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MANAGING EDITOR ■ PAM QUEEN ■ 304-291-9433

SUNDAY, JULY 17, 2016 THE DOMINION POST 3-C



KATIE McDOWELL

Finding sense in this sudden flu proves perplexing

As I sit here typing this, the number of tissues in the box by my keyboard just keeps dwindling.

My throat, the poor thing, is in shreds, thanks to the hacking cough I've had. My ears feel as though I'm auditioning to play Pinhead. My sinuses are more clogged than the D.C. Beltway at 5 p.m.

The trash can by my desk is filled with scrunched up Kleenex. And I've all but doubled Alka Seltzer's earnings for the quarter.

Yes, my friends, I've had the summer flu. Too gross and weak to do anything but hug the couch, cruise the Internet and feel sorry for myself. Which is why you got a break from reading this drivel last Sunday.

When the symptoms first set in, I convinced myself it was allergies. An annoying tickle in the back of the throat that I could blame on Mother Earth.

Unfortunately, by the next day, it was clear: Pollen was not my enemy. At least not in this case. Instead, my traitorous body was harboring a tiny viral terrorist. And it was wreaking havoc on my immune system.

So I did what every sick person does and started going through a list of potentially culpable friends — anyone and everyone who may have crossed my path in less than perfect health.

Who had sneezed in my presence? Canceled plans because of a headache? Sniffled suspiciously in my general direction?

In the end, I couldn't think of a soul. For once, it seemed, my usually sickly circle was devoid of even the tiniest sign of illness.

So I turned to the world's most diligent doctor — Google — and set about trying to pinpoint the cause.

I mean, you don't just magically pick up the plague, right?

What I wasn't expecting, however, was for Mr. Google, M.D., to implicate himself in the matter.

According to the first several matches I found, spending a bunch of time online can, in itself, cause one to become sick.

And not just because it might mean you could be fat and lazy and don't exercise nearly enough — *comme moi*.

A study done by Swansea and Milan universities indicated that excessive Internet use alone can damage the immune system.

Of the 500 people they surveyed — aged 18-101 — 40 percent admitted to being "somewhat addicted" to the World Wide Web.

Of that 40 percent, 30 percent showed more incidences of flu systems than did research subjects who weren't overly obsessed with being online.

The culprit: A cycle of stress and fluctuating cortisol levels.

Apparently, these people feel freaked out when they aren't logged on, so they fire up their laptops to relieve the anxiety. This results in an up-and-down release of the hormone, which, in turn, leads to the ick.

Interesting. Except that I wouldn't consider myself to be that much of an Internet junkie when I'm not sick.

It's only lying there, seemingly made of mucus, that I become attached to a screen.

Sure, I've spent a lot of time on ShopStyle lately, searching for seasonably appropriate clothing that manages to cover both my legs and my arms.

And yes, that's been a bit stressful — seeing as how said clothing doesn't exist. But that simply means I'm bugged by my weight when I'm on- and offline. No cortisol fluctuations here. It's pumping pretty much all the time.

Hence, the belly fat.

But this head full of snot, man, I don't know. That's just doesn't make sense to me.

So I'm going to do what I should have done from the beginning.

I'm going to blame Dan.

KATIE McDOWELL is a copy editor/lifestyles writer for The Dominion Post. Email her at kmcdowell@dominionpost.com.



Eric J. Tomlinson/The Dominion Post

A view of the entrance to Frank Lloyd Wright's Kentucky Knob.

Tour Kentucky Knob

Frank Lloyd Wright home open for visits, dinners

FARM-TO-TABLE DINNERS will be held at Kentucky Knob on Aug. 17 and Sept. 7. The evening includes a house tour and dinner for \$110. To make a reservation, go to hkentuckknob.com/farm-to-table-dinners or call 724-329-1901. Kentucky Knob is open for tours daily from 9 a.m.-4 p.m. and Wednesdays, from 12-4 p.m. Regular tour last about 45 minutes.

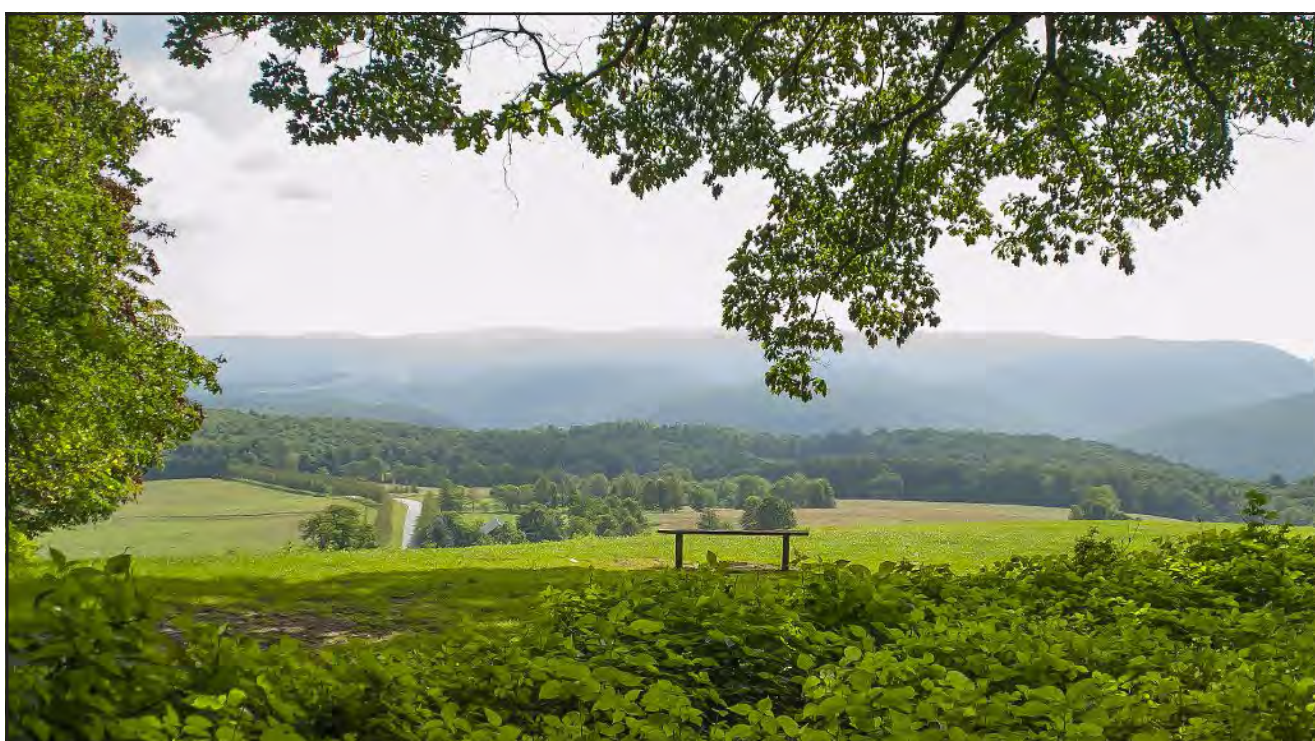
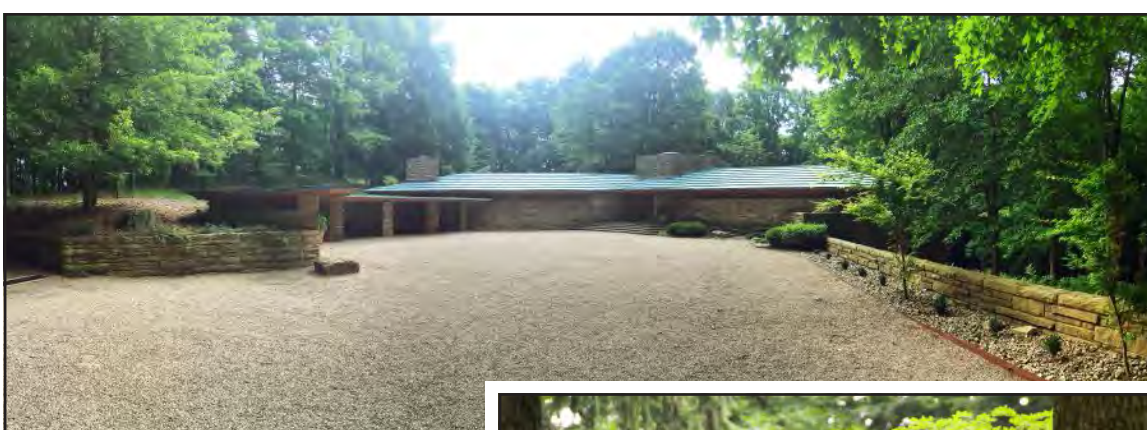
BY MADISON FLECK
The Dominion Post

Sixty years ago, on their 26th wedding anniversary, I.N. and Berardine Hagan moved into a Usonian home designed by Frank Lloyd Wright. The 79 acres of land overlooking the Youghiogheny River Gorge in the mountains above Uniontown, Pa., have been open for tours for the last two decades and still keep visitors coming up the mountain.

To celebrate its 60th anniversary and 20 years of touring, Kentucky Knob has joined forces with Fish Hawk Acres, a farmers market out of Rock Cave, W. Va., to put on four "farm-to-table" dinners throughout the summer.

Guests arrive for dinner at about 4:30 p.m. and are given a tour of Wright's signature Usonian-style home. From there, they are led to a quaint outdoor picnic area where they are

SEE KENTUCKY, 4-C



Clockwise from top: The front of Kentucky Knob. A statue of a wolf keeps guard over the woods that surround the house. A collection of unique, hand-crafted birdhouses add whimsy to the grounds. A lone bench welcomes visitors to sit and take in the view he view from Kentucky Knob. A sculpture of an apple core is one of many art pieces that decorate the property.

Eric J. Tomlinson/
The Dominion Post photos



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ANNIVERSARIES

Heironimus



Mark and Terring Heironimus in 1956.

Dr. Terring and Mary Heironimus recently celebrated their 60th wedding anniversary. They were married July 6, 1956, at the Eighth United Presbyterian Church, in Pittsburgh.

Following Terry's years of Army service, the couple settled in Charlottesville, Va. Terry joined the faculty of the University of Virginia Medical Center as an anesthesiologist.



Mary and Terring Heironimus today.

Mary worked as a registered nurse at the medical center's Neonatal Intensive Care Unit. The family relocated to Morgantown in 1978. Terry served on the faculty of WVU's Medical Center until retirement.

The couple have three children: Paul and Leslie, Glen and Kelly and Chung Ja and Doug; two grandsons, Sean and Alli, and Jaret; and two great-grandsons, Ryan and Jake.

Morris



Rob and Kelly Morris, of Morgantown, celebrated their 30th anniversary Saturday.

They were married July 16, 1986, in Garrett County, Md.

They have four children: Catlin Morris and girlfriend Bailey Veach, Megan Ganocy and husband Jeremy, Robbie Morris and Melissa Morris.

They also have two grandchildren: Jaxon Ganocy and Maveric Morris.

In the future, they look forward to Rob's retirement and traveling out West on their Harley.

Keep kids safe, healthy on trips

BY JILLIAN O'CONNOR
The Seattle Times (TNS)

School is out, and lots of families are heading out of town. The last thing people want to deal with once they have time off from work and school is illness or an injury.

But being in crowded airports, out at night when the bugs come out, or on the road have a few significant health risks.

Here are some tips on how to make the trip as safe and enjoyable as possible.

■ Be careful around water: "For local travel the number 1 risk really is injuries — and that's actually true for our international travelers as well," said Ari Gilmore, a physician in family medicine at Pacific Medical Center Beacon Hill.

Water is a huge risk, and parents and kids need to be mindful of making sure kids always wear a life vest, as well as being cautious around cold, fast currents. In some spots, kids can get swept away even if they're just up to their knees in water, Gilmore noted.

■ Beware of skeeters and ticks. It's a good idea to ward off mosquitoes with a little bug spray, and long sleeves and pants when possible. Mosquitoes "are always a risk," said Gilmore, who emphasized that scratching the bites and getting an infection can be a problem, too. He recommended having Benadryl or hydrocortisone lotion on hand in order to deal with any itchy bites, if the mosquitoes do get you or your child. To prevent that, he recommends using DEET, as long as you are careful: Don't spray it in the air near a child, who could end up inhaling it. Instead, use a lotion — or spray a DEET-based insect repellent on your hand at close range, and then rub it onto the skin.

(Note: Zika is not currently considered a risk for children. You can check the CDC's website for the latest information on the virus.)

■ Use sunscreen. Apply and reapply a good UVB- and UVA-blocking sunblock frequently; with littler kids (age 6 and

younger), try to minimize sun exposure altogether during peak sun hours — usually 10 a.m. to 4 p.m. The risks of too much sun include bad sunburns, sunstroke and possible future skin cancers. Rash guards (swim shirts), hats and 100 percent UV-blocking sunglasses offer additional protection from intense sun and are recommended all summer long by the American Academy of Pediatrics. Seek shade when you can with kids, too.

■ Get them vaccinated. "One of the nice things about the standard U.S. vaccine schedule is that kids are usually pretty well prepared for most places," said Gilmore, noting that hepatitis A and pertussis are fairly prevalent in some other countries. Children vaccinated according to the standard U.S. pediatric schedule will already be well protected from these potentially serious illnesses, said Gilmore.

If you'll be traveling outside the country, check the AAP's recommendations for travel to that region. And it's a good idea check in with a travel medicine clinic, too, in case more shots are needed. "Certainly for more adventurous trips, where there may be a risk of malaria, people should see a doctor and go over what is the actual risk in each country," said Gilmore.

■ Keep hands clean. Not washing your hands is one of the top dangers at the airport — a place full of other travelers in which there's a very high chance of picking up a contagious illness. At restaurants, Gilmore recommends using the bathroom early on to make sure there is plenty of warm water and soap available in the restroom. If you can't find enough soap and warm running water to wash your hands well, the chances are good that the food preparers can't, either.

■ Buckle up. If you're in another country, it is possible you'll be in a vehicle with substandard seat belt protection. Do your best to make sure your kids have a seat belt or safety setup comparable to the ones found here in the United States. Safety first.

Stop talking yourself out of new experiences

BY ERIKA ETTIN
Tribune News Service (TNS)

It's easy to talk ourselves out of something, isn't it? We usually do this when we don't think things will go our way.

About nine years ago, I found a job I wanted to apply for in California. After a lot of thought, I almost didn't apply for the job for a number of reasons: I'm not the right fit, I don't have the right experience, maybe I'm really an East Coast person, and the list goes on. And, what if I actually got the job? I might have to turn it down in the end if I didn't want to move. I was talking myself out of ap-

plying, or getting in my own way.

But then I thought to myself — why not give myself the chance to at least think about it and then turn it down after I get the job? So, I applied ... and I was rejected. I was still glad I gave myself the chance. It's the same thing with the dating game — it's good to give yourself the chance to turn something down if, in the end, it's not what you want.

In addition to talking yourself out of dates, here are a few other ways you might be getting in your own way when dating:

■ Focusing on the past. It's more than okay to reflect on previous relation-

ships — in fact, it's encouraged — but when meeting someone new, he or she wants to feel like you're fully present and not dwelling on your last relationship, for better or worse.

■ Telling yourself that something isn't going to work anyway. People often try to avoid rejection by not taking a chance, as I mentioned earlier. Stop telling yourself that he/she isn't for you. You don't know unless you try. In other words, if you go into the dating scene with the preconceived notion that you aren't going to find someone for you, you've automatically hurt your chances.

■ Projecting a bad experience onto others. Okay, so you went on one really bad date from Match.com. This does not in any way mean that Match "doesn't work." It just means that you had one really bad date. Don't penalize everyone online for that one dud. And don't let that one dud prevent you from putting yourself out there again.

■ Dwelling on every little flaw in someone. People are flawed. It's true. And the person you end up with will be flawed, too. What you have to figure out is which combination of perceived flaws you can live with and which you can't.

KENTUCK

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served a fresh, Appalachian-style meal.

Over the years, Kentuck Knob has worked to keep visitors interested in the area by serving a staple of visitor engagement: Education.

"People who come to museums are looking to learn something," said manager of visitor services Mary Ann Perkins. "Our guides are trained to give a tour to the public that has them leaving

with something they did not arrive with. They're learning through the process, and it's also enjoyable."

Usonian homes like the ones Wright built were designed to be small homes for the average American, usually less than 2,000 square feet. At roughly twice the size of a typical Usonian home, Kentuck Knob is considered a "Grande Usonian," as the Hagans requested rooms to be twice the size of the original blueprints.

The Hagans sold the

home for \$600,000 in 1986 to Peter Palumbo, of London. Palumbo and his wife used the home as a vacation spot for a decade before opening it up for tours to the public.

"They have kept the property alive and opened it to the public as well as preserve this great, gigantic patch of land," Perkins said.

In addition to the house, the area also includes a sculpture garden with British and other European sculptures. There are two sections of the Berlin Wall on the property as well as contemporary art from artists such as Claes Oldenburg, Ray Smith, Sir Anthony Caro and others.

"It sort of creates an exciting and sometimes emotional experience for people here," curator Emily Butler said. "Having those different elements, you never know what you're going to see around the next turn."

Though tours of the house require a reservation and tour time, walks through the woodland and



Eric J. Tomlinson/The Dominion Post

A side view of Kentuck Knob.

sculpture area are available during open hours, no reservation required.

Kentuck Knob has kept the story of the Hagain family alive by offering Hagan ice cream at the end of the

tour. Served in Berardine's original green house,

Visitors can experience both the historical art as well as modern art in the area. The gift shop at Kentuck Knob has worked with Touchstone Center for Crafts out of Farmington, Pa., to offer visitors local art and pottery.

"We believe in the local art just as Frank Lloyd Wright did and Mr. and

Mrs. Hagen, who employed local artists to build the house," Perkins said.

Kentuck Knob is open for tours daily from 9 a.m.-14 p.m. and Wednesdays, from 12-4 p.m. Regular tour last roughly 45 minutes.

"It's an educational experience," Perkins said. "So we provide a tour that has both storyline and history as well as the house and the architecture."

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