



# SALS JOURNAL

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## SALS Volunteers on Halloween Carnival “Make A Difference Day” Wows A Crowd

SALS held its annual “Make A Difference Day” on Saturday, October 27. Make A Difference Day is celebrated every year on the fourth Saturday of October. Organizations all over the United States participate on this day. It’s the nation’s largest day of volunteering and volunteers participate by helping in their communities, churches, or schools.

SALS participated in various projects this year. One project was to help two families in need. Both families were located in Fayette County and both needed wheelchair ramps. The materials were donated through various organizations and the ramps were built by SALS YouthBuild and AmeriCorps members. They were able to place center beams up under the ramps for support, build handrails, and nail decking boards.

Another project consisted of helping a young mother who had been having problems with her bathroom. YouthBuild members led by Ron Yellets installed new plumbing, faucets, paneling, and a door.

The final project focused on our Community Center in Beards Fork. The staff, along with other folks decided to clean up the building. The building, which has several offices and an After School Program, is in great need for repair. Some worked outside and others worked inside diligently the entire day. The siding was washed down, gutters cleaned out, leaves raked, and sidewalks swept. The carpets in the hallways were cleaned, bathrooms painted, and the laundry room was cleaned and vacuumed.

*Vickie Mullins, VISTA Supervisor*

The Southern Appalachian Labor School celebrated its Fourth Annual Halloween Carnival in Beards Fork on October 19, 2007. Nearly 200 people attended. To get in the event, people brought a can of animal food or paid 50 cents. Bags of food for the Fayette County Animal Shelter were collected. The VISTAs set up various games such as the Cake Walk, Dart Game, and Toilet Paper Game. In addition, the kids were able to get a tattoo or a painted face! Staff folks and volunteers ran the games and sold food. Children enjoyed the homemade popcorn and snow cones!

The biggest event was the Haunted House. This room was set up by the VISTA Volunteers, Community Volunteers, and SALS AmeriCorps, YouthBuild, and staff. It took considerable planning and featured four rooms full of exciting creatures. This is an event that folks have always come out for and each year it gets better.

SALS would like to thank all the vendors that donated to us including Franks Pizza (Montgomery), Krogers (Oak Hill), Long John Silvers (Oak Hill), Mountaineer Vending (Oak Hill), Foodland (Oak Hill), and McDonalds (Oak Hill). Without your help, our day would not have been a success.

SALS folks will continue to work together in order to keep positive activities for the kids in Fayette County to enjoy!

# The RX From "SICKO:" More Choice

By Dean Baker, *t r u t h o u t* | Columnist, Monday 02  
July 2007 - <http://www.truthout.org/>

The pundits are working overtime trying to defuse the message from "SICKO," Michael Moore's newest film. They are trying to convince the public that the United States could not possibly do what every other rich country (and even some not so rich countries) have managed to do: guarantee their people decent health care.

The centerpiece of the pundits' whine is that universal health care could not work here. They claim the systems which work in other countries require a larger roll for government in health care than Americans want. While this claim is contradicted by poll after poll on the topic, we don't have to argue with the pundits, rather pointless task in any case.

We can just give people a choice and let them vote with their feet. Suppose the government were to establish a Medicare-type program and open it up to all individuals and employers in the country. Those who already have insurance can switch to the government-run plan. Similarly, employers can switch to it as well. Individuals who do not already have insurance would have the option of buying in to the expanded Medicare plan as would employers who do not currently provide insurance for their workers. We can also have a system of expanded subsidies for health care for low and moderate income households, which will make health care insurance more affordable for those families.

This is more or less what both John Edwards and Barack Obama have proposed in their presidential campaigns. To get to universal coverage, there are important issues like mandating that individuals have health care insurance, and also questions about the revenue source for subsidies, but the key point is to establish a national Medicare-type insurance system that can get costs under control and eliminate the enormous waste in the private insurance system.

Medicare's administrative expenses are a small fraction of the administrative expenses of private insurers. Medicare uses just 2 percent of the money that flows through the system to cover administrative costs. By contrast, private insurers spend between 10 to 20 percent of their premiums to cover administrative costs. They use this money for marketing, high CEO salaries and dividends to shareholders; all expenses that Medicare does not have.

This is the reason Medicare always wipes the floor when it competes against private insurers on a level playing field. That is exactly what happened in the late 90s when the "Medicare Plus Choice" program was restructured to remove most of the subsidy for the private insurers that participated in the program. The vast majority of the HMO's

that had entered the Medicare system went running for shelter, whining that they could not make a profit if they were only compensated as much per patient as the traditional Medicare program.

This is why when the Republican Congress wanted to expand the role of private insurers in Medicare with the 2003 Medicare Modernization Act: They put in a system of subsidies that the Medicare Payment Advisory Board estimates at 12 percent per beneficiary. The insurers again claim they could not possibly make a profit if they got the same per patient fees as the traditional Medicare program.

This experience is important. We cannot afford universal health care if we don't bring the costs of the US system more in line with the rest of the world. We currently pay more than twice as much per person, with no obvious benefit in terms of outcome. The key to creating a more efficient system is to have a government-run system comparable to the traditional Medicare system.

But, we don't have to pontificate about American values and the role of government - leave the silly pseudo-philosophical debates out of it. This is a straight dollars-and-cents question that can be determined by the market. Give people a choice and let them decide whether they want to be insured through the government-run system or want to stick with private health care providers.

The pundits have managed to flip reality on its head. It is the health insurance industry and their partners-in-crime, the pharmaceutical industry, that are scared of the market and competition.

If we just allow a government-run plan to compete on a level playing field with private insurers, we can soon get a system of universal health care. The question for the insurance-industry-loving pundits is: "What's wrong with giving people a choice?"

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# Director's Report

John P. David

The old saying is that if you live by the sword, you die by the sword. In essence, this is the way life is in the world of grant funding, since every period brings forward both good and bad news.

In regard to the former, SALS has received several grants and renewals. We finally received a grant for the walking track next to the community center in Beards Fork. Renewals have included HUD Housing Counseling, USDA Housing Preservation, Neighborhood Investment tax credits, and AmeriCorps. Smaller but important grants have been received from Workforce West Virginia, OEO, West Virginia Development Office, West Virginia Department of Education, and the Legislature.

In regard to the latter, we were unsuccessful in the DOL/YouthBuild competition and renewal of our HUD Rural Housing and Economic Development grant. In addition, the DOL Youth Offender program was discontinued. These major setbacks will require us to aggressively pursue other options.

We are involved in several collaboratives with the New River Health Association. On one front, SALS is now covering health care for all participants and staff if they are seen by Dr. Dan Doyle at our satellite clinic in Beards Fork. On another front, SALS is now arranging everyone to obtain required hepatitis B and tetanus shots, along with optional flu shots. Finally, SALS is part of an effort to renew the 21<sup>st</sup> Century Community Learning Center "Accent Education" project, which would continue after school and summer programming for children at the community center and other county sites. For the current year, our after-school program has two new teachers, Kara Shuemake and Rebecca Morgan.

In cooperation with Pocahontas Communication, the area VISTA provider, SALS has added Alisha Young as a new VISTA. Her assignment is varied but will include assisting with the coordination of volunteers and health promotion.

The year of 2008 promises to be a busy one for volunteers. At this point, nearly 2000 volunteers have made solid commitments to work with SALS Housing. This number to date includes Global Volunteers, Group Workcamps, Christian Endeavor, and university students from Vanderbilt, Rochester Institute of Technology, Rutgers, University of Illinois, Madison (Wisconsin) Area Technical College, and Appalachian State University. In 2007, with the help of volunteers and regular YouthBuild/AmeriCorps/DOL members, SALS weatherized over 100 homes, rehabilitated six homes, and built two new homes, all in Fayette County.

Several of us were invited to Washington, D.C. for the public presentation of Martin Luther King III's "Realizing the Dream" poverty report. Meetings were held with Members of Congress, including House majority leader

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John David and Staff at SALS volunteer orientation

Nancy Pelosi. SALS and Fayette County was one of 35 sites visited by King over the past year and predominantly featured in the final printed report.

Gary Zuckett, while continuing with SALS, has added the new hat of becoming Director of West Virginia Citizens Action. Other SALS staff, including Kathryn South, Vickie Smith, Brenda Winter, Jessica Williams, Artie Mullins, Charlene Newkirk, Vickie Mullins, and Debbie Spurlock, have attended conferences, meetings, and trainings over the past period.

SALS was one of three entities nominated by the Fayette County Chamber of Commerce as "Business of the Year". While not the final winner, it was an honor to be recognized at the chamber banquet.

We had an opportunity to co-host Russian Academy of Science Professor Oleg. G. Ovchinnikov, who was brought to SALS by USDA Rural Development officials Dianne Cryster and Joe McMillion. Mr. Ovchinnikov works in the Institute of the U.S. and Canada and focuses on issues of economic and social development in the U.S. rural areas. His primary interest is to study ways to stimulate social and economic development of depressed rural areas.

SALS has a fresh allocation of West Virginia tax credits. If you contribute cash, land, vehicles, equipment, building materials, or anything with value, we can issue you WV tax credits for half of the value, providing that the value is at least \$500 at one time. The credits can be rolled over for several years if necessary and the donation is also a charitable contribution on your federal return. Call me for details: 304/442-3157.

As noted elsewhere in this issue, our annual "Make A Difference" Day of volunteer service went well this October. We were especially pleased when Joyce Brown from the WV Commission for Community and National Service came and distributed appreciative T-shirts.

Charles Lea, a Policy Analyst for Social Policy Research Associates in Oakland, California, arrived to

*continued on page 10*

## Winter News

*by Brenda Winter,  
Housing Director & Fiscal Manager*

Wow, what a busy year it has been. For the past several months I, along with Debbie Spurlock, Artie Mullins and Jessica Williams, have conducted several housing counseling sessions for future homebuyers and people wanting assistance with keeping their homes. With foreclosures on the rise nationwide, this has become a huge problem in our area. We work hard at trying to have monthly homebuyer's education classes to accommodate all the people wanting to buy decent low-income housing in Fayette County. We also received another housing counseling grant from HUD to assist people this coming year in obtaining affordable housing. We just sold our first house in the Hilltop area called Sid's Lane (named after our construction manager's dad, who spent many hours volunteering his time in development of the area.) It is very rewarding when we can assist someone in buying a new home, especially one which our youth, supervisors and the many volunteers we have coming in yearly have built from the ground up. The hard work being put in then becomes a reason to keep going even with all the bumps in the road we may encounter.

I have also been assisting with the Craft Factory, which we started this last year. We are still using recycled materials from the jobsites, and along with some additional items we purchased to paint and decorate, have made birdhouses, quilt racks, primitive signs, and have also added jewelry to the list. Some volunteers coming in on planes and traveling in large groups can't take some of the larger items back so we decided to make smaller items to accommodate them with souvenirs from "the mountains". We have sold several pieces and are considering a craft fair to get the items out for community people to see. We have sold several pieces and are looking forward to getting a better inventory for future success. A brochure is available both on the SALS website and available at any of the SALS offices if interested.

Last but not least, the work I do with the youth is still part of my job at SALS. I assist Kathryn South and Artie Mullins in several ways. We attend meetings such as the Youth Council, Americorp's and YouthBuild events. Several conference calls were held this year to defer traveling cost and will probably be the way in the future to communicate regularly. The trainees are a huge part of the SALS family. The need to help them become leaders in their communities while learning a trade which will lead to decent paying jobs to support their families is the one thing we feel a need to accomplish. Without the young people in the program we would not be where we are now. We want them to know how much we appreciate them and are there for them when the need arises.

## Broader Horizons, Smaller World

*by Artie Mullins,  
AmeriCorps Director & Volunteer Coordinator*

The summer brought to SALS an enormous amount of volunteers, arriving with open hearts and willing hands. Lots of hard work was done and friendships were forged that may affect one for a lifetime. The first team of the season was our friends from St. Andrews School in Austin, Texas. It was the second year that a group of high school juniors from St. Andrews has volunteered through our partner, Global Volunteers. Father Lex Breckenridge and teachers, Elizabeth Guice and Ayesha Spooner, chaperoned the group of 15 youth. The youth were extremely capable and meshed easily with our young workers. They were mature and disciplined at work and during the meetings I lead each morning and evening. The team worked at Hilltop the first week and roofed the home in Oak Hill. At the end of their two-week stay, a lot of work had been accomplished and many new friends were made.

Arriving next were our friends from St. James Parish of Maryland. It is always exciting to have Rich Doran and his merry gang of men and women to return for another summer of service. St. James has been a loyal partner for many years. Our youth look forward to their return each year and I will always be humbled by their sincere desire to serve in any fashion possible. The St. James group completed an incredible amount of work at the Hilltop site and once again proved to be excellent mentors for the young kids attending Energy Express.

Following on the heels of St James was our third Global Volunteers group. Their arrival set the tone for the remainder of the summer, as we would welcome five more groups recruited through Global Volunteers. The days are long and hectic during these weeks. Our days start with a morning meeting at 8 o'clock and end around 8 pm with an evening wrap-up. Global Volunteers is my secondary employer and I devote over 80 hours of time each week. SALS hosts a Global Volunteer group. Global volunteers is based in St. Paul, Minnesota and recruits volunteers from all over the world to serve in places like Ghana, Peru, Romania, China and yes...Kincaid, WV. Global Volunteers has been a SALS partner since 1998 and I have been their WV Community Manager since 2003.

Despite the long work hours, our Global Volunteer teams bring a lot into our community in terms of exposing the local youth to worlds they could only hope to visit. We have had volunteers from all over the US and Canada, South America, China, Africa, India, and Europe. These volunteers work incredibly hard alongside our young YouthBuild members. In the process they share each other's lives and experiences. It's all good...homes get constructed and repaired, horizons get broadened, and the world gets a little smaller.



*Dave Shaver watches as volunteers learn how to use a reciprocating saw to cut stair risers*

## Construction Report

*by Vickie Smith, Construction Manager*

We are still trying to wrap up the summer's workload. Because of the low number of youth participants this may extend into early winter. Our crews are so small right now due to a drop in caseload (we are always accepting applications and hiring new recruits). The work has slowed somewhat, but assistance from the many volunteers we've had during the year has helped tremendously. With the crew size presently assigned, one home may take a year to complete.

We are moving very slow on the dorm. It is a large building and the crew is not able to complete this task speedily. We could use some extra help to complete this job. Maybe old man winter will be kind to us. The bid process that we must utilize, since federal money is involved, takes a lot of time. We have to have three bids on everything. The vendors are sometimes slow in submitting bids. Then we often have items missing off the list of needed materials.

The sewer component on the Hilltop development has been a painful one. We started this project in November, 2005 and we are just now close to the start of installation of manholes, piping, etc. We are getting bids from subcontractors for installation of pipe and manholes. Our engineer has helped in gathering and filing the appropriate forms.

This project is a very costly one for SALS. It has amazed me that a public system in the area that is so outdated and inadequate should have a cost to a non-profit entity at all. We have to put the system in, furnish materials and labor, and let the public system take it over and charge a bill to use its system. One of the manholes as far as I can gather is for preexisting service (of course individu-

als received bills for usage) that was never installed properly. We have replaced pipe for the PSD for three years just to keep raw sewage off us while we are working. I guess one is never too old to learn something new.

We will work in the next couple of months to regroup and get morale up among the crews. Everyone is tired and the summer was very hot. I am going to be working with each crew to help the supervisors energize their crews. I am also working with the supervisors to be positive and demand more attendance and effort on the part of our young adults.

In spite of all of the above going on, we had had a lot of success this year. We have completed two new homes at Hilltop, and two other homes are under

roof. We have completed at least seven rehabs. We have hand mixed and poured \$10,000.00 worth of bagged concrete for the dorm since we cannot get a concrete truck under the railroad underpass. This goes to show what determination, perseverance, and the desire to take control and change our community one project at a time can do.

## YouthBuild News

*by Kathryn South, YouthBuild Director*

We are in a new season of programs and projects at the SALS YouthBuild program. This fall we were awarded more AmeriCorps slots. We look forward to our young people getting their GED's and receiving an education award from the YouthBuild USA AmeriCorps project.

Four young people are scheduled to take the GED test in November. We are hopeful that at least two will pass all of the parts of the test to get the certificate. Also, the youth are studying to take the NCCER certifications. This national certification will give the youth a leg-up when applying for jobs in the state and if they leave the area for employment.

Brenda Winter and I attended a rural site gathering in Vermont in October. This was our first trip to Vermont, and yes, it is a lot like West Virginia. The area was lovely and serene, but the cell phones did not work, which was good for some and not for others. We also met with our USDA representative who is working through YouthBuild USA. She will visit us soon to discuss our options regarding funding sources.

Make a Difference Day was a success for the staff who worked on the building in Beards Fork. We got a lot of work done and the day was perfect for working outside or inside. Several youth also volunteered to do projects that made a difference for folks in the neighborhood. This is our seventh year of participating in the national program that helps communities all over the country.

# Everything AmeriCorps

*Artie Mullins, AmeriCorps Director*

As the AmeriCorps year approaches an end, I look back with a sense of accomplishment. The six full-time members here at SALS have done outstanding work with Group Workcamps, site construction and special projects. This is the second year that we have paired with Workcamps with a reduced number of AmeriCorps members but the work was accomplished with very few complications. The members also engaged in new construction and rehabs. Josh Shaw is one of those members who have proved to be an indispensable addition to Terry Black's crew. The members also participated in Make A Difference Day by constructing a beautiful wheel chair ramp for Mrs. Olla Wendell of Fayetteville. It seems reasonable at this point to predict that all six members will successfully complete their service by February 2008.

Who are our members and what have they accomplished? David Flick is a college student from Fallsview, WV who has taken off to do a year or two of AmeriCorps Service. David has worked with GroupWorkcamps write-ups, construction at Boomer, assisted in building two wheel chair ramps for our seniors, and donated countless hours to help out with our computer problems and volunteers.

Brian Hamilton is a resident of Fayetteville, WV who spent most of his year helping with construction on Ron Yellet's crew. Brian completed his year of service this September receiving a full education award. Brian married former YouthBuilder, Rebecca Stark, this summer and will enter the military in a few months.

Sue Navicki is a resident of SALS Landing, Page, WV and worked on all phases of new build and rehabs with several of our supervisors. Sue also worked closely with Group Workcamps and the write-up process. Sue successfully completed her year in September as well, and has stayed on as a YouthBuild member.

Violet (May-may) Johnston lives in Johnston's Branch and is the mother of a 2-year-old son. Violet was the last to enroll and will complete her year in February 2008. Violet has worked on Dave Shavers crew for most of the year and has a background in construction.

Joshua Shaw is a resident of Oak Hill, and as mentioned before, he has been an important part of Terry Black's crew. Josh has participated in construction at Hilltop and helped Terry complete several rehabs. Joshua married this summer and is contemplating doing a second year of service in his wife Chelsea's home state of Oregon.

The last member is Jon Wood. Jon grew up in Beards Fork, WV just a stone's throw from the SALS community center. Jon returned from Florida to do a year of service with us. Jon has done some construction this year and was instrumental in write-ups for Group Workcamps. Jon participated in Make A Difference Day by helping with two wheelchair ramp projects.

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# Lisa's Corner

*By Lisa Manley, AmeriCorps/Vista*

My name is Lisa Manley and I am an AmeriCorps VISTA. We have been very busy at SALS. The first thing I want to tell you about is that we are still working with the 21<sup>st</sup> Century After School program. Our number of kids is staying high and we have expanded the program to include more activities in addition to continuing to serve snacks and a nutritious dinner.

We held a Halloween Carnival which was a big success. This was our third year and every year it gets bigger and better. The haunted house was very popular. Some of the AmeriCorps members along with some of the YouthBuild made props for the haunted house. They also made some of the games we had at the carnival. We had several community volunteers who really helped a lot. So I want to thank everyone who helped by baking and donating cakes, working in the kitchen, being in the haunted house and taking care of the games. Without our volunteers we couldn't have had the success we did.

I also assist Dr. Dan Doyle from New River Health with the Beards Fork Clinic once a month. We are in the process of arranging for everyone at SALS to have a Tetanus shot as well as the Hepatitis B shots. I helped Debbie Spurlock with the SHARE food program. Well I guess that's all I have to write about for now. But at SALS you never know what you'll be doing next.



*Global Volunteers from Austin, Tx landscape at Hilltop*

## Ron's Crew

*by Wesley Yellets and Joey Taylor, YouthBuild*

Ron and his crew consisting of Sam Pozzie, Brian Dabler, Sean Dotson, Robert Wriston, Steven Pozzie, Wesley Yellets, and William (Joey) Taylor have done considerable work with various communities in the Fayette County area. They also did work on "Make A Difference Day" in Boomer. While in Boomer, they helped a family with finishing a bathroom. This was a major job made even more complicated by the fact that Sam dropped his phone in the toilet and flushed it!

While working in Beards Fork at the Hardy residence, the crew redid the siding, fixed the porch, and worked on the two bedrooms in the back of the house. Sean, Joey and Steven put in a new breaker box, a disconnect box and most of the wiring in the kitchen. The crew also straightened out the walls in the kitchen, thereby making the kitchen bigger, and fixed other walls, the ceiling, and other floors. The kitchen is now just about done and cabinets along with counter tops are all that needs to be done now. Brian hung most of the drywall while Wesley did most of the mudding. Robert and Sambo did the siding and Joey did the porch. Shawn assisted everybody with everything while Steven and Joey did all the paneling.

Now we have been moved to Hilltop for a while and while we were there we finished out a house. This consists of fixing siding, finishing the roof, painting the interior, and taking care of the rest of the electrical work. Robert, Sean, and Brian took care of the forms for the driveway and sidewalk.

## DOL Crew Rocks!

*Jim Adkins, Site Supervisor*

I have had some success with my DOL youth. I currently have Josh Persinger, John Cales, Ben Vargas, and Wesley Jones. I have finally been able to place everyone on the same page. Hopefully this will become trend setting. We completed the Johnson site in Beards Fork with a room addition, siding, doors, windows, heat and air, electrical upgrade, etc. We also completed the Saunders site in Mt. Hope with new sheathing, shingles, doors, windows, and gutters. We also worked some at the Hilltop site and on other small assignments throughout the area.

My crew members work well together. They are independent, self starters, and are rarely absent without cause. I have been pleased thus far with the outcome of the projects assigned to my crew during the last three months and want to thank them all for their hard work to date

## The 21<sup>st</sup> Century Community Learning Center

*By Charlene Newkirk*

The SALS "Accent Education" After School program at Beards Fork is where students of all grade levels attend four days of after school programs each week. This includes helping children with homework, wellness activities, recreation, special events, snacks, and supper. Program activities included Halloween party, sewing, making Christmas baskets and crafts.

On October 18<sup>th</sup> those in the program went to the Capital for "Lights on After School" Five of the After-School girls performed by singing. Organizers gave out flashing light bulbs to remind people that just because school is out for the day doesn't mean that a child's day is over. Afterwards the kids went to Shoney's to eat.

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## After School at SALS

*Iris Adkins, VISTA Volunteer*

This has been a good year for the after-school program. The program is designed for children in grades kindergarten through 12<sup>th</sup>. They are bussed after school to Beards Fork. When arriving at SALS the children receive a snack and drink. Then they do their homework with the teachers, Rebecca Morgan and Kara Shuemake. After homework they play outside, do artwork, dance and learn to sew. I drove one of the vans for the "Lights on-Lights off" at the State Capitol in Charleston in October. The SALS children sang during the program and really enjoyed the festivities. We had dinner and took them home. The Halloween party was very nice and we had a high turnout. I received donations from McDonalds, Mountain Vending, and Kroger and their support was appreciated. We had help from YouthBuild and AmeriCorps members with the decorations, and they deserve "thanks" as well



*Sadida David with Energy Express kids*

## WHAT'S COOKING AT SALS

*By Vickie Mullins*

The AmeriCorps VISTAs have been working daily with the kids who attended the After School program at SALS. The kids come from everywhere from Page on one end and Montgomery on the other end. We ran two vans to transport kids here. The kids enjoyed the daily activities that the Coordinator and VISTAs did over the past months. The activities included sewing, painting, computer lab, dancing, exercising, and making rice socks (used as a heating pad). Children not only come to have fun, but they have two teachers who come on a daily basis. The teachers have to work with an average of 20-24 kids daily.

The children have enjoyed the program and they have continued to bring other friends along with them.

*Continued on next page*

Glenda Maddy (volunteer student/WVU Tech), and I submitted the final report. We were able to determine lead/mercury levels in homes that exceeded allowable amounts. An informational packet was distributed to the home owners to make them aware of the dangers of lead and how to eliminate the lead in the home.

## Prevention Partnership Receives Grant

*Amber Marsteller, FCPP SPF-SIG Project Director,  
ambermarsteller@yahoo.com*

The Fayette County Prevention Partnership (FCPP) is a group of collaborating Fayette County citizens who are interested in a healthy, successful Fayette County. Prevention advocates believe that an "ounce of prevention is worth a pound of cure." Meaning, we would like to see our youth and our citizens avoid problem behaviors instead of waiting to react to problems when they become severe. On October 2<sup>nd</sup>, 2007, the FCPP along with their fiscal agent, the Fayette County Commission, were awarded \$74,586 from the federal Center of Substance Abuse Prevention's (CSAP) SPF-SIG funding. Initial SPF-SIG funding started October 1<sup>st</sup> 2007 and goes to September 30<sup>th</sup> 2008. Additional prevention program funding will be available for the following two years from these same funds. Initial funding is being offered to provide prevention programming on several fronts in Fayette County. Programming will include: 1) County-Wide Media Campaign; 2) Communities Mobilizing for Change on Alcohol; 3) All Stars Programming; 4) Continued Substance Use Data Collection

First, the media campaign will be implemented to raise awareness related to the concerns of substance use and abuse. Second, *Communities Mobilizing for Change on Alcohol* is an evidence-based environmental policy program related to underage drinking. Third, All Stars Programming is an evidence-based drug, alcohol, tobacco, and bully prevention program for 6<sup>th</sup> and 7<sup>th</sup> graders that will initially be implemented at either Mt. Hope Middle School or Mt. Hope Community Center, Collin's Middle School, Meadow Bridge Middle School, and Beard's Fork After School Site at Southern Appalachian Labor School. Fourth and finally, the FCPP will continue to collect substance use and abuse data for Fayette County in order to appropriately guide the direction of prevention programming.

The SPF-SIG funding awarded on October 2<sup>nd</sup> was just the first step to a larger, more comprehensive prevention plan created by the FCPP. The FCPP will continue to seek funding for this comprehensive plan over the next three years. Thanks to all the citizens and agencies who have participated in this process. Particularly, thanks to Scott Thompson who coordinated the direction of the SPF-SIG collaboration and data collection process for the 1<sup>st</sup> year. We couldn't have done it without you. Thanks Scott!!

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## Fayette County Offers Prescription Drug Discount Card to all Residents

### Cards Average Savings 20 % Off Retail

Fayette County has introduced a discount card program to help consumers cope with the high price of prescription drugs. The county has signed a contract making free prescription drug discount cards available under a program sponsored by the National Association of Counties (NACo) that offers average savings of 20 percent off the retail price of commonly prescribed drugs.

The cards became available in early November, may be used by all county residents, regardless of age, income, or existing health coverage. An estimated 90 percent of the county's pharmacies will accept the NACo card, and a national network of more than 57,000 participating retail pharmacies also will honor it.

"The NACo prescription discount card will offer significant savings for the uninsured and underinsured residents of our county, and even those fortunate to have prescription coverage may use the card to save money on drugs that are not covered by their health plan," said Kenneth Eskew, Fayette County Commission President, and Aletha Stolar, Fayette County Family Resource Network. "Residents do not have to be Medicare beneficiaries to be eligible for this program."

There is no cost to county taxpayers for NACo and Fayette County to make these money-saving cards available to residents. The discount card program is administered by Caremark Rx, Inc. and endorsed by the Fayette County Commission.

"Using the NACo prescription discount card is easy," said Eskew and Stolar. "A cardholder simply presents it at a participating pharmacy. There is no enrollment form, no membership fee and no restrictions or limits on frequency of use. Cardholders and their family members may use the card any time their prescriptions are not covered by insurance."

*The National Association of Counties (NACo) is the only national organization that represents county governments in the United States. Founded in 1935, NACo provides essential services to the nation's 3,066 counties. NACo advances issues with a unified voice before the federal government, improves the public's understanding of county government, assists counties in finding and sharing innovative solutions through education and research, and provides value-added services to save counties and taxpayers money. For more information about NACo, visit [www.naco.org](http://www.naco.org).*



## Cultural Diversity Class: Teaching Old Concepts with New Methods



by Jan Rezek

SALS has always been a forerunner in progressive programs so it is not a surprise that educational opportunities continue to expand in order to increase the potential for SALS employees. For the past two semesters SALS employees have had the opportunity to take a college class offered at the Beards Fork location. Upon completion the students receive college credit from WVU-Tech. This semester we are learning about Cultural Diversity in unique ways. The class has been studying diversity in the United States and the history of oppression that went along with immigration. In addition we are learning about diverse cultures all around the world. We have been fortunate to have two much acclaimed speakers.

Rob Currie came to speak about life in a small village in Nicaragua. He spoke about the very day life challenges the people face in this village. He also discussed the oppression of indigenous groups' world wide.

O'Bang Okello came to speak to the class about his life in Ethiopia and how it changed due to civil war in this country. He spoke of his fight for survival and his time in a Kenyan refugee camp. His experiences helped the students to realize the adversities of groups of people all around the globe. I think he left a life long impact on the students.

The class had the opportunity to participate in a "Break the Fast of Ramadan" dinner at the Islamic Center in Charleston. The Imam Daoudi has opened the door to the community each year for this event. The students prepared for the trip by reading about the culture and learning about the meaning of Ramadan. This was a real growth experience for the class and put a very personal face on a religion and group of people often feared in this society.

On November 13, 2007, we had a Thanksgiving Feast and discussed the history of Thanksgiving as well as the Native American "Day of Mourning". The semester will conclude with a discussion of diversity in Appalachia and a discussion of various cultural celebrations that take place around the world.

The goal is let students realize their potential and motivate them to continue their education. We invite anyone who is interested to stop by between 3 and 5:30 on Tuesdays and observe the class.

## Housing Counseling, Crafts, & Lead Testing - All in a Days Work

Jessica Williams, Housing Counselor

The past few months have been a very busy time for us. We have been working with families on obtaining affordable housing. I have been working with Brenda Winter and Debbie Spurlock doing Housing Counseling Classes. So far this year we have counseled many families with everything from credit issues to even helping them write out their monthly bills. We also have had some classes on how to avoid foreclosure. It takes a lot of time and patience when working with potential homeowners, but in the end it is very much worth it. Through USDA and the Federal Home Loan Bank/ United Bank we were able to sell our first home on Sid's Lane in Hilltop.

I have also been helping with the "Craft Factory". The "Craft Factory" is partially funded by a grant through the Greater Kanawha Valley Foundation.. This project started to help recycle used materials from the job sites, such as scraps of wood and anything else which would be discarded, but could still be made into neat things. Our goal in this project is to work with youth to make "Appalachian" crafts for volunteers and community people interested in these types of things. Crafts seem to be in demand, especially in the spring and summer months, when people get out to spruce up their homes and decorate for the seasons. All crafts are constructed by Americorps, WIA, DOL, and YouthBuild members by using recycled materials from SALS Housing job sites. Portions of the proceeds will go to those individuals who assisted in the construction of the crafts.

We also finished up the lead testing in Fayette County. Funds for this project were received from a grant through the Environmental Protection Agency. John David,

## Tips for Quitting Tobacco

by Jean Tenney, Coordinator, Mountain Valley  
Regional Tobacco Prevention Coalition

If you have tried to quit using tobacco before, you know that it's tough. I am sure that you have heard all of the reasons why you should quit. I won't preach to you about it. You will know when it is time to quit and here are some tips that can perhaps help you to quit.

\* Think about the reasons why you want to quit and write them down.

\* Tell your friends and family you are going to quit and when. Ask them for their support.

\* Think about the things in your life that trigger you to use tobacco – is it your first cup of coffee in the morning; is

*Continued on next page*

*Tobacco, continued from previous page*

it a particular stressful situation. Once you have figured out your triggers, think about ways you can avoid these triggers (i.e. drink a cup of milk instead of coffee in the morning).

\* Remove all reminders of tobacco from your home, work place and car.

\* Find alternatives to tobacco – healthy snacks (like fruit), sugar-free gum and hard candies, drinking water, and activities you enjoy.

And remember the following...

\* Avoid trying to quit right before an event that might be stressful or where you would be very tempted to use tobacco.

\* Cravings and withdrawal symptoms may be strongest in the first weeks after you quit. These cravings should lessen over time.

\* When you stop using tobacco, your body will need time to adjust to the absence of nicotine. Expect some possible side effects from this.

\* But if you slip up and use some tobacco, get right back on track. Be determined.

Some people need help to quit. Don't be afraid to ask for help. You may be eligible for phone counseling services and nicotine replacement therapies. Call the state's YNOTQUIT line number at 1-877-966-8784 to see if you are eligible. There is a new prescription drug called Chantix that has helped many people. For more information on Chantix, call 1-877-242-6849. If you want to quit using spit tobacco, I have a free quit spit kit that I can send to you. You can call me at 1-888-554-2260; leave me your name and address and that you would like a kit; and I will send one to you. Or if you want a free quit smoking guide, call the American Lung Association at 1-800-586-4872 and they will be glad to help you.

Good luck and congratulations on making this important decision for better health.



*Kayla Mullins & Zavier Austin at the Summer Foods Program "Fun Day"*

*SALS Journal*

*Director's Report, continued from page three*

conduct a DOL YouthBuild site visit in October. He met with several youth and staff during his two day stay.

Several of us were pleased to meet up with Anne Feeney in Charleston recently. Anne has been at several of the SALS music festivals and performs music to comfort the afflicted and afflict the comfortable. Also, I had the occasion to talk again with the Bread and Puppet folks. We hope these wonderful people will again join us for an upcoming festival.

We are grateful to the Mine Safety and Health Academy in Beckley for the donation of computers. Our plan is to use the machines for K-12 youth in our after-school and summer programs.

My colleague at WVU-Tech, Dr. Barry Harrison, has gathered together students for a campus book drive. The books are to be distributed at the annual SALS Holiday Festival on the afternoon of December 21<sup>st</sup>.

West Virginians United for Social and Economic Justice, of which SALS is a member, has been conducting community meetings around the state to promote an "Agenda for Shared Prosperity". The agenda includes a set of values and policy proposals to strengthen our middle class while creating the conditions necessary for more families to realize the "American Dream".

I joined Members of the SALS Board, including Helen M. Powell and Rick Wadsworth, at the National March Against Hate Crimes and Racism held November 3, 2007 in Charleston in support of justice for Megan Williams.

SALS was part of a collaborative that received funding from the federal Center for Substance Abuse Prevention. The project will include a drug, alcohol, tobacco, and bully prevention program with after-school children at the SALS Community Center in Beards Fork.

The Annual SALS Holiday Celebration will be the afternoon of Friday, December 21<sup>st</sup>, 2007 at the SALS Community Center in Beards Fork. Food will be provided and the special guest will be Cecil Roberts, President of the United Mine Workers of America. All are invited

Best Wishes for the Holiday Season! Be well and do good things!



SALS is a place for All Seasons!

# Southern Appalachian Labor School - Who We Are

**SALS Community Center: 800-515-1349,  
304-779-2772, or 779-2280**  
**WVU-Tech office: 304-442-3042**  
**Construction Coordinator: 304-469-9721**  
**John David, Director - 304-442-3157**  
**WEB: www.sals.info**

Ron Yellets	YouthBuild Trainer
Dave Shaver	YouthBuild Trainer
George Hensley, Jr	YouthBuild Trainer
Jimmy Adkins	YouthBuild Trainer
Terry Black	YouthBuild Trainer
Jessice Williams	Housing Counselor/WIA

## Board Officers

Helen M. Powell	Chair
Marcus Wilkes	Vice Chair
Kathryn South-Adkins*	Secretary ksouth@citynet.net
Sister Clara Lill	Treasurer
John David*	Director jdavid@citynet.net

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\* Indicates members of the SALS Leadership Team

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## 21st Century 'Accent Education' After School Program:

Charlene Newkirk	Site Coordinator
Tony Canada	Project Director
Lisa Manley	AmeriCorps/VISTA
Iris Adkins	AmeriCorps/VISTA
Alisha Young	AmeriCorps/VISTA
Kara Shuenake	Teacher
Rebecca Morean	Teacher

## New River/Beards Fork Health Clinic Project Dr. Dan Doyle, M.D.

## G.E.D. Instructors/Fayette Co. Schools LeeAnn Gore & Mary Lynn Flint

## WVU Extension Service Dianne Meadows Debbie Tate

## Bookkeeping Team Valarie Cowley, Ruth Lanham Tom Bass, Brenda Winter



**Yes,** in these difficult times I understand the importance of an organization like the Southern Appalachian Labor School. Enclosed is my contribution to keep your essential work on track and moving forward. Contributions to SALS are Tax deductible: Mail to SALS POB 127, Kincaid, WV 25119

**Enclosed is: \_\_\_\$250 \_\_\_\$100 \_\_\_\$50 \_\_\_\$25 Other\$\_\_\_\_\_**

*Or print a donation form at [www.sals.info](http://www.sals.info)*

*Please send me a thank you gift..*

*\_\_\_\$50 +: SALS Handmade Coffee Mug, SALS License Plate, or similar item*

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SALS engages in solicitation for the purpose of acquiring funds to support the Southern Appalachian Labor School. WV residents may obtain a summary of our registration and financial documents from the Sec. of State, State Capitol, Charleston, WV 25305. Registration does not imply endorsement.

# SALS at Work and Play



*Sam Pozzie and Global Volunteer install siding on a house at Sids Lane*



*Brenda at Crafts display during SALS "Solidarity Festival" in June*

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