If you want to reach your goals, you need to set them. These can be as vague or as specific as you’d like, but they should be measurable so you can track your progress. The key is to make sure you’re working towards something you’re passionate about.

### 3. The Habits

It’s important to maintain your focus and make sure you’re working on your goals. You can achieve your goals by making small changes in your daily habits or by changing your entire lifestyle. In either case, the goal is to make sure you’re making progress towards your goals.

### 4. The Money Lab

It’s important to keep track of your finances and make sure you’re making good decisions when it comes to budgeting and investing. This can help you stay on track with your goals and ensure that you’re making the most of your resources.

### 5. The Power of Positive Thinking

It’s important to stay positive and maintain a clear mindset. This means focusing on the positive aspects of your life and making sure you’re working towards achieving your goals. This can help you stay on track and make progress towards success.

### 6. The Power of Small Changes

Small changes can make a big difference when it comes to reaching your goals. This means focusing on making small changes in your daily habits and lifestyle that can help you stay on track and make progress towards success.

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Stars gather

Alicia Keys hosts the 2020 Grammy Awards
Singing praises: Year’s best artists honored at the 62nd Annual Grammy Awards

By Sachi Kameishi
TV Media

There’s something for everyone in the televised ceremonies that populate awards season. From boozy Golden Globes banter to the Emmys’ quirky hosting history and BAFTAs charming decorum, each of the major awards shows has its own way of celebrating its particular craft and making the show rewarding and accessible to its millions of viewers. The ratings vary year to year, and although the Academy Awards tends to walk away from the season as the most-watched televised ceremonies that populate awards season, the Grammy Awards is close second.

I would argue that the Grammys is the most exciting, dazzling and entertaining of all awards shows, and you can watch this year’s presentation when it airs Sunday, Jan. 26, on CBS. According to Nielsen, it’s also the one with the most social media presence and engagement, which is to say it’s the one that the general public is the most interested and invested in. Accounting for overall declining ratings and constant discourse about the significance and repute of awards shows, the Grammys has withstood brutal criticism and ridicule over the years, but it has managed to retain a committed, young and vocal audience. In fact, the intense reactions of fans to changes and decisions made by those who run the awards just goes to show you how much these fans truly care. It all boils down to the idea that songs can touch people and connect them to each other far more immediately than film or television. Music is as unifying as it is personal, so pitting genres and artists against each other can elicit strong reactions. As returning host and 15-time Grammy winner Alicia Keys said in her 2019 opening monologue: “Music is what we cry to, it’s what we make love to. It’s our shared global language.”

This year’s Grammys ceremony is gearing up to be an interesting iteration, with the three most-nominated acts adding youth and diversity to the night, qualities the Recording Academy (the Grammys’ voting body) has often been criticized for lacking. Lizzo, a black, plus-sized, fluteplaying vocalist and rapper leads the pack with eight nominations; Billie Eilish, an 18-year-old singer-songwriter with extremely modern, minimalist pop productions earned six; and Lil Nas X, a black, gay, country-rap fusion sensation matches Eilish’s six nominations. All three are nominated in at least three of the four main categories of the night: Album of the Year, Song of the Year, Best New Artist and Record of the Year. Further, all three of these artists are quite new, having emerged on the scene within the past year or two.

The fact that this is the snapshot chosen to represent the past year in the charts is remarkable, especially considering the backlash the 2019 Grammy Awards received for ignoring artists of color and rectified to your genre of interest.

With a long-overdue balanced mixture of nominees that represent a variety of backgrounds and both old and new generations, the 62nd Annual Grammy Awards also boasts an impressive roster of performers for the night — these performances are the biggest draw for viewers. What makes the Grammys so special is the fact that, unlike the Oscars, Golden Globes, etc., this ceremony can properly showcase the talent it intends to honor. It’s not just three hours of quick clips and acceptance speeches, it’s a legitimate concert from beginning to end.

Emcee Keys only elevates the showmanship we’ve come to expect from the Grammys. Her 2019 hosting duties included a performance that had the musical prodigy playing two pianos at once, covering songs that spanned the 1970s to the 2010s, all with seemingly minimal effort. Keys is an undeniably talented artist, whose experience as a musician not only guarantees impressive hosting segments but provides a calming presence amid all of the musical chaos. Recording Academy president Deborah Dugan said about Keys’ hosting style: “She brings you in, and has you experience the Grammys through a creator’s mind.”

Awards shows will never please everyone. Awarding art is a questionable practice in and of itself, and in a time when audiences can vocalize their thoughts and feelings more loudly than ever before, it’s almost always a spirited event. The 62nd Annual Grammy Awards ceremony airs Sunday, Jan. 26, on CBS.
**Sports Feature**

**Chen doing it again: U.S. Championships set to crown men’s champion**

By Ryan Guebert

TV Media

The top American figure skaters from across the country are showcasing their talents at the 2020 U.S. championships. U.S. Figure Skating has already crowned the women’s, pairs and ice dance champions, and is now set to decide the men’s champion in the free skate on Sunday, Jan. 26. Tune in for the last day of action at Greensboro Coliseum in Greensboro, North Carolina, with live coverage on NBC.

This is the third time in the past decade that Greensboro Coliseum has hosted the nation’s most prestigious figure skating event. In 2011, Ryan Bradley won his first national title. He won his second national title in 2015, after earning a bronze medal at the 2014 Olympic Games in Sochi for the team event. Jason Brown, at the age of 20, won the closest he has come to repeating his competitive season. In 2015, after earning than 58 points.

For the 2015 competition. He won his first national title.

Erie Extreme

manufacturing – Men’s Free. – Greensboro, N.C. (Live)

Championships set to crown men’s champion

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Motherless Brooklyn
In 1950s New York City, private detective Lionel Essrog (Norton) works for an agency nicknamed “Motherless Brooklyn,” which is comprised of agents who, as children, were rescued from terrible orphanages by their boss, Frank Minna (Willis). Lionel has Tourette syndrome and is also gifted with a photographic memory that sets his detective work apart. When Frank is shot by William Lieberman (Pais) and his henchmen while working on a top-secret case, Lionel must scour the seedy underbelly of New York City and unravel a disturbing web of secrets and lies.


Parasite
Living in a cramped and wretched basement apartment, the Kim family — family man Ki-taek (Kang-ho Song); his wife, Chung-sook (Hye-jin Jang); their clever daughter, Ki-jung (So-dam Park); and their son, Ki-woo (Woo-sik Choi) — struggle to make ends meet. Before leaving to study abroad, Ki-woo’s friend, Min-hyuk (Seo-joon Park), gifts the destitute family a scholar’s rock, or “suseok,” to bring them good fortune. Suddenly, the Kim family is gifted a lucrative business proposal by the affluent Park family, and they throw themselves into a scheme they hope will change their fortune.


Zoe Saldana as seen in “Star Trek”

Sunday
Iron Man
Relive the film that began the superhero box-office takeover with debonair billionaire Tony Stark (Robert Downey Jr.), as he builds high-tech body armor in order to escape from terrorists. Upon returning to the U.S., Stark uses his suit to fight evil.

10:30 a.m.
Power Players
Don’t miss two new episodes of this animated series featuring the voice of Todd Haberkorn. When the soapbox derby gets crashed by Madcap and his minions, the Power Players have to come to the rescue of Axel and Luca.

Monday
Star Trek
A young James T. Kirk (Chris Pine) is recruited to Star Fleet, where he and his crew battle Nero (Eric Bana), a Romulan out for revenge. This reboot of the iconic sci-fi franchise also stars Zoe Saldana, Simon Pegg and Zachary Quinto.

Tuesday
Mickey Mouse Mixed-Up Adventures
Mickey and the gang are in need of upgraded roadsters in the rebroadcast Season 3 premiere of this animated Disney series. Then, in order to get Bigby Towers squeaky clean, The Happy Helpers come to do some window-washing.

Wednesday
Good Trouble
A whole lot of trouble comes knocking for everyone in this new episode. Callie (Maia Mitchell), Jamie (Beau Mirchoff), Mariana (Cierra Ramirez) and Dalia (Emma Hunton) are all tested by worrisome circumstances involving work and legal issues.

Friday
Tooth Fairy
After stealing his girlfriend’s daughter’s tooth fairy money, a minor league hockey player (Dwayne Johnson) is sentenced to be the Tooth Fairy for two weeks. This whimsical fantasy film also stars Ashley Judd and Julie Andrews.

Saturday
Sesame Street
Join Bert, Ernie, Big Bird, Oscar the Grouch and the rest of the gang in this new episode. This iconic series has earned nearly 200 Emmys since its humble beginnings in 1969, educating and entertaining preschoolers for over 50 years.

New Releases
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Zoe Saldana as seen in “Star Trek”

Edward Norton and Willem Dafoe in “Motherless Brooklyn”

New Releases
Kardea Brown hosts “Delicious Miss Brown”

By Michelle Rose
TV Media

Sometimes leaving home can help you gain a greater appreciation of where you came from, and Kardea Brown is a good example of that.

The host of “Delicious Miss Brown” — now in its second season on Food Network — was born on Wadmalaw Island, part of the Sea Islands of Charleston, South Carolina. The Charleston native was studying to become a social worker in New Jersey when she came to Food Network’s attention in 2014. She impressed executives with her appearance on “Deen of Lean,” and that TV moment proved to be a career changer.

More than four years have passed since Brown set out to make her culinary dreams come true. She’s been the host of “Cupcake Championship” and appeared on shows such as “Beat Bobby Flay,” “Chopped Junior” and more. But her star shines brightest in her first solo project, “Delicious Miss Brown.”

It’s a family affair in the episode airing Sunday, Jan. 26. Aunt Kardea cooks up kid-friendly treats for her nieces and nephews, including Stovetop Mac ‘n’ Cheese and some Baked Potato-Chip Chicken Strips, followed by Charleston Milkshakes.

These are some of the “down-home recipes” you’d expect to see every week, but “Delicious Miss Brown” is more than just a Southern cooking show. In fact, Brown’s Gullah/Geechee ancestry plays a big part in her success on and off screen, having created the pop-up New Gullah Supper Club that regularly showcases her mother and grandmother passed down to her.

The Gullah/Geechee culture is unique to coastal North Carolina, South Carolina, Georgia and Florida, where residents trace their lineage back to West Africans and the slave trade era. The Gullah/Geechee have managed to hold onto a way of life that developed over generations, and the cuisine is a melding of West African customs and locally available foods.

This is the influence that has defined both Brown and her show, which airs each Sunday on Food Network. “Delicious Miss Brown” films on Edisto Island, which allows Brown to simultaneously share the art of low-country cooking while providing glimpses of her proud heritage.

Cooking this week

**SUNDAY**
10 a.m. (FOOD): The Pioneer Woman
10:30 a.m. (FOOD): The Pioneer Woman
11 a.m. (FOOD): Girl Meets Farm
11:30 a.m. (FOOD): Valerie’s Home Cooking
Noon (FOOD): Delicious Miss Brown
12:30 p.m. (FOOD): Giada Entertains
1 p.m. (FOOD): The Kitchen
1:30 p.m. (FOOD): The Great British Baking Show
2 p.m. (FOOD): Worst Cooks in America
3:30 p.m. (FOOD): Beat Bobby Flay
4:30 p.m. (FOOD): Beat Bobby Flay
5 p.m. (FOOD): Beat Bobby Flay
6 p.m. (FOOD): Beat Bobby Flay
8 p.m. (FOOD): Beat Bobby Flay
6:30 p.m. (FOOD): Beat Bobby Flay

**MONDAY**
10 a.m. (FOOD): The Kitchen
11 a.m. (FOOD): The Rachael Ray Show
Noon (FOOD): The Kitchen
1 p.m. (FOOD): Challenge
2 p.m. (FOOD): The Rachael Ray Show
3 p.m. (FOOD): Guy’s Grocery Games
4 p.m. (FOOD): Guy’s Grocery Games
5 p.m. (FOOD): Guy’s Grocery Games
6 p.m. (FOOD): Guy’s Grocery Games
7 p.m. (FOOD): Guy’s Grocery Games
8 p.m. (FOOD): Guy’s Grocery Games
9 p.m. (FOOD): Worst Cooks in America

**TUESDAY**
10 a.m. (FOOD): Trisha’s Southern Kitchen
10:30 a.m. (FOOD): Trisha’s Southern Kitchen
11 a.m. (FOOD): The Rachael Ray Show
11:30 a.m. (FOOD): Trisha’s Southern Kitchen
Noon (FOOD): Trisha’s Southern Kitchen
12:30 p.m. (FOOD): Girl Meets Farm
1 p.m. (FOOD): The Pioneer Woman
1:30 p.m. (FOOD): The Pioneer Woman
2 p.m. (FOOD): The Rachael Ray Show
3 p.m. (FOOD): Chopped Junior
4 p.m. (FOOD): Chopped
5 p.m. (FOOD): Chopped
6 p.m. (FOOD): Chopped
7 p.m. (FOOD): Chopped
8 p.m. (FOOD): Chopped
9 p.m. (FOOD): Chopped

**WEDNESDAY**
10 a.m. (FOOD): Farmhouse Rules
10:30 a.m. (FOOD): Farmhouse Rules
11 a.m. (FOOD): The Rachael Ray Show
11:30 a.m. (FOOD): Farmhouse Rules
Noon (FOOD): Farmhouse Rules
12:30 p.m. (FOOD): Farmhouse Rules
1 p.m. (FOOD): The Pioneer Woman
1:30 p.m. (FOOD): The Pioneer Woman
2 p.m. (FOOD): The Rachael Ray Show
3 p.m. (FOOD): Guy’s Grocery Games
4 p.m. (FOOD): Guy’s Grocery Games
5 p.m. (FOOD): Guy’s Grocery Games
6 p.m. (FOOD): Guy’s Grocery Games
7 p.m. (FOOD): Guy’s Grocery Games
8 p.m. (FOOD): Guy’s Grocery Games
9 p.m. (FOOD): Guy’s Grocery Games

**THURSDAY**
10 a.m. (FOOD): The Kitchen
11 a.m. (FOOD): The Rachael Ray Show
Noon (FOOD): The Kitchen
1 p.m. (FOOD): The Pioneer Woman
Soap Opera Updates

By Shona Dustan
TV Media

For the week of January 20 - 24

The Bold and the Beautiful
Brooke makes Eric pick a side — it’s her or Quinn. Sally refuses to accept the news about Wyatt’s reconciliation with Flo, and vows to make it difficult for him to walk away from her. Flo tries to make things right with Bill. Brooke tells Katie about her current situation. Eric warns Quinn about the consequences of meddling with other people’s relationships. Quinn tells Wyatt that Brooke is causing trouble, but assures him that she has a plan. Steffy, Kelly and Liam come home from a day at the beach. Sally heads to Flo’s apartment to set things straight. Thomas thanks Hope for sticking with his son. Bill gives Liam some fatherly advice. Thomas tries to keep Steffy from telling Liam about the kiss they shared. Eric breaks the bad news about Shauna to Quinn. Brooke tries to get Hope to see that Thomas is getting between her and Liam. Thomas keeps using Zoe as a cover. Steffy starts to work about Sally, and Sally tells Steffy that she and Wyatt are having a rough time. Brooke gets some good news.

Days of Our Lives
Sonny and Justin revisit the events of last Mother’s Day, which included Sonny surprising Will, Sarah going into labor and Brady causing trouble by bringing Kristen to his parents’. Also, Tragedy struck Sarah and Adrienne, Tony learned of Anna’s betrayal, Maggie receives an unwelcome visitor and Xander admitted something to Victor. As Mother’s Day continued, Kristen prepared to give birth, Will found Adrienne and Sarah, Xander helped Sarah and Kayla gave Josh some heartbreaking news. Also, Will confided in JJ, Kristen’s world was shattered, and Justin told Sonny that Adrienne had died.

General Hospital
Jax wonders how much longer things can continue, and what will be the last straw. Michael and Sasha make a change. Tracy and Ned have a disagreement. Carly worries and Finn is upset. Anna feels the need to protect her own. Jason dishes out a serious warning. Curtis has some suspicions and Sonny takes on an enemy. Nelle is unhappy, and Nina is disgusted. Martin receives a call. Sonny is concerned about Mike, and Carly hunts for the truth. Anna feels overwhelmed.

The Young and the Restless
Victoria shows Nikki the bar receipt she found. Victoria hates that Billy lied, but as a former addict, Nikki relates to him, and gives him the benefit of the doubt. Later, Billy is confronted by Victoria, and he swears he has been faithful, but admits that he’s finding it hard to live up to her expectations. Victoria is heartbroken when Billy admits that he’s been confiding in Amanda. Victor invites Chelsea and Adam to the ranch for dinner. Chelsea talks about Connor’s bravery. Victor undermines her, and shares how proud he is of Adam. Nikki reminds Victor that the happiness of Adam and Chelsea came at Nick’s expense. Adam announces that he wants to revive Dark Horse in order to secure Connor’s future. Jabot hosts a party for the marketing department. Lola is the caterer, and Summer picks apart every detail of the event. Kyle senses the chemistry between Lola and Theo, and Jack introduces Jill to Theo. Elena says she wants to pick Nick’s brain at the coffeehouse, and asks him about the possibility of a mobile medical unit.
Lena Crichlow stars in “Avenue 5” who will write our history.

Sunday Best Bets

Who Will Write Our History

During WWII, a group of Jewish activists, scholars and journalists living in the Warsaw Ghetto in German-occupied Poland worked together to create an archive of their truths, knowing that it would survive even if they didn’t.

The Simpsons

When Marge takes up lumber-jacking in an attempt to seem less boring, she discovers she has a natural talent for the sport in this reboadcast. With her trainer Paula (guest star Asia Kate Dillon), she travels to Portugal for a timber-sports competition.

American Ninja Warrior

Find out if these athletes have what it takes to conquer the most challenging obstacle course in the world in this physical fitness competition series. Matt Leinart and Akbar Gbajubiamila co-host while Zuri Hall brings action from the sidelines.

Auszchwitz Untold

This new special tells the story of Holocaust survivors, combining newly colorized Holocaust footage with first hand interviews. These people share their tales of survival while under the peril of Nazi Germany during WWII.

Avenue 5

In a new episode of this space-faring sci-fi series, a NASA rep helps crewmember Rav (Nikki Amuka-Bird) plot a rescue. Meanwhile, Captain Ryan Clark (Hugh Laurie) finds a bit of optimism hidden on board in the engineering department.
Stars on Screen

‘A Really Good’ deal: Anna Chlumsky-led dramedy coming to Showtime

By Michelle Rose
TV Media

‘A Really Good’ deal: Six-time Emmy nominee Anna Chlumsky (“Veep”) is among the cast of Shonda Rhimes’ upcoming crime series, “Inventing Anna,” coming to Netflix in 2020. But after that, it appears Chlumsky may be heading to Showtime.

The actress, who got her big break as a child actress in “My Girl” (1991), is attached to a new dramedy series titled “A Really Good Day,” which is currently in development at Showtime.

The series will be based on the book “A Really Good Day: How Microdosing Made a Mega Difference in My Mood, My Marriage, and My Life,” by Ayelet Waldman. And you can guess by the book’s full title that it’s a candid, autobiographical look at the former public defender and mother of four’s microdosing experiment with LSD.

No word yet on whether the series will closely follow the book or simply borrow the premise, but Waldman is penning the TV adaptation and will serve as executive producer along with her husband, “Star Trek: Picard” showrunner Michael Chabon.

Just last month, the husband-wife team signed a multi-year production deal with CBS Television Studios. “A Really Good Day” falls under that agreement, as does the planned adaptation of Chabon’s Pulitzer Prize-winning novel, “The Amazing Adventures of Kavalier and Clay.”

It’s already taken 20 years for “Kavalier and Clay” to make it onto any screen. Chabon had been working with producer Scott Rudin to bring his 2000 bestseller to the big screen, and Sydney Pollack (“Tootsie,” 1982), Jude Law (“The New Pope”) and Ryan Gosling (“La La Land,” 2016) are among the names that were attached to the title at various times.

There was then talk of an eight-part series, starring Rachel Brosnahan of “The Marvelous Mrs. Maisel,” but that didn’t turn out, either. There was then talk of an eight-part series, starring Rachel Brosnahan of “The Marvelous Mrs. Maisel,” but that didn’t turn out, either. There was then talk of an eight-part series, starring Rachel Brosnahan of “The Marvelous Mrs. Maisel,” but that didn’t turn out, either.

And instead of flipping homes, Drew and Jonathan Scott have built a business and TV empire through real estate deals and renovations.

But even after several seasons, series, spinoffs and specials, the Canadian home-rehabbing twins aren’t looking to move out of their home at HGTV anytime soon. In fact, they recently renewed their deal with parent company Discovery Inc., and that means they’ll be staying put until at least 2022.

Viewers can look forward to more new episodes of their Emmy-nominated flagship series. There will also be a new season of “Brother vs. Brother” and many more episodes (40, to be exact) of “Property Brothers: Forever Home,” which became HGTV’s highest-rated premiere when it debuted last May.

The spinoff has since been picked up by a number of other broadcasters worldwide, which isn’t surprising since the “Property Brothers” franchise is already well known to audiences in more than 160 countries.

What else do the brothers have in store for us in 2020? They’re showing no signs of slowing down — if anything, they’re poised to have an even bigger year.

When Variety first broke the news of the brothers’ renewed deal, the exclusive alluded to a brand new TV project that was in the works, along with plenty more digital content.

And instead of flipping homes, Drew and Jonathan are encouraging fans to flip through the pages of their newly launched magazine. The first issue of “Reveal” hit newsstands on Jan. 10.

Along with home decor and design-focused pieces, the magazine includes lifestyle features on a variety of different subjects — family, food, travel, outdoor living — that tie into the brothers’ “dream big” life philosophy, which has clearly served them well.

Anna Chlumsky is set to star in Showtime’s “A Really Good Day”

Late Laugh

A Little Late With Lilly Singh

Did you know nearly half of all marriages end in divorce? Those are really bad odds! You wouldn’t get on a plane that had a 50% chance of crashing! And you definitely wouldn’t throw a $70,000 party celebrating said plane.

One survey showed that 30% of women have or have thought about dating a woman, and the other 70% are lying.

Conan

Jamie Lee Curtis said that she once free-based cocaine with her dad, actor Tony Curtis. In his defence, it was Bring Your Daughter to Work Day.

NBC said it might offer its streaming service for free if you watch ads. NBC simply got the idea from what we’ve been doing for the last 70 years.

The Tonight Show Starring Jimmy Fallon

A new trailer just came out for the “Top Gun” sequel. It’s great! You see a plane flying upside down, passing between two other planes, and just missing a mountain — then, after that ad for Southwest Airlines, the “Top Gun” trailer starts.

Someone in Ohio just won the $372-million Mega Millions jackpot. The winner is thrilled, while the guy who gave him the ticket for Secret Santa just walked into the ocean.

The Late Show With Stephen Colbert

There’s nothing worse than being fired by tweet, except maybe getting divorced by Snapchat.

I’m happy to know our government still works, but it’s kind of emotionally confusing. It’s like your parents telling you they’re getting a divorce while on Space Mountain: “Was this my fault? WEEEE! Where will I go for Christmas? YAAAAY!”

The Late Late Show with James Corden

Disney World’s new Skyliner gondola malfunctioned, stranding passengers three storeys above the park for three hours. See, this is what happens when your company is run by a couple of mice, a dog and a duck without pants.

Jimmy Kimmel Live

You know, I’ve been analyzing him for about two years now, and I have a theory about our vice-president: Mike Pence is an alien who has come to Earth to study our ways, to integrate and to potentially rule us. I think this is why he’s so obsessed with the Space Force. He wants to go home.

Late Night With Seth Meyers

A Six Flags theme park in Maryland has announced a new promotion in which visitors spend 30 hours inside a coffin to win a pair of season passes. And, if Billy asks, that’s what Nana’s doing right now. “She’s fine! She’s winning you Six Flags tickets!”
ACROSS
1  Huge amount
4  Fraternity letter
7  None too smart
12  “Watchmen” airer
13  Hockey great Bobby
14  Port-au-Prince is its capital
15  Cry at a circus
16  Coveted musical award, with “Best”
17  Former historical drama about Mary, Queen of Scots
20  Miff
21  Amount past due?
22  Kind of TV ratings
27  Place to exchange rings
28  ___ von Bismarck
30  Raccoon relative
31  School session
32  Former sitcom that starred Charlie Sheen: “___ Management”
33  Ancient empire
34  Swarms with
36  Tar Heels’ sch.
37  Actor Max von ___
38  Casual shirt
40  Port-au-Prince is its capital
41  Baseball achievements
42  Reed section member
43  Real estate ad abbr.
44  Star of “The Partridge Family” and “L.A. Law”
45  Common number of dwarfs
46  Ball suffix
47  Like Porky, Daffy and Bugs
48  “Rocky ___” (1982)
49  Wine sediment
50  Pretty marble
51  Head topper
52  Boy or girl lead-in
53  Pretty marble
54  “Game of Thrones” star Harington

DOWN
1  “Avengers: Endgame” (2019) hero
2  “___ to Joy”
3  Rare baseball achievements
4  “Roseanne” spin-off, with “The”
5  Charlemagne’s realm: Abbr.
6  Late “Crocodile Hunter” icon Steve
7  “A crowd, it is said
8  Head topper
9  “Rocky ___” (1982)
10  Pennies: Abbr.
11  “Game of Thrones” star Harington
17  Meyers of “Kate & Allie”
19  Music award
23  Like Porky, Daffy and Bugs
24  Actors’ exit
25  Kitchen extension
26  Film ___ (movie genre)
27  Boy or girl lead-in
28  Wine sediment
31  Bill: Abbr.
35  Reality-comedy series “Adam ___ Everything”
36  “Fire on the Water” / Gateway Clipper Dinner Cruise
37  “Escape to Margaritaville” @ The Benedum Theater
38  “Fire on the Water” / Gateway Clipper Dinner Cruise
39  “Game of Thrones” star Harington
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Solution on page 2
### Monday Prime Time

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### Natacha Karam in “9-1-1: Lone Star”

**9-1-1: Lone Star**

(8 PM) **8 p.m.**

In this new episode, Judd (Jimm Parrack) confronts Owen (Rob Lowe) about him giving TK (Ronen Rubinstein) preferential treatment. Meanwhile, the team faces emergencies at a steak eating contest and a grain silo. Liv Tyler and Natacha Karam also star.

### The Good Doctor

**9 p.m.**

Being autistic doesn’t stop Dr. Shaun Murphy (Freddy Highmore) from using his incredible gifts to save lives at St. Bonaventure Hospital in this medical drama. While working hard to prove himself to older colleagues, he navigates friendships and dating.

### The Outsider

**10 p.m.**

While visiting Dayton, Ohio, private investigator Holly Gibney (Cynthia Erivo) discovers a case shockingly similar to the Maitland’s ‘in the latest episode of this new mystery series. There she meets Det. Andy Katoavage (Derek Cegli), who offers insight.

### One of a Kind

**10 p.m.**

An outdoor-loving, musical family gets their dated home revamped by Grace Mitchell and her team in this new episode. A space just for performances, natural light and a whole lot of green turn their dream digs into the perfect place for them.

### Manifest

**8 p.m.**

Michaela (Melissa Roxburgh) finds herself in imminent danger when a mysterious assailant commits a high-stakes bank robbery in a new episode of this supernatural drama. Garrett Wareing, Jared Grimes, Alex Morf and Leah Gibson guest star.
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**News**

**in the hopes of finding other survivors.**

**gle to find a cure for a virus that has devastated mankind in this science fiction flick. He searches for food and supplies and also sends out radio messages in the hopes of finding other survivors.**

I **Was Prey: Under Attack**

**8 p.m.**

In this new bonus episode, hikers are attacked by mountain lions and grizzly bears, a swimmer faces a Great White shark and a young boy’s nightmare comes to life when a wolf attacks him while he's sleeping.

**Single Parents**

**9:30 p.m.**

Single father Will Cooper (Taran Killam) struggles to have a life outside parenting his 7-year-old daughter in this comedy series. His fellow single parents urge him to get out into the grown-up world. Brad Garrett and Leighton Meester also star.

**Chicago P.D.**

**10 p.m.**

Halstead (Jesse Lee Soffer) is affected by the shocking murder of young boys in this re broadcast. Meanwhile, Crawford’s (Paul Adelstein) plan backfires when he convinces Intelligence to use a new facial-recognition software to identify a suspect.
Beulah Koale in a scene from "Hawaii Five-0"

Hawaii Five-0

1. 8 p.m.
Detective Steve McGarrett (Alex O'Loughlin) leads a specialized federal task force investigating homicides, felonies, and organized crime in the 10th season of this popular procedural drama set on the sunny shores of Oahu.

WWE SmackDown

3. 8 p.m.
The superstars of the WWE spark new rivalries and maintain long-standing feuds in two hours of all-new wrestling entertainment action. Some of the wrestlers featured in this WWE program include Big Show, Jack Swagger and Kelly Kelly.

20/20

4. 9 p.m.
Investigative reports and human-interest stories are presented by co-anchors Amy Robach and David Muir in this long-running news magazine. This contemporary news program also features interviews with prominent public figures and politicians.

Deep Impact

5. 10:30 p.m.
When a teenage astronaut (Elijah Wood) discovers that a comet is heading towards Earth, the president (Morgan Freeman) announces the government's plan to send a team of astronauts to change its course. Robert Duval and Leelee Sobieski also star.

Late Night With Seth Meyers

3. 12:35 a.m.
Host Seth Meyers of "Saturday Night Live" welcomes celebrity guests to his popular late-night talk show. In addition to his hilarious opening monologue that pokes fun at current events, the show features comedy bits, sketches and music from the 8G Band.
Dr. Lisa Chimes from “Pet Vet Dream Team”

Pet Vet Dream Team
6:30 a.m. 7:11 a.m. 8:12 a.m.
Dr. Lisa Chimes and Dr. Andrew Marchevsky treat injured and sick pets at the Small Animal Specialist Hospital in this series. Along with exotic animal expert Tim Faulkner, the vets educate viewers on a range of veterinary procedures and practices.

Soccer
6:30 p.m.
The Wolverhampton Wanderers head to Old Trafford Stadium in Manchester, England to take on the winningest football club in English football history, Manchester United. Look out for team captains Ashley Young of the Reds and Conor Coady of the Wolves.

Zombieland
7:45 p.m.
When zombies strike, a shut-in teams up with an experienced zombie slayer on a journey to Los Angeles. Along the way, they meet two sisters also struggling to survive. This horror-comedy stars Jesse Eisenberg, Woody Harrelson and Emma Stone.

Basketball
8:30 p.m.
Philadelphia and Boston face off at TD Garden in Boston, Massachusetts, led by Joel Embiid and Kemba Walker respectively. These teams meet more than any other in the post-season, creating a rivalry that has lasted since the 1950s.

The Best of Enemies
9 p.m.
Civil rights activist Ann Atwater (Taraji P. Henson) and KKK president C.P. Ellis (Sam Rockwell) from North Carolina feuded over desegregation in 1972. In this film, based on a true story, the two end up developing a relationship based on shared values.
Movie Zone

Sunday

8 a.m. (PARMT) The Expendables 2 ★★★★
(Act, '12) Sylvester Stallone, Liam Hemsworth. A man is approached by a member of the CIA and sent on a mission to locate an object. (3h)

8:05 a.m. (MAX) Die Hard 3 ★★★★
(Act, '88) Bruce Willis, Alan Rickman. A cop visiting New York helps stop some terrorists in his wife's business building. (2h15)

8:15 a.m. (SHO2) Les Misérables ★★★★
(Mus, '12) Hugh Jackman, Rachel Weisz. A man embarks on an epic journey to the Tree of Life, said to bestow eternal life. (1h35)

1:45 p.m. (TBS) Tombstone ★★★★
(Act, '93) Kurt Russell, Val Kilmer. A heartfelt romance takes place between a sports columnist and a socialite who becomes a Russian spy, goes on the run to prove his innocence. (3h)

4:05 p.m. (TNT) Lowriders ★★★★
(Act, '17) Keanu Reeves, John Wick. A cop visiting Mexico to rescue a seemingly unstoppable weapon. (2h)

7:30 p.m. (SHO2) Guardians of the Galaxy ★★★★
(Act, '14) Chris Pratt, Zoe Saldana. A band of misfits must rally together to save the galaxy from a fanatical Kree warlord. (2h30)

9:00 p.m. (SHO2) Return of the X-Men ★★★★
(Act, '17) Vin Diesel, Deepika Padukone. X-Men cage returns to race a powerful new foe to a seemingly unstoppable weapon. (2h)

10:00 p.m. (HBO) The Age of Adaline ★★★★
(Act, '15) Blake Lively, Michael Sheen. A scientist embarks on a series of misadventures thanks to an heirless and a pet leopard. (2h)

5:30 p.m. (TBS) Bad Santa 2 ★★★★
(Act, '03) Jodie Foster,voiced by a thirteen-year-old. (2h)

6:30 p.m. (SHO2) The Whole Nine Yards ★★★★
(Act, '00) Bruce Willis, Matthew Perry. Following a stint in prison, hitman Jimmy the Tulip moves to a suburban neighborhood. (1h45)

6:30 p.m. (SHO2) Return of the X-Men ★★★★
(Act, '17) Vin Diesel, Deepika Padukone. See Sunday at 8:30 PM (2h20)

6:45 p.m. (HBO) John Wick: Chapter 3 - Parabellum ★★★★
(Act, '19) Keanu Reeves, Halle Berry. Former hitman John Wick, pursued by assassins, attempts to have the bounty on him removed. (2h15)

7:30 p.m. (TNT) Guardians of the Galaxy ★★★★
(Act, '14) Chris Pratt, Zoe Saldana. See Sunday at 8:00 PM (2h30)

8 p.m. (MAX) Titanic ★★★★
(Act, '97) Leonardo DiCaprio, Kate Winslet. The two social opposites meet and fall in love while on Titanic's maiden voyage. (4h30)

11:55 p.m. (MAX) The Notebook ★★★★
(Act, '04) Ryan Gosling, Rachel McAdams. A man tells the story of a woman who is torn between her fiancé and her first love. (3h)

12:15 a.m. (MAX) A Bronx Tale ★★★★
(Act, '93) Robert De Niro, Chazz Palminteri. A boy is torn between his street-wise, working class father and a charismatic crime boss. (2h30)

1:20 a.m. (TBS) Trainspotting ★★★★

2:15 a.m. (TNT) Shazam! ★★★★
(Act, '19) Zachary Levi, Mark Strong. A boy has the power to turn into a grown-up superhero. (2h15)

3:00 a.m. (FX) Rio 2 ★★★★
(Act, '14) Jesse Eisenberg, Anne Hathaway. A family of Spix's Macaws packs up for a trip to the Amazon rainforest. (2h)

4:00 a.m. (HBO) The Fountain ★★★★
(Sci-Fi, '06) Hugh Jackman, Rachel Weisz. A man embarks on an epic journey to the Tree of Life, said to bestow eternal life. (1h35)

4:45 p.m. (TBS) Woman of the Year ★★★★
(Act, '80) Goldie Hawn, Burt Reynolds. Katharine Hepburn. A turbulent romance takes place between a sports columnist and a political commentator. (2h15)

2:45 p.m. (SHO2) The Devil Wears Prada ★★★★
(Act, '06) Meryl Streep, Anne Hathaway. An aspiring journalist works for an overly demanding fashion magazine editor. (2h)

5:20 p.m. (SHO2) Girl, Interrupted ★★★★
(Act, '99) Winona Ryder, Angelina Jolie. A young woman commits herself to a mental institution after attempting suicide. (2h10)

5:30 p.m. (HBO) Fantastic Beasts: The Crimes of Grindelwald ★★★★
(Adv, '18) Eddie Redmayne, Katherine Waterston. An evil wizard escapes from custody and tries to usher in a dark new world order. (2h20)

8 p.m. (TCM) The Favourite ★★★★
(Act, '18) Olivia Colman, Rachel Weisz. Two jealous cousins spar to be Queen Anne's closest friend and most trusted advisor. (2h)

9:55 p.m. (MAX) The Hard Kill ★★★★
(Act, '18) Bruce Willis, Alan Rickman. See 8:05 AM (2h15)

10 p.m. (TBS) It's a Date ★★★★
(Act, '60) Deanna Durbin, Peter Lawford. A mother and daughter compete for a man's attentions and a role in a Broadway musical. (2h)

11:45 p.m. (TNT) The Million Dollar Hotel ★★★★
(Act, '00) Leonor Watling, Sven Martinek. A German writer and his wife must cope with life's uncertainties while they are living in the Wild West. (2h15)

2:30 a.m. (MAX) Bringing Up Baby ★★★★
(Act, '38) Cary Grant, Katharine Hepburn. A scientist embarks on a series of misadventures thanks to an heirless and a pet leopard. (2h)

5:15 a.m. (MAX) The Whole Nine Yards ★★★★
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Movie Zone

TUESDAY

8 a.m.  (TWM) How the West Was Won (1962)
9 a.m.  (TWM) Valley of Decision (1950)
10 a.m.  (TWM) The Darjeeling Limited (2008)
11 a.m.  (TWM) Our Dancing Daughters (1929)
12 p.m.  (TWM) Star Trek (1967)
1:00 p.m.  (TWM) A Guy Named Dino (1962)
2:00 p.m.  (TWM) Million Dollar Quartet (2009)
3:00 p.m.  (TWM) The Mummy (1932)
4:00 p.m.  (TWM) The Last Emperor (1987)
5:00 p.m.  (TWM) The Last Of The Mohicans (1992)
6:00 p.m.  (TWM) Superman (1978)
7:00 p.m.  (TWM) Superman II (1986)
8:00 p.m.  (TWM) Superman III (1983)
9:00 p.m.  (TWM) Superman IV (1987)
10:00 p.m.  (TWM) Superman: The Movie (1978)

WEDNESDAY

9 a.m.  (TWM) The Green Hornet (2011)
10 a.m.  (TWM) The Green Mile (1999)
11 a.m.  (TWM) The Green Mile (1999) (Part 2)
12 p.m.  (TWM) Green Room (2015)
1:00 p.m.  (TWM) Green Blog (2011)
2:00 p.m.  (TWM) Greenlights (2018)
3:00 p.m.  (TWM) Green Street (2005)
4:00 p.m.  (TWM) Green Street (2005) (Part 2)
5:00 p.m.  (TWM) Green Street (2005) (Part 3)
6:00 p.m.  (TWM) Green Street (2005) (Part 4)
7:00 p.m.  (TWM) Green Street (2005) (Part 5)
8:00 p.m.  (TWM) Green Street (2005) (Part 6)
9:00 p.m.  (TWM) Green Street (2005) (Part 7)
10:00 p.m.  (TWM) Green Street (2005) (Part 8)

THURSDAY

6 a.m.  (TWM) The Ten Commandments (1956)
7 a.m.  (TWM) The Ten Commandments (1956) (Part 2)
8 a.m.  (TWM) The Ten Commandments (1956) (Part 3)
9 a.m.  (TWM) The Ten Commandments (1956) (Part 4)
10 a.m.  (TWM) The Ten Commandments (1956) (Part 5)
11 a.m.  (TWM) The Ten Commandments (1956) (Part 6)
12 p.m.  (TWM) The Ten Commandments (1956) (Part 7)
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7:00 p.m.  (TWM) The Ten Commandments (1956) (Part 14)
8:00 p.m.  (TWM) The Ten Commandments (1956) (Part 15)
9:00 p.m.  (TWM) The Ten Commandments (1956) (Part 16)
10 p.m.  (TWM) The Ten Commandments (1956) (Part 17)

FRIDAY

8 a.m.  (TWM) 9 to 5 (1984)
9 a.m.  (TWM) 9 to 5 (1984) (Part 2)
10 a.m.  (TWM) 9 to 5 (1984) (Part 3)
11 a.m.  (TWM) 9 to 5 (1984) (Part 4)
12 p.m.  (TWM) 9 to 5 (1984) (Part 5)
1:00 p.m.  (TWM) 9 to 5 (1984) (Part 6)
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4:00 p.m.  (TWM) 9 to 5 (1984) (Part 9)
5:00 p.m.  (TWM) 9 to 5 (1984) (Part 10)
6:00 p.m.  (TWM) 9 to 5 (1984) (Part 11)
7:00 p.m.  (TWM) 9 to 5 (1984) (Part 12)
8:00 p.m.  (TWM) 9 to 5 (1984) (Part 13)
9:00 p.m.  (TWM) 9 to 5 (1984) (Part 14)
10 p.m.  (TWM) 9 to 5 (1984) (Part 15)

SATURDAY

11 a.m.  (TWM) The Green Mile (1999) (Part 1)
12 p.m.  (TWM) The Green Mile (1999) (Part 2)
1 p.m.  (TWM) The Green Mile (1999) (Part 3)
2 p.m.  (TWM) The Green Mile (1999) (Part 4)
3 p.m.  (TWM) The Green Mile (1999) (Part 5)
4 p.m.  (TWM) The Green Mile (1999) (Part 6)
5 p.m.  (TWM) The Green Mile (1999) (Part 7)
6 p.m.  (TWM) The Green Mile (1999) (Part 8)
7 p.m.  (TWM) The Green Mile (1999) (Part 9)
8 p.m.  (TWM) The Green Mile (1999) (Part 10)
9 p.m.  (TWM) The Green Mile (1999) (Part 11)
10 p.m.  (TWM) The Green Mile (1999) (Part 12)

SUNDAY

10 a.m.  (TWM) 9 to 5 (1984) (Part 1)
11 a.m.  (TWM) 9 to 5 (1984) (Part 2)
12 p.m.  (TWM) 9 to 5 (1984) (Part 3)
1 p.m.  (TWM) 9 to 5 (1984) (Part 4)
2 p.m.  (TWM) 9 to 5 (1984) (Part 5)
3 p.m.  (TWM) 9 to 5 (1984) (Part 6)
4 p.m.  (TWM) 9 to 5 (1984) (Part 7)
5 p.m.  (TWM) 9 to 5 (1984) (Part 8)
6 p.m.  (TWM) 9 to 5 (1984) (Part 9)
7 p.m.  (TWM) 9 to 5 (1984) (Part 10)
8 p.m.  (TWM) 9 to 5 (1984) (Part 11)
9 p.m.  (TWM) 9 to 5 (1984) (Part 12)
10 p.m.  (TWM) 9 to 5 (1984) (Part 13)
Movie Zone

Sunday, January 26, 2020 • The Dominion Post

**SATURDAY**

8 a.m. **TMC** The King’s Speech ★★★★ (Dra, ’10) Colin Firth, Geoffrey Rush. See Tuesday at 2:00 PM (2h)

9 a.m. **HBO** Major League ★★★★★ (Com, ’89) Charlie Sheen, Tom Berenger. See Wednesday at 8:30 AM (1h45)

9:30 a.m. **TMC** The Divergent Series: Allegiant ★★★★★ (Adv, ’16) Shailene Woodley, Theo James. Tris must escape with Four beyond the wall the encircling Chicago. (2h30)

4 p.m. **TMC** Ray ★★★ (Bio, ’04) James F. Cox, Alfred Redl. President Roosevelt faces trial until they improve their grades. (3h)

10:15 a.m. **TMC** Blood and Chocolate ★★★★ (Hist, ’07) Hugh Dancy, Olivier Martinez. A werewolf falls for a mortal, risking his life and her own when her family finds out. (1h45)

10:30 a.m. **USA** Harry Potter and the Prisoner of Azkaban ★★★★★ (Fant, ’04) Daniel Radcliffe, Emma Watson. Harry learns that a murderer has escaped Azkaban prison and is after him. (2h59)

10:45 a.m. **Freeform** E.T. the Extra-Terrestrial ★★★★★ (Sci-Fi, ’82) Henry Thomas, Drew Barrymore. A young boy forms a special bond with a stranded alien and tries to help him return home. (2h40)

11:45 a.m. **HBO** The Others ★★★ (Thrill, ’01) Nicole Kidman, Fonnula Flanagan. A mother of two begins to suspect that the dark mansion they inhabit is actually haunted. (1h45)

1:00 p.m. **TMC** Magic Mike XXL ★★★ (Com/Dra, ’15) Channing Tatum, Matt Bomer. The Kings of Tampa set out for Myrtle Beach for one last performance before stepping down. (3h)

2:30 p.m. **TMC** Wayne’s World ★★★★★ (Com, ’92) Mike Myers, Dana Carvey. See Tuesday at 2:30 PM (1h35)

4:10 p.m. **TMC** The Order of the Phoenix ★★★★★ (Adv, ’07) Daniel Radcliffe, Rupert Grint. After using magic outside of school, Harry faces trial and may be expelled from Hogwarts. (3h)

5 p.m. **MAX** Die Hard ★★★★★ (Act, ’88) Bruce Willis, Alan Rickman. See Sunday at 8:05 AM (2h15)

**FRIDAY**

8 a.m. **HBO** Altai: Battle Angel ★★★ (Act, ’19) A young cyborg woman with no memories searches for the truth about her mysterious origins. (2h05)

9 a.m. **USA** Dr. Zhivago ★★★★★ (Epis, ’65) Omar Sharif, Julie Christie. The life of a Russian doctor/poet unfolds against the backdrop of the Russian Revolution. (3h30)

10 a.m. **TMC** Back to the Future ★★★★★ (Sci-Fi, ’53) Michael J. Fox, Christopher Lloyd. A teenage boy roars back through time to 1955, where he meets his parents at a young age. (2h40)

10 p.m. **MAX** The Prestige ★★★★★ (Dra, ’06) Christian Bale, Hugh Jackman. A mysterious origins. (2h05)

9 p.m. **MAX** The Hunt for Red October ★★★★★ (Thrill, ’90) Sean Connery, Alec Baldwin. See Tuesday at 6:15 PM (2h30)

Morgantown Dominion Post, WV: Movies Jan 26, 2020 to Feb 1, 2020
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Seniors and hygiene
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Senior centers and facilities.......................... 4
Preparing in advance for long-term care
expenses.................................................... 5
Senior center activities ............................... 6
How to incorporate heart-healthy foods
into your diet ............................................... 7
Keeping active: Local seniors discuss
how they keep moving ............................... 8
Seniors and hygiene ................................... 10
Winter assistance ...................................... 11
Crossword ................................................ 12
Assisted living and residential care
communities ............................................ 12
Senior Monongalians: Activities and
events ...................................................... 13
Compromise is sometimes only a
temporary solution ................................... 14
Carol Ann Miller: "I’m an advocate
for the seniors” ........................................ 15

On the cover: Terry Tusing plays pool at Senior Monongalians.
Photo by Ron Rittenhouse, The Dominion Post

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Clay Battelle Senior Center
5977 Mason Dixon Hwy., Blacksville • 304-432-8177

Core Senior Center
98 Pedlar Run Road, Core • 304-879-5452

Senior Monongalians
5000 Green Bag Road, Morgantown • 304-296-9812

Westside Senior Center
500 Dupont Road, Westover • 304-296-6583

Preston County
Newburg Senior Center
100 Wolfe St., Newburg • 304-892-4662

North Preston Senior Center
WV Rt. 26, Bruceton Mills • 304-379-1165

Preston County Senior Citizens
108 Senior Center Drive, Kingwood • 304-329-0464

Rowlesburg Senior Center
44 Poplar St., Rowlesburg • 304-454-2012

Terra Alta Senior Center
212 E. Washington Ave., Terra Alta • 304-789-2415

Tunnelton Senior Citizens
1266 Senior Drive, Tunnelton • 304-568-2151

Valley District Senior Center
54 W. Highland Avenue, Masontown • 304-864-6465

Life with Parkinson’s disease presents new challenges. Our hospital has the experts, innovative treatments and advanced technologies that help patients regain ability and strength for a higher quality of life.
Preparation in advance for long-term care expenses

By Doreen Seamon
for The Dominion Post

Last month we discussed what happens if a loved one goes into a long-term care facility (i.e. nursing home). As you may recall, their stay in the facility will cost about $10,000 per month and may result in them spending their life savings before eventually being able to qualify for long-term care Medicaid.

This month we will discuss advanced planning options to avoid that outcome. Planning in advance is our best opportunity to maintain control of our care options as well as how we pay for our care. Most people prefer to spend the rest of their days in their own homes or at least a place where they can remain independent, and they do not want to go broke in a nursing home. But for various reasons, the majority of people do not plan appropriately for this stage of life. Remember, doing nothing is actually making a conscious decision to leave these issues to chance.

For your best chance to protect your assets, you should consider various options such as long-term care insurance products and gifting options. Insurance options may be evaluated with your trusted insurance professional while gifting options should be evaluated with legal advice from your elder law attorney and possibly your tax professional.

Gifting directly to a loved one is usually the cheapest solution, but it also has the most potential for adverse consequences. Once an asset is gifted, you have no legal right to it. The gift now belongs to the recipient meaning it is exposed to that person’s potential divorce, financial issues and irresponsibility. In addition, it usually results in unfavorable tax outcome where the asset has increased in value due to capital gains tax issues.

Rather than a direct gift, a trust designed for this type of asset protection usually provides the best outcome for all involved because it provides the most flexibility and protection. A gift to a trust can be a completed gift for Medicaid purposes while the trust protects the assets regardless of anything bad that can happen to the eventual recipient of the gift, meaning trust assets are protected from their potential divorce, creditors, etc. It also provides the person making the gift the opportunity to redirect who the eventual recipient will be. Since that person retains the right to change who the eventual recipient will be, it also provides a good outcome regarding capital gains taxes. It can also consolidate decision-making so that one or two trusted persons, such as children, may make decisions regarding the trust assets rather than several owners which often happens with direct gifts.

Let us consider how this could help a senior maintain flexibility while protecting assets. A person creates an irrevocable trust and transfers her home and $100,000 to her trust. She also appoints somebody she trusts to manage that trust, maybe her trusted daughter. A few years later, the parent decides to sell her home and move to Florida. Her daughter signs the paperwork and uses the proceeds to purchase Mom’s new home in Florida which is still in the trust. Eventually, the parent has a fall that requires skilled care, her new home and $100,000 are completely protected by the trust as long as they were in the trust for at least five years.

How you choose to prepare for your future is your decision, but knowing your options is how you best maintain control of that future.

Doreen L. Seamon, J.D., is an attorney with Seamon Law Offices PLLC. Her experience includes elder care and estate planning. She writes a regular column for Senior Post. Contact her at columns@dominionpost.com.
Senior Center Activities

Westside Senior Center
Westside Senior Center opened June 10, 2001, and is totally operated by volunteers. It is open from 9 a.m. to noon and 6-9 p.m. Monday through Friday at 500 Dupont Road, Westover.

Members are knitting scarves for veterans and active-duty military as part of Operation Gratitude’s “Scarves for the Troops.” Anyone is welcome to bring knitting needles and join in the project.

Food is collected every month for the Rock Forge Food Pantry.

Evenings are full of things to do. Monday and Friday, bring a musical instrument and play with the group. Tuesdays and Thursdays, there is card playing, and Wednesday evening is for bingo. There is also a well-equipped exercise room that includes a pool table.

Assisted Living at Evergreen
Assisted Living at Evergreen is an alternative to nursing home care. A variety of specially developed leisure activities include outings to Oglebay, holiday dinners and parties and weekly shopping trips. Housekeeping and personal laundry services are available. There are community areas, dining and family rooms, an activity center and a gazebo with fish pond for outdoor relaxing.

Respite Care Program
As of Jan. 3, Respite Care Program went to three days a week, operating from 9 a.m. to 3 p.m. Mondays, Wednesdays and Fridays at Suncrest United Methodist Church, 479 Van Voorhis Road, Morgantown.

There are openings for all three days.

This program is for caregivers who need a break from the loved ones they are caring for. Bring your loved ones to church, and they will taken care of while you deal with other responsibilities. Two registered nurses are on duty and willing to answer any questions. There are also several volunteers helping with those in the program.

Monthly rates
One day each week: $120 per month
Two days each week: $240 per month
Three days each week: $360 per month

Payment at the beginning of each month is appreciated, but it can also be made in two payments. There are times when the program closes, including legal holidays, when the church building is closed, when there is a school closing, Easter week, Christmas week and New Year’s week. The program will begin on time during two-hour school delays, unless weather or dangerous roads dictate otherwise.

To learn more or find out if the program is operating, call the church office at 304-599-6306.

Send your activities info to newsroom@dominionpost.com, attention: Senior Post.
Diet and heart health go hand in hand. The American Heart Association notes that a healthy diet and lifestyle are the best weapons to fight cardiovascular diseases, which the World Health Organization says kill more people across the globe each year than any other disease.

Men and women do not need degrees in nutrition science to create heart-healthy diets for themselves and their families. In fact, the familiar calls to “eat your fruits and vegetables” many adults recall from childhood lessons or nights around the family dinner table still bear weight today. A diet that is rich in fruits and vegetables is a hallmark of a healthy lifestyle. And supplementing such a diet with other heart-healthy foods is a great way to reduce one’s risk for cardiovascular disease.

**Fruits and vegetables**
The U.S. Department of Health and Human Services notes that fruits and vegetables are healthy whether they’re fresh, frozen, canned, and/or dried. The AHA advises eating fruits and vegetables with every meal and snack, and that may require a little creativity as you sneak them into favorite dishes. For example, the AHA suggests replacing half the ground meat in recipes for burgers, meatloaf or meatballs with cooked chopped mushrooms. The mushrooms can be finely chopped with a knife or food processor, and then sautéed in some olive oil until they’re soft. They can then be mixed in with the lean meat, and the meal can be cooked as it normally would. At the breakfast table, add fruit to a bowl of cereal to make for a more flavorful morning meal.

**Dairy products**
When purchasing dairy products, the DHHS recommends sticking to fat-free or low-fat options. Replace whole milk with fat-free or 1 percent milk and buy only fat-free or low-fat cheese. When snacking, reach for fat-free or low-fat plain yogurt or cottage cheese. You can even add fruit or vegetables to such snacks to make snack time even more heart-healthy.

**Proteins**
Healthy proteins are another way people can promote heart health with their daily diets. When choosing proteins at the grocery store, the AHA recommends choosing chicken and fish over red meats. That’s because red meats, which include beef and lamb, have more saturated fat than chicken and fish. Saturated fats increase blood cholesterol levels and can worsen heart disease, while the unsaturated fats in fish like salmon can actually reduce the risk for cardiovascular issues like heart failure and ischemic stroke. When preparing poultry, remove the skin, as most of the saturated fat in poultry is found just beneath the skin.

**Grains**
When buying grains, the DHHS recommends reading the ingredients list on the package before purchasing. Make sure whole wheat or another whole grain is the first item listed in the ingredients list, and choose only those products that say 100 percent whole grain. Instead of preparing white rice as a side dish, serve brown or wild rice, quinoa or oats.

A heart-healthy diet is easy to design and just as flavorful as less healthy alternatives.
Being active during winter months can include choosing a new hobby or learning a new skill.

Either choice can be a good way to make friends and meet new people. Volunteering to read to children, taking a class or volunteering at a local nonprofit can also be rewarding experiences.

Famed artist and painter, Anna Mary Robertson Moses (Grandma Moses) is a good example of staying active. She didn’t begin painting in earnest until she was. She turned her interest in painting into a career.

If art isn’t your cup of tea, there are many other hobbies to choose from, according to senior volunteer Terry Tusing.

Tusing has volunteered for 17 years with the Senior Monongalians in Mountaineer Mall. She said she is the only woman at the center who shoots pool with the guys every day.

Tusing said one way to find a new interest is by taking classes offered by OLLI (Osher Lifelong Learner Institute) at WVU. She said she has taken a number of classes, including painting and photography.

Among Tusing’s other accomplishments is playing the dulcimer and teaching Wii bowling at the senior center. She said she believes getting out of the house allows her to lead a much healthier lifestyle.

For the health conscious, Tusing said Senior Mon’s offers a good exercise program, including treadmills, weight lifting and an exercise biking.
Before beginning an exercise program, the Department of Health and Human Services (DHHS) recommends speaking with a physician about the types and amount of physical activity that is right for you.

This is especially important if you have a health problem such as heart disease, diabetes or obesity.

According to the DHHS, staying active and exercising can lower the risk of heart disease, stroke, type 2 diabetes and some types of cancer.

Being active also helps improve strength and balance, helps prevent injuries, improves the ability to stay independent, and the ability to think, learn and make decisions.

The DHHS recommends tai chi, a mind-body exercise that improves balance, and/or signing up for a yoga class or trying out a yoga video at home.

(Opposite page) Terry Tusing shooting pool at Senior Monongalians. Tusing (right) takes classes at OLLI at WVU to keep active.

Photos by Ron Rittenhouse, The Dominion Post
Seniors & hygiene

By April Wintermoyer
for The Dominion Post

What can you do when your loved one refuses your attempts at hygiene? There can be a variety of reasons why they refuse to clean up. Some classic reasons not to bathe are: they are cold; they don’t do anything to get dirty; they forgot; they are embarrassed. In my experience it can become quite a battle!

While it is important to shower or bathe regularly; professionals agree that seniors should bathe at least once a week. Why? The biggest concern is the possibility of a urinary tract infection. Urinary tract infection symptoms can cause your senior to behave wildly; talking out of their head, imagining things, becoming forgetful and exhibiting behaviors that mimic an overnight case of dementia.

Is it a big deal? Worth the fight? Here is some information that just may help.

In the shower make sure safety bars are installed, a slip-free mat or decals in the tub, and a sturdy shower chair is available if appropriate. Fear of slips and falls is one of the biggest reasons people reduce the number of times they bathe each week.

Those with dementia often have fears about bathing that seem irrational to us. They may be frightened by the way water shoots at them from the shower head, or by the water temperature. They may no longer understand the idea of being closed in by a shower curtain. Try using a handheld shower head, seating them in the shower chair, and turning the water on gently at feet-level first. After adjusting the water for comfort start by putting their hands in the water then slowly start spraying water on other body parts.

If the shower is not an option or maybe you can not accomplish this often enough, especially for those with incontinence. Gather up your materials and make sure your adult is warm and covered up. It is often easier to have two basins of water. One with soap and one to rinse. Start from the face and head and move down the body. Save their private parts for last as these are often the dirtiest and may require more care. Uncover only the part of the body that is currently being washed. Wipe one area at a time and change washcloths often so that you are not wiping with dirty cloths.

Waterless cleansers or wipes can be used instead of basins of water. You might consider placing the opened container of wipes in the microwave for 10 seconds to warm them up. Please check the container for safety prior to microwaving as well as the temperature of the heated cloths. You may need to microwave more than one 10-second cycle.

If you have access to the internet a simple guide on giving a sponge bath can be found at https://www.wikihow.com/Give-a-Sponge-Bath

A nice hot bath: Some of the benefits of soaking include reducing inflammation and improving circulation, soothing aching muscles and joints, lowering blood sugar and lowering blood pressure.

Address concerns, make sure safety bars are installed, a slip free mat or decals in the tub and a sturdy shower chair to raise them off the floor if preferred. You may wish to use tips from both sections above or simply allow your senior adult to just soak.

It is important to note that soaking in hot water raises a person’s heart rate. For those with cardiovascular concerns, it is best to check with your physician before enjoying a hot soak. Guidelines say a temperature of 102 degrees is almost perfect, but any comfortable temperature is beneficial.

Additional tips: Seniors often feel colder, especially during the winter. Make the room toasty. If using the shower have the room and supplies ready. Let them keep their robe on for as long as possible to help with any embarrassment and ward off any chill.

Make sure your senior is well rested. Sometimes it is simply a matter of being tired and not feeling up to the effort.

Incorporate a back rub and/or arm and leg massage to make it feel more like they are being pampered.

Consider the time of day. We often feel more rested earlier in the day. Those affected by sun-downers may be more reasonable earlier in the day.

Dim the lights a little if possible. Some bathroom lighting can be so stark!

When bathing a female make sure to always wipe from the front to the back. This will help keep bacteria from getting into the urethra and causing an infection.

For those with incontinence issues it is best to check the briefs every two hours or so. Change them regularly so they are not sitting in a soiled brief for too long. Incontinence problems may necessitate more frequent hygiene efforts. Most wipes are extremely helpful in this situation and are much more effective than toilet paper. Hint: fold the wipe to a clean section for each wipe. Keeping the private areas clean and dry are of the utmost importance.

I hope these tips help you and your loved one have a more enjoyable bathing experience. All of us feel our best when we are clean, free of odor, groomed and ready to meet the world.

April Wintermoyer is owner of Right at Home, In Home Care & Assistance in Morgantown. Contact her at columns@dominionpost.com.
Winter brings specific problems for many seniors. Heavy snow and low temperatures cause hardships, among which can be the cost of heating.

According to the United Way of Monongalia and Preston Counties and The Preston County Caring Council FRN, the following list are agencies where heating and other emergency assistance can be obtained by those in need.

**Monongalia County**
- Catholic Charities
  827 Fairmont Rd., Suite 203, Westover • 304-292-6597
- Christian Help Inc.
  219 Walnut St., Morgantown • 304-296-0221
- The Connecting Link
  235 High St., Room 208, Morgantown • 304-296-3300

**DHHR**
- Monongalia County
  114 S. High St., Morgantown • 304-285-3175
- Preston County
  18351 Veteran’s Memorial Hwy., Kingwood • 304-329-4340

**North Central West Virginia Community Action**
- Monongalia County
  215 Scott Place, Fairmont • 304-366-6543 or 304-363-4367
- Preston County
  428 Morgantown St., Kingwood • 304-329-1028 or 304-363-2170

**Salvation Army**
- Monongalia County
  1264 University Ave., Morgantown • 304-296-3525
- Preston County
  124 Morgan St., Kingwood • 304-329-1245

**Preston County**
- Wesley United Methodist Church
  304-329-0707
- St. Vincent DePaul Helpline
  304-329-6229
- Heat for Preston
  (January through March only)
  304-329-2316
- Terra Alta Council of Churches
  (Terra Alta residents only)
  304-789-2509
- The Raymond Wolfe Center
  Emergency assistance periodically
  304-329-3644
Assisted living and residential care communities

**Monongalia County**

**Evergreen Assisted Living**  
3705 Collins Ferry Road, Morgantown  
304-598-8401

**Morgantown Health and Rehab**  
(formerly Golden Living Center)  
1379 Van Voorhis Road, Morgantown  
304-599-9480

**Madison Center**  
161 Bakers Ridge Road, Morgantown  
304-285-0692

**Mapleshire Nursing and Rehab Center**  
30 Mon General Drive, Morgantown  
304-285-2720

**Sundale**  
800 J.D. Anderson Drive, Morgantown  
304-599-0497

**The Suites at Heritage Point**  
1 Heritage Point, Morgantown  
304-285-5575

**Harmony at Morgantown**  
50 Harmony Drive, Morgantown  
304-503-4349

**Preston County**

**PineRidge**  
(formerly Heartland)  
300 Miller Road, Kingwood  
304-329-3195

---

**CLUES ACROSS**

1. Stain one’s hands  
7. Subdivision  
10. A passage to be performed slow  
12. Invests in little enterprises  
13. Medians  
14. Member of the giraffe family  
15. Makes official  
16. Choose in an election  
17. Hill or rocky peak  
18. Member of an ancient Iranian people  
19. Crest of a hill  
21. Small, faint constellation  
22. Cultivated from crops that yield oil  
27. The ancient Egyptian sun god  
28. Hollywood tough guy  
33. Chinese drums  
34. Merits  
36. Indicates center  
37. Increases motor speed  
38. Mentally fit  
39. BBQ favorite  
40. Wings  
41. Female parents  
44. Marks left from wounds  
45. Soften by soaking in liquid  
48. They resist authority (slang)  
50. Many subconsciousnesses  
51. Voues

**CLUES DOWN**

1. Mental object  
2. Blackbird  
3. Undergarments  
4. Old cloth  
5. One from Utah  
6. Greek goddess of the dawn  
7. Become less intense  
8. Developed to readiness  
9. Defunct phone company  
10. About Freemason  
11. Taking everything into account  
12. Famed Czech engineer  
14. Impress into silence  
17. Boxing term  
18. Marketplaces  
20. Pounds per square inch  
23. Locomotives  
24. Short musical composition  
25. Football position (abbr.)  
26. Heavyhearted  
29. Denotes particular region  
30. Famed NHLer  
31. Ingested too much  
32. Formulates  
35. Sino-Soviet block (abbr.)  
36. Broad, shallow craters  
38. Thick cuts  
40. Breezed through  
41. Breakfast is one  
42. “Rule, Britannia” composer  
43. Periodicals (slang)  
44. Indian title of respect  
45. More (Spanish)  
46. Creation  
47. A loud utterance

Puzzle solution on page 14
Senior Monongalians

Activities and Events

Senior Monongalians, Inc. is open from 7:30 a.m. to 4 p.m. Monday through Friday. Lunch is served from 11:30 a.m. to 12:30 p.m. Reservations can be made from 7:30 a.m. to 10:30 a.m. Those reservations will be held until 10:30 a.m. You may also walk in and register for lunch beginning at 7:30 a.m. Each person must sign in before receiving a meal ticket. Lunch is on a donation basis for those 60 years or older. A suggested donation is $2. Those under 60 may have lunch for $5.25.

Contact Senior Mons
Website: www.seniormons.org
Facebook: Senior Monongalians
Phone: 304-296-9812 • Location: Mountaineer Mall
Address: P.O. Box 653, Morgantown, WV 26507

AARP Free Tax Assistance
To help seniors file their annual taxes, AARP offers free tax assistance. The volunteers are trained, tested and certified before they are able to file taxes. Volunteers can help seniors to file their federal and West Virginia state taxes, and/or file for the Senior Tax Credit. All returns are done on the computer and electronically filed. To help the most people, tax volunteers cannot file returns for people with rental property, gas and oil revenue, those who are self-employed or those with multiple deductions.

This is a free service. Appointments are required. Reserve your appointment time starting at 9:30 a.m., Feb. 3 by calling 304-296-9812 or by stopping in at Senior Monongalians. We ask for your patience as you are making your appointment, due to high call volume.

WINNING WEDNESDAY BINGO!
Each Wednesday, 10-11 a.m.
We are kicking off the new decade with a new feature, WINNING WEDNESDAYS! Each Wednesday a different local business or organization will be sponsoring a session of bingo. The sponsor will provide the prizes. Invite a friend to come along with you and enjoy Winning Wednesdays!

Weekly Activities
Monday through Friday: Library, pool tables, computer labs, Wii bowling, Rummy, UNO, Skip Bo and other card games, mall walking.

Speakers and special events
Jan. 29: Bingo with Care Partners, 10 a.m.
Jan. 31: Winter luncheon
Feb. 5: Winning Wednesday Bingo with Highmark, 10 - 11 a.m.
Feb. 7: Volunteer meeting, 10 a.m.
Feb. 12: Winning Wednesday Bingo with WV Caring, 9 - 10:45 a.m.
Feb. 14: Free hearing test with Beltone Hearing Aid Co., 9 a.m. to noon
Feb. 14: Valentine's Day luncheon featuring the Senior Shufflers, 10:30 a.m. to 12:30 p.m.
Feb. 17: Closed for Presidents Day
Feb. 18: Free blood pressure and glucose screenings with Waterfront Family Pharmacy, 10-11:30 a.m.
Feb. 18: Fun bingo, 10:15 - 11:15 a.m.
Feb. 19: Winning Wednesday Bingo with Amedisys Hospice, 10 - 11 a.m.
Feb. 21: Tea party, 10 - 11 a.m.
Feb. 26: Winning Wednesday Bingo with Humana, 10 - 11 a.m.
Feb. 28: Movie matinee, “Dirty Dancing” at 10 a.m.

Keep checking our Facebook page and our website for additional events and activities.
Compromise is sometimes only a temporary solution

By Irene Marinelli

“Compromise makes a good umbrella, but a poor roof; it is a temporary expedient.”

~ James Russell Lowell

The dictionary defines compromise as “an agreement or settlement of a dispute that is reached by each side making concessions.” It is not only countries, businesses and institutions that must compromise. Probably all of us have fallen into the well of conflict where compromise offered the only way out.

Rob and I have been married for 54 years. We raised five children, moved from state to state over the years. In this long, complicated relationship we have been called to make many compromises, and will most likely continue to do so again and again. Our experience probably comes close to what many have also experienced. Anyone who lives closely among others, whether it be neighbors, family or a significant other, must surely have had to compromise somewhere along the way.

Is compromise a good thing? I’m not so sure. Much depends on how it is achieved and the reasons behind the problem or problems that invite compromise. It also depends on whether or not it is a fair solution. If either party is always giving in to the demands or requests of the other, such a solution is no longer a compromise, but surrender.

An interesting, informative article by David Bedrick, JD, Dipl., caught my attention. Bedrick shines a different light on compromise. He points out that compromise works best when underlying conflicts are resolved. Before a true resolution can be reached, long-term issues, that perhaps turned into habits, need to be addressed. There is little point in seeking solution to a conflict when both parties carry a lot of unresolved baggage. He goes on to point out that blame for failure to affect a happy solution should not be thrown onto the shoulders of either individual. It’s the solution or compromise that is at fault.

After reading the article, I gave some serious thought to compromises I have made over the years, as a young girl growing up with my parents, and years later, with my husband. The points Bedrick makes seem to fit well with my experience. In my younger days I was willing to compromise my opinions and even my convictions and values for the sake of peace. Finally, years later, a door opened in my muddled mind and I realized I was surrendering rather than compromising. Note that the definition states “by each side making concessions.” I wonder how many women of my generation fell into the trap of keeping the peace by constantly ending up with the short end of the stick in any number of situations that involved compromise.

It seems the way to effect a good solution that works for both people involved is to focus on getting long-standing issues out in the open before attempting a compromise. Also, both parties must walk away with their pride intact and their values untrammeled.

I believe compromise can be an opportunity for growth in a relationship. In order for this to happen, those involved must feel free to share their perspective openly and must communicate whatever it is in the particular situation that is most important to them. Seeking to understand someone’s point of view does not mean we abandon our own point of view or our principles. It simply opens a window in the relationship to let in more light. Compromise may or may not be only a temporary solution but it is another useful tool in our toolbox.

Irene Marinelli writes a regular column for Senior Post. Contact her at columns@dominionpost.com.

Puzzle Solution

IMBRUE ARM
MODERATO SBIC
AVERAGES OKAPI
SEAL VOTE
TOR MEDE
KNAF ARA
OILSEEDS RA
CLINT EASTWOOD
GUIDESERVES
MID REV
SANERIB
ALAEA MAMAS
SCARS MACERATE
REBS ARRANGES
IDS STYLES
Carol Ann Miller said she has been a volunteer at Senior Monongalians for 17 years. She also volunteers at the Animal Friends Thrift Shop. Both are in Mountaineer Mall.

Miller said she has ties with both Preston and Monongalia counties. She said she was born in Kingwood and her family moved to Morgantown when she was 5.

“My aunt Louise Shaw was the first Buckwheat Festival queen and my uncle Scott Miller was the first king,” she said.

Miller said when she is not volunteering, she likes to repair things. She enjoys tinkering with radios and anything else that needs to be repaired.

She said she once repaired 200 bicycles and gave them to kids that didn’t have one.

“When I was growing up times were hard,” Miller said. “You took care of stuff and if it broke, you worked on it and tried to fix it.”

She said she once owned a camera shop and still hunts bears and wildlife with her camera.

“I still take pictures but I don’t use a 35 millimeter (film) any more. Everything is digital,” Miller said.

“I repair watches, jewelry and purses for the Animal Friends,” Miller said.

She also sends out donor letters for Animal Friends and goes online to search for grants for the Senior Mons.

She said during her career, Miller worked for The Dominion Post as a switchboard operator, and worked 35 years for a telephone company.

“I enjoy everything I do. I’ve made a lot of friends,” she said. “I used to play softball. I don’t do that anymore because of my hands. But I still get out my glove and ball and catch a few.”

Miller said she has also given up roller skating and her motorcyle, but she still likes to go fishing.

“I know people who sit at home and don’t go out. You cannot sit at home alone,” Miller said. She said when she decided to retire people told her she would be bored. Instead, she said she is always busy.

“I’m an advocate for the seniors. I represent the Senior Mons at the Senior Conference in Ripley,” Miller said. “I’ve been one for years.”
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