

REMEMBRANCE

Honor Guard gives special send-off to veterans who have passed

BY JENIFFER GRAHAM
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KINGWOOD – On the days leading up to Veterans Day, one of the busiest organizations in Preston County is the Preston County Honor Guard. The Honor guard is a group of volunteers who serve in all weather conditions and any time of the day without compensation. One of their varied duties is the task of providing military funeral honors for eligible veterans. The service they provide includes a traditional three-shot rifle volley, TAPS, and a

prayer for all those who have served, are now serving, and those who are still missing in action. Although the two are often confused, a 3-volley salute is comprised of 3-7 rifles and is an honor presented at the funerals of those who have served, while a 21-gun salute is a customary courtesy presented to high-ranking officials and dignitaries such as presidents, foreign dignitaries, generals, admirals and during some holidays. "As long as two comrades survive – so long will the Veterans of Foreign Wars of the United

States render tribute to our heroic dead. On this day forever consecrated to our heroic dead, we are assembled once again to express sincere reverence. These graves represent the resting places of many departed comrades who served in all wars," Sergeant Darrell Shaffer said during a recent interview. "Wherever the body of a comrade lies, there the ground is hallowed. Our presence here is a solemn commemoration of all these men and women – an expression of our tribute to their devotion to duty, to their courage and patriotism. By their

services on land, on sea, and in the air they have made us their debtors for the flag of our nation still flies over a land of free people." The Preston County Honor Guard is made up of individuals from diverse branches of service, some of whom are members of Vietnam Veterans Chapter 977. The oldest member is 99-year-old Foster Huffman, a World War II veteran who has been a member of the Honor Guard for 37 years. Huffman joined the Navy in 1943 and served on an aircraft carrier during WWII from 1943-1946.

In December 2020, Chapter 977 members made a formal request to the Preston County Commission to place a memorial honoring all veterans from all branches of services on the courthouse lawn. During the meeting, Vietnam Veteran Jim Savage told members of the commission the chapter worked for more than six years to make the memorial a reality. Funding for the project came from money the chapter put aside for the memorial, public donations and the three yearly 50-50 raffles the chapter held. SEE SPECIAL, B-2

Celebrate Appalachian heritage at Mountaineer Week 2024



Stellathena Grogery (left) shows a leaded glass rooster to Dr. Susan Herrick during last year's Mountaineer Week Arts & Crafts Fair.

BY CASSIDY ROARK
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West Virginia University is gearing up to celebrate the state's Appalachian heritage with the 77th annual Mountaineer Week, which kicks off Monday. A week full of music, food and cultural events designed to showcase what it means to be a Mountaineer. According to Kristie Stewart-Gale, marketing and advertising manager for WVU Arts and Entertainment, Mountaineer Week offers a deep dive into the traditions and values that shape both the university and the state. "It's a time for all of us — whether you're a new student learning about Appalachian traditions or a long-time West Virginian like myself — to celebrate and share in the cultural richness of our region," said Gayle.

Kicking off the celebration

The week's festivities begin at noon Monday with the traditional Beard Growing Contest



The Beard Growing Contest, a WVU Mountaineer Week favorite, returns to the Mountainlair at noon Monday when contestants will vie for first, second and third place honors like the 2023 winners shown here — Thomas Hughart, David Malecki and Jake Hogan.

which has been a signature Mountaineer Week event since 1949. Seventeen students will square off for the coveted title of "Best Beard on Campus," with cash prizes for the top three winners. Con-

testants have been growing their beards for six weeks, after receiving a professional shave from local barbershop, Classic Cutz. The contest will be held in the Mountainlair Food Court and marks

the official start to Mountaineer Week.

Arts & Crafts Fair

One of the signature events of Mountaineer Week is the Arts & Craft SEE HERITAGE, B-2

MON COUNTY HEALTH DEPT.

Botox for TMJ? MCHD can help!

TMJ DISORDER IS A PAINFUL CONDITION IN THE JAW THAT CAN SOMETIMES BE CURED. BUT IN MANY CASES, IT CAN ONLY BE MANAGED.

Luckily, in the past couple of years, Monongalia County Health Department's full-service dental office has started offering a TMJ treatment to patients that might surprise some people: Botox and Jeuveau.

Usually thought of as brands of cosmetic injections (or neuromodulators) to smooth wrinkles, Botox and Jeuveau also helps relax muscles in the jaw, which then can reduce tension and strain that not only can cause pain at the site but also other symptoms such as headaches and difficulty chewing.

"TMJ disorder can be fairly common in our patients," said Dr. Youseph Kassir, program manager of MCHD Dentistry.

In addition to his traditional dentist duties, Dr. Kassir has also been



MARY WADE BURNSIDE

trained on how to administer Botox and Jeuveau, both cosmetically and therapeutically, which includes using it to treat TMJ disorder.

November National TMJ Awareness Month, according to the TMJ Association (tmj.org), a 501(c)3 patient advocacy group.

TMJ stands for the temporomandibular joint, which connects the jaw to the rest of the head.

"When this joint becomes painful or affects daily life, it becomes TMJ disorder," Dr. Kassir said.

TMJ can start with a clicking and popping of the joint, he added.

SEE TMJ, B-2

THEATER REVIEW

'Small Things Like These' focuses on taking action

WHEN THE WORLD FEELS OVERWHELMING AND PROBLEMS ARE TOO BIG TO TACKLE, THE CHOICE TO JUST PUT YOUR HEAD DOWN AND FOCUS ON WHAT IS RIGHT IN FRONT OF YOU CAN FEEL LIKE THE MOST PRUDENT CHOICE. In the new film "Small Things Like These," filmmaker Tim Mielants turns a focused eye on the decision to look up and take action, even when it is not necessarily in your best interest to do so.

Bill Furlong (Cillian Murphy) is a kind man, husband and father. His wife, Eileen (Eileen Walsh) and his daughters love him. He cares about the people in his community, giving change to those who need it and ensuring people feel heard. One day, on a coal delivery, he sees a young woman, an being dragged into a local convent. He mentions



ALISE CHAFFINS

this to Eileen, but she encourages him to keep his mouth shut and just worry about his daughters instead of the wayward daughters of others. But when he finds Sarah (Zara Devlin) locked in the coal shed, he realizes that silence is not an option.

"Small Things Like These" is a quiet and thoughtful film. Rather than one explosive, action-packed moment, there is a slow build SEE ACTION, B-2

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