

SALS JOURNAL

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Group Work Camps Becomes 'Group Cares'

For the past decade Southern Appalachian Labor School has sponsored a major summer influx of faith-based volunteers to engage in modest repairs of homes in Fayette County and the Upper Kanawha Valley. To date, nearly 1000 homes have received work and the project contributes over \$600,000 of value and purchases every year. The total impact has now climbed to \$6 million, including the contribution of local sponsors, Benedum Foundation, Fayette County Commission and SALS. The young volunteers this year came from New Jersey, North Carolina, Michigan, Virginia, Illinois, Indiana, Pennsylvania, Wisconsin, New York, Maryland, Florida, Kansas, Ohio, Georgia and Rhode Island.

The Group Cares program is now contributing more than home repairs. Each summer, approximately 4,000 cans of food are received directly from the youth for the SALS emergency food pantry program. These supplies supplement the SALS FEMA Emergency Food Program that serves a designated area in Fayette County.

In an additional development this summer, Site Coach Rowan Hedden from Plainfield, Illinois brought with him an electric wheelchair along with other medical supplies. Hedden, who works full time with a physical rehab program, obtained these items to donate to deserving people in the area, since he was aware that many of the construction projects were handicap ramps. In a special moment on Saturday, July 23, 2011, Hedden presented the wheelchair to Bessie Patrick in Page, WV.

Debbie Spurlock, who serves as the SALS Co-Sponsor Partnership Coordinator, noted that there is always a need for donated building supplies, equipment, tools, and money for the program. Each year SALS has to raise over

SALS Launches Enviro Health Clinic

by Daniel Doyle, M.D.

Dragons roam the hills of southern West Virginia. They ravish the land and devour the people. Breathing the fire of dynamite and TNT, they hurl boulders into the valleys below, damning up streams, and poisoning the water. Jean Ritchie of Perry County Kentucky sang of their havoc: "Black waters, black waters run down through my land."

The dragons have come to Fayette County. They roam and roar and devour the ridges above Loup Creek, especially along Taylor Branch, Open Fork, Glenco Hollow, and Beards Fork.

The "Dragon" of course is man-made. The dragon runs the giant dozers and loaders and rock trucks and serpentine conveyors and awesome explosions: far worse than any dragon imagined by the Middle Ages peasants of

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Group Cares Site Coach Rowan Hedden with Bessie Patrick, recipient of donated electric wheelchair

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Just Say No to More 'Tax Holidays'

by Gary Zuckett: as printed in the Charleston Gazette, 11-20-11

In 2004, Congress passed and President Bush signed a "tax holiday" for America's largest corporations. The thinking was that if corporations could bring back, or "repatriate" funds they were holding in offshore accounts, that money could be used to hire new workers.

Guess what? It didn't quite work out that way. The reality? Ninety-two cents of every dollar corporations brought back to the U.S. didn't go to hiring American workers, but rather ended up in the pockets of CEOs and shareholders through bloated compensation packages, stock buybacks and bigger dividends.

Example: the top five executives at Johnson & Johnson, which laid off 9,900 American workers since their last "holiday," saw their pay increase by \$33 million a year in just three years. For the CEOs, this really was a holiday.

In 2011, they're back with their hands out again. Lobbyists for many of the nation's largest corporations are telling Congress that if they can just have one more tax holiday, one more tax break, and they will bring home hundreds of billions of dollars and use the cash to put Americans back to work.

If only that were true.

There are a couple of problems with corporate lobbyists' argument. For starters, companies already are sitting on \$348 billion in cash reserves already here in the United States, and they are not using that money to hire new workers.

Second, another corporate tax holiday would cost taxpayers \$79 billion over the next 10 years, according to the Joint Committee on Taxation. It would actually increase the deficit and create few jobs.

It's clear why corporations are trying to fool us again -massive profits. It's less clear why Congress would even consider such an outrageous request, until one follows the money.

A new report recently issued by the nonpartisan groups Public Campaign and USAction found that just 20 of the nation's largest corporations have spent \$1 billion on campaign contributions and lobbying Congress since the last time they got this corporate tax giveaway.

The amount of money spent solely on lobbying is staggering -- these 20 corporations spent roughly \$365,638 per day lobbying in Washington since 2005, every day, including weekends. General Electric alone spent \$164 million in lobbying and its executives and PAC gave \$13 million in campaign cash, according to analysis of data from the Center for Responsive Politics. Pfizer spent \$94



Gary Zuckett representing WV United for Social & Economic Justice at a Jobs and the Ecomomy meeting in the East Room of the White House November 1st. He is getting ready to shake hands with our President.

million lobbying and made \$9 million in campaign contributions.

Doesn't this sound familiar? American jobs and profits are shipped overseas by huge corporations who use their clout and cash to push Congress to pass corporate tax giveaways, while increasing the deficit and making the wealthiest Americans even richer. This is government of, by and for the 1 percent.

What can Congress do instead? Congress should close the loopholes that encourage companies to ship profits (and jobs) overseas in the first place, and invest that revenue into putting Americans to work, educating our kids,

repairing our infrastructure, and making our homes and offices energy efficient. It's time to focus nationbuilding back home and to put America back to work rebuilding our schools, roads and infrastructure. "Fool us once ..," you know the rest.

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Director's Report

by John David

As predicted, most grant funds that support our programs have dried up. Unless we re-invent the way we function, all of our accomplishments over the past 30 years will become history. Even more alarming, our costs are skyrocketing. For example, Energy Star/HERS-rated homes require \$3,000 water heaters, front loading high efficiency washers, 15+ seer-rated HVAC units, and similar products that save residents money but are very costly to install. The green-revolution requires more trainings and certifications with expensive trainers for our youth, which cuts down on production/education time, slows home completion, and costs us compliance points for future funding.

On the positive side, we were honored that a person from our past stepped to the plate and made a \$50,000 matching pledge to assist with our youth transformation initiative. In essence, the person promised to match contributions dollar for dollar up to \$50,000. Thus, all donations are automatically doubled. We need the \$100,000 since annually we spend more than that on fuel and insurance. Thus, we are asking you to donate and help us obtain the full match! And later you will find out who spawned this amazing campaign.

WVU Tech, which has a long history of supporting progressive change in the southern coalfields with projects such as Appalred, Buffalo Housing, and Black Lung Lay Advocate Training, is seeking to remove SALS from the campus after 35 years of mutual accommodation. SALS, which was initially formed by a grant to WVU Tech, has a valid Memorandum of Understanding signed by school officials and SALS Chairperson Helen M. Powell for shared services. However, the MOU has been unilaterally tossed out and replaced with an expensive lease agreement. Students at WVU Tech, who benefit from the community service and internship outreach opportunities through SALS, have rallied to defend SALS, which does not have the money to lease space.

On another note, SALS has been able to qualify five families for rental assistance in the Gauley River Garden Apartments (former Regina Apartments) in Gauley Bridge and has obtained three donated homes in Gauley Bridge. The Historic Oak Hill School is being studied for approximately 15 apartments and is already being leased for special events. Eventually, SALS will employ a permanent crew to maintain all of these facilities, thereby securing jobs for youth participants.

SALS continues to be a popular choice for Global Volunteers and university volunteers on alternative breaks. Teams from Pennsylvania, Nebraska, Kansas, Illinois, Maine, Massachusetts, New Jersey, North Carolina, Florida, and Georgia are already booked for the upcoming season to work with SALS Housing. SALS has also joined



Clyde McKnight, president of S. Central Labor Council (left) with John David after John spoke at their 'Social Security Birthday' Picnic in August

a volunteer committee to help the area benefit from the 300,000 community service hours provided by the Boy Scouts during their 2013 Jamboree here.

I have been very pleased with the SALS staff. They have pulled together and have willingly taken on broader responsibilities as times have required. SALS remains one of only a few organizations that is highly diversified with programs like after-school, Energy Express, YouthBuild, AmeriCorps, worker education, health care, community center services, food education/cultivation, counseling, and much more. Your support is greatly appreciated as we seek to press forward doing what needs to be done in order to create change from the ground up.

On behalf of all of us in the SALS Family, we wish you a safe holiday period and a healthy New Year. Be Well, Do Good Things, and Keep in Touch!



John David with retired WV Congressman and former Secretary of State Ken Hechler at a recent dinner in his honor.

YouthBuild News

by Kathryn South

The long hot summer has finally ended with lots of work being completed in Fayette County by our YouthBuild members and the Workcamp volunteers.

This fall we expect get more projects completed before the winter weather sets in. We are still recruiting youth for the new YouthBuild grant. We have 40 slots open for youth between the ages of 16 and 24 who need to complete the GED.

We have welcomed several new members to our program: Jonathan Terry, for Pax area; James Giles, from Gauley Bridge; Jericho Wriston, Jody Deane, Adam Davis, Austin McClary, Michael Hundley, all from Oak Hill. Welcome to all.

Ms. Gore (GED teacher), Artie Mullins (AmeriCorps Director), John David (SALS Director), and I attended an August AmeriCorps conference in Boston. We learned new regulations about the AmeriCorps grant. Ms. Gore learned the teacher's expectations in getting more GED certifications for this grant period. We all had a great time as usual and it was good to reconnect with old friends from Youth-Build and the AmeriCorps programs from all over the country.

This has been a very difficult year, grant wise, with all the government cuts. Our programs have lost a great deal of funding. I am sure that Congress can find other programs to gut instead of doing away with programs that help the poorest of the poor.

We worked hard on Make A Difference Day activities. Three projects were targeted and we had great participation. SALS has participated in this event since the beginning, which is about ten years now, and we have completed many projects in that time frame.

Our Mentoring program is recruiting mentors and mentees for this funding year. We have four new members and we are looking forward to doing several projects this fall.

Community Works Internship

by Brandi Davis

As the SALS Intern I have located four properties within the Oak Hill city limits and started the process with the West Virginia Housing Development Fund to purchase the properties through CHDO funds. During this process I have learned that it is not an easy task. I first found the properties, decided whether they were buildable lots, and then located the owner and/or real estate companies. I created a purchase agreement that can both be used now and for future purchases and had them signed. We then obtained the Deeds, Surveys, Maps and all other instruments needed for the West Virginia Housing Development Fund's approval and have submitted them. I sent the deeds to Debra Spurlock for processing culture/history and FEMA reports which are also needed for final approval. We are indeed a few steps further in obtaining the property and building affordable housing.

I have also been working on the Historic Oak Hill School project. I supervised office preparation for a onestop housing office for the Oak Hill and surrounding areas. This office will provide a one-stop location for anyone to improve their credit or start the home buying process. I feel that his office is centrally located and will provide a great service to everyone and anyone interested.

Successful Summer with Group Workcamps

by Debbie Spurlock

Well another summer has come and gone and so has another year of Group Workcamps. I think it was a very successful year. The campers finished almost all of the projects they had started. This made our follow-up job a lot easier. The group stayed at a different school and county this year. They started out at East Bank Middle School but had to move in the middle of week one due to a power outage. They finished up at Dupont High School. By staying in a different county we were able to serve an entirely different group of people this year. They helped in many ways. Workcamp volunteers made the homes safer by repairing broken steps and porches and by building wheelchair ramps to assist the disabled. In fact one of the residents was the lucky recipient of a motorized wheelchair. One of the site coaches brought the chair to give away. The chair had belonged to his mother who was placed in a nursing home and no longer needed it. He visited various sites during the week to find someone who really the needed the chair and at the end of the week the chair was presented to the lucky lady. They also made the homes a lot brighter by adding a new coat of paint. But most of all they changed many lives by caring and understanding, by sharing their outlook on life and by bonding with the residents and making new friendships. For many of the folks this is all of the company they have and they enjoy it so much. Lots of them, especially the elderly, have already called asking to be on the list for next year. Many of the campers keep in contact with the residents for years to come. I hope we are able to continue this project for many years to come. Campers also helped by donating 4600 cans of food to our food pantry.

We finally received our FEMA grant. With this grant we are able to help folks out with disconnects on utility bills and with food. We serve the area between Kincaid and Deepwater. To qualify for this program, you must have a referral from the DHHR. If it is for a utility bill you must have a disconnect notice also. This program helps many people in our area.

I have also been busy completing rehab files, new home files, taking the SAFE test, doing reports, attending trainings and lots of other housing related stuff. Not to mention assisting other SALS folks with their projects. The SAFE test is a test that is required to deal with the issues of handling loan applications. Housing Counseling has been kind of slow lately. We haven't had many people in need of it. But hopefully that will change soon.

So you see, we have lots of work to do to help many families as we can.

We had to say good-bye to one of our housing staff. Lisa Manley had to quit work here at SALS. We all miss her and wish her well in her new adventures in life. I especially miss her helping me out with the daily issues related to housing. Maybe someday she will be able to return to work.

Emergency Visit to Capitol Hill

by Alisha Young

Traditionally YouthBuild members and graduates are asked to visit Capitol Hill during March of each year to ask for continued support. Recently SALS along with several other programs were asked to make an emergency visit in October. The reason for this visit was that we received news that the YouthBuild budget may be cut from 80 million to 40 million dollars. This decrease would be very hurtful to the program nationwide because more YouthBuild sites would close due to lack of funding. I, Alisha Young, along with fifteen other YouthBuild graduates, was chosen to visit the capitol so the decrease would not happen. During my visit I met with Legislative Assistants of Hall Rogers and Mitch McConnell. I also got to meet with Congresswoman Shelley Moore-Capito to discuss this issue. During my meeting with Congresswoman Capito she told me that she understood how this cut would hurt YouthBuild nationwide and that she would gladly talk to the appropriations committee on our behalf. I was surprised that she openly decided to express how proud she was of our program and would continue to support YouthBuild.

In conclusion, I felt that my visit to Capitol Hill was very successful because not only did I actually get to meet with my state's Congresswoman, but she also agreed to speak on the behalf of YouthBuild nationwide. In a perfect world YouthBuild would not have to lobby for funding but this is not a perfect world and I will gladly advocate for YouthBuild programs nationwide to keep this wonderful program moving forward.

Greetings from the new SALS VISTA

by Kaitlyn Carreau

Hello all! I wanted to take this chance to introduce myself. My name is Kaitlyn Carreau. I recently joined the Southern Appalachian Labor School as an AmeriCorps VISTA. My focus will be on continuing the community gardening initiative and the Growing Together program. I am from Vermont and this is my first time in West Virginia.



I am excited to be here and am thankful to everyone who has welcome me here and helped me settle in! Before joining SALS, I studied at the University of Vermont and majored in Nutrition and Food Science. Following graduation, I worked on a goat dairy in southern Vermont, milking goats, making goat cheese, and gardening. I also worked in sales and customer service at Vermont Soy, a small company that produces artisan tofu and fresh soymilk from locally grown, organic soybeans. I am excited to join the SALS team and share my passion for local, sustainable agriculture with the community!

SALS YouthBuild and AmeriCorps/Vista members

Splash of Fun, Energy Express, and Painted Lady Butterflies

by Dorothy Rudy with Charlene Newkirk, Mercedes Newkirk, and Petey Foster

On June 8, the Fayette County school year ended, as did the regular SALS After School Program. However, since SALS has a 12 month school program, June 9, 2011 marked the start of its 6-week reading program.

These summer programs were well attended and provided fun for all. Charlene Newkirk, 21st Century "Accent Education" coordinator, conducted the Splash of Fun program, which was attended by children from pre-K through 8th grade. Two Summer VISTAs, Mercedes Newkirk and Petey Foster were in charge of the science and nature activities of this program. The program began at 9:00 a.m. Monday - Friday with a healthy breakfast, lots of fun active-ties, and a wholesome, hot lunch at 12:00 noon, after which the children were bused home. From the laughter and the shouting taking place while Mercedes and Petey guided the children in various science experiments, one could tell just how much the children were enjoying the science experiments coordinated by these two VISTAs. Some of the experiments involved making flowing volcanoes and 'bottle bombs'. The 'bottle bombs' or rockets were comprised of a mixture of baking soda and vinegar, which when they were thrown and exploded, sounded like a large gun blast, causing at least 2 adults in the hummingbird garden to duck before looking to see who was firing the gun - to the amusement of the children who had tossed the bottle.

Splash of Fun was followed immediately by 6-weeks of Energy Express' fun and classroom activities. It, too, began at 9:00 a.m. with a family-style hot breakfast prepared by Ms. Shawna Mullins and her staff, who also were responsible for the delicious meals enjoyed by *Splash of Fun* and *Summer Blast* participants. Forty (40) children participated in the Energy Express program over the 6 weeks. At noon, again the children enjoyed a delicious, hot lunch prior to departing for home each day.

Since three weeks remained between Energy Express and start of the 2011-2012 school year, Mercedes and Petey continued conducting experiments with the children and called the program, *Summer Blast*. The students really got into the swing of things, doing everything they could dream of. In addition, these Summer VISTAs introduced the kids to making tea from the mint outside the building.

Charlene and Mercedes also had a 'Painted Lady' butterfly project, donated by Ruby Price, Charlene's sister, where the butterflies arrived as nymphs, then developed chrysalises or cocoons as they migrated into the pupa stage. In about one week, all 18 of the Painted Lady butterflies hatched. We were all surprised to find hatching into butterflies was not painless. All bled as they emerged from their cocoons. The children fed them sugar water, the same formula as for hummingbirds, but on chrysanthemum and carnation blossoms, as the student watched the development. Soon, too soon, it was time to release the Painted Ladies into the world. During this period, the hummingbird habitat had been in full bloom and for several weeks the Painted Ladies were seen enjoying the flowers in this garden, keeping them close to the school, for longer observation.

Wedding at SALS

by Dorothy Rudy SALS' VISTA Volunteer

On Saturday, June 11, SALS was the scene of the outdoor wedding of Jeremy Bess, a former YouthBuild member who is now an AmeriCorps volunteer, and his longtime girlfriend, Amanda Williams. The vows were read by Jim Elmore, pastor of the Page Church of God. Mary Ann Williams, 4-year old daughter of the bride was flower girl, while Dorothy Rudy stood as Matron of Honor. Jeremy's best man, Kenny Price, is also a YouthBuild graduate and now with the SALS Green Building project.

Friday afternoon the SALS family, including Splash of Fund students, really pitched in to transform the SALS dining room into a lively site for the wedding reception. Gene Underwood, a member of the Beards Fork community, grabbed a broom and helped me clean the outdoor SALS gazebo, the site of the wedding. Charlene Newkirk, our After School Coordinator, appeared with decorations for the gazebo. So many unexpected things had occurred prior to the day, resulting in changing the site of the wedding and the pastor performing it, that we really wanted the wedding to be a memorable occasion for them – and it was. We can't thank everyone enough for their help and love.

SALS' Hummingbird Habitat

by: Dorothy Rudy SALS' VISTA Volunteer

In June, with the help of two groups of Global volunteers plus two other local volunteers, the hummingbird habitat was cultivated and planted, much like I had envisioned one year ago. As a NASA & GLOBE certified Rubythroated Hummingbird researcher and SALS as a research station, we needed a habitat to attract the hummers and enable our students to observe, record, and study the birds and monarch butterflies, who are attracted to the same plants and vegetation. The first volunteers, mostly seniors from Franklin Academy in East Haddim, CT, began the laborious job digging up the boulders in an area at the far end of the New Dorm on the east end of the SALS Community Center. They were followed, the next day, by a group of college students from Dublin School in Massachusetts, who removed more boulders. At that point, several from the Beards Fork Community, including Gene Underwood, became involved in tilling up the area so that it could be planted. Juny Yun and her team from Dublin School

returned to the area to plant flowers and shrubs and lay a beautiful, inviting path to the hummingbird and oriole feeders. Arches were constructed for perennial vines and Aunt Bee's Beans, which ties the habitat to the vegetable garden. Gene and his 4-wheeler moved railroad ties to set the habitat off from the surrounding parking lot. Rymes Humphreys, a Global Volunteer from Philadelphia helped with the addition of wildflowers and cleaning up other flower gardens. While Gene has been caretaker assisting me all summer in maintaining the beautiful garden, I am just ecstatic and cannot thank those who make it all possible.

The Great Tomato Plant Giveaway

by Dorothy Rudy SALS' VISTA Volunteer

During the week of May 20, the Great Tomato Giveaway took place at Mt. Hope Elementary School, through a grant from Carelink in conjunction with the Mt. Hope Children's Council and the New River Health Association. Instrumental in receiving this grant were Lorien MacAuley, a SALS VISTA, Nonie Roberts of the Family Resource Center, and Donna Bush of New River Health Association. During this tomato giveaway, every child in the Mt. Hope Elementary School potted his/her own, large cherry tomato plant with the help of SALS' GLOBAL volunteers and seniors from Franklin Academy in East Haddim, CT. Since the majority of children rode the school bus, this 15 inch pot with its 20 inch tomato plant had to be bagged in such a way that the children could carry it on the bus without spilling it. Along with the tomato plant, Lorien supplied both verbal and written instructions for its care. Dorothy Rudy, another SALS VISTA, recorded the event and Amanda Williams Bess assisted the children as they excitedly planted their own tomato plant, bagged it, and carried it back to school – no small feat when the bags were half the size of the children carrying them.

On Thursday, the Great Tomato Giveaway moved from Mt. Hope Elementary to Southern Appalachian Labor School in Beards Fork, where the process was repeated, with the assistance not only of Lorien MacAuley, but also Charlene Newkirk, SALS After School Coordinator, along with Summer VISTAS, Mercedes Newkirk, and Petey Foster.

From all appearances, all the children (as well as the volunteers') really enjoyed the project and looked forward to reaping the harvest from their very own plants.

21st Century, Accent on Education After School Program

by Charlene Newkirk and Dorothy Rudy

While public school opened its doors on August 18, the SALS 21st Century, Accent on Education After School program began on Monday, August 22nd. There are currently 62 children enrolled in the program with an average attendance of 38. The children arrive to be greeted by a healthy snack, classwork, and then followed at 5:30 p.m. with a healthy dinner prepared by Vickie Mullins and her capable staff. Vans take the children home, leaving SALS about 6:00 p.m. and 6:30 p.m. Monday through Thursday.



There have been a couple of positive changes to the program this year. Ms. LaToya Ray and Ms. Wilda Salter each have their own classrooms, which they spent several days cleaning, painting, and decorating to meet the needs and interests of the ages of the children they teach. This has made a great difference in the attitude and behavior of the students, who seem to settle down to work far more quickly than previous vears.

The children range in age from Kindergarten through 11th grade with Benjamin Green, being the oldest and a leader in his JROTC unit. In addition to the VISTA coordinating special projects and ideas, we have more volunteers this year.

States neoNematick (with picker) with the After School Program picking apples

Wilda and Ms. Mike Dorsey, both Foster Grandparents, work with the children daily, as does Olivia Grasty, who completed her 1st year at Bridgemont College last year and who can be counted on to assist the children on a regular basis. In addition, Haley Martin, a current high school senior, is often there to add a helping hand.

Many activities have been planned for this year. Among them was a trip to pick organic orchard apples in Greenbrier County on October 8th, *"Lights on After School"* on the 20th of October and nutrition classes with our latest VISTA, Kaitlyn Carreau, whose college major was nutrition. In addition, there will be a state-wide LEGO robotics competition held in Belle on December 3, for which the SALS team is busy gearing up, as well as field trips to Charleston and other nearby places of interest.

Summer Blast - Children Visit the Morris Creek Watershed

with Charlene Newkirk and Dorothy Rudy

On Friday, August 4, about 20 school age children, traveled by SALS van to the Morris Creek Watershed in Montgomery to watch the Department of Natural Resources count the fish and other aquatic wildlife and evaluate the health of the creek. To do this, it was necessary for DNR to apply a light electrical charge to the water in the creek so that it was possible to catch the various fish in certain, confined area. The children were fascinated! No matter how many children said they didn't want to touch the fish ("Ew, they're NASTY,") every child had to hold each fish which was caught, from those in kindergarten through middle school. All were involved. One of the DNR personnel brought his young herding dog, who realized she needed to herd the children, and kept them rounded up, which they thought was funny. After participating and learning about the aquatics, a picnic was enjoyed by the children prior to returning to SALS.

The Montgomery General Hospital Health Fair Field Trip

with Charlene Newkirk and Dorothy Rudy

On Friday, September 4, on what seemed like the hottest day of the year, about 20 children participating in the *Summer Blast* Program, traveled to Montgomery to participate in the Montgomery General Hospital Health Fair.

At this fair, the children were weighed, measured, encouraged to see the exhibits, ate lots and lots of snow cones, played on the various pieces of equipment, and had a blast, while the adults wanted to hide anywhere out of the sun. Zumba lessons were offered. They also watched a K-9 demonstration put on by the security personnel from the Mt. Olive prison. There was a moment of concern when the handler patted the officer, who was dressed in heavy padding, on the wrong place on his back where there was little padding and then ordered his dog to attack. He did and brought the officer down as the dog connected with shirt and skin. The dog was immediately ordered "down", and let go. However the officer, did feel the bite, as all adults watching cringed.

Following this Fair, the children enjoyed another picnic. However, they were so full of snow cones, they had little room for food. The children had a wonderful time on the trip.

Feeding the Children Through Our Summer Foods Program

by Vickie Mullins, Summer Foods Supervisor

Southern Appalachian Labor School conducted a Summer Foods program at the Labor School, plus, for the 3rd year, at a satellite location at the Montgomery Pool in addition to the large Energy Express contingent at the SALS Community Center in Beards Fork. The program lasted 12 weeks. The pool is a gathering place for a lot of kids from the surrounding neighborhood who come for fun, to cool off, and enjoy time with friends, which why is the pool was chosen as a satellite site. With this program sponsored and funded by WV Department of Education's Office of Child Nutrition, the children to be fed must be under the age of 19 and from 'at-risk' communities. SALS fed an average of 20 children daily. This year, SALS provided over 1,500 meals, a great tribute to the SALS staff that made this possible. The meals SALS provided were healthy and met the standards of the USDA and the State, which required a serving of at least one vegetable, a vegetable or a fruit, bread or grain, 1% milk, and a meat or meat alternative. The children enjoyed the meals and the parents were very thankful to SALS for providing the nutritious meals.

Lights on After School

by Dorothy Rudy and Charlene Newkirk

The 12th annual *Lights on Afterschool* was held at SALS in Beards Fork on Thursday, October 20. During this special program, SALS held an Open House that honored our local Loup Creek firefighters, especially after their responses to fires in the Beards Fork, Robson, and Page communities during which they did their best to save lives and reduce property damage.

Kaitlyn Carreau, our most recent VISTA from Vermont, made a nutrition presentation appealing to both children and adults.

During *Lights on Afterschool*, parents and friends had the opportunity to visit classrooms of interest, meet our tutors, tour the school, and meet with our special guests.

Volunteers Give Much, Leave Much Behind

by Artie Mullins, AmeriCorps Director/ Volunteer Coordinator

As another busy summer draws to an end, one reflects on the productive year we have had. Our year began with a slow build but ended in an impressive show of our summers work. Like the fall colors, the volunteers left our mountain communities a little more colorful. The volunteers painted dozens of homes creating communities dotted with freshly painted homes. Not only did our volunteers contribute to a brighter and safer community, so did our YouthBuild/AmeriCorps members. Our members worked alongside the volunteers in various capacities, as guides, as helpers and instructors. The volunteers are a great asset to our effort, but it is our year round staff that deserves the most thanks.

The AmeriCorps program includes 22 YouthBuild members who are enrolled in the education award only portion of the program. These 22 members are paid through our YouthBuild grant. Our AmeriCorps Grant supports four full time AmeriCorps members and three half time members. This totals to 7 members who are funded directly by AmeriCorps. In total, our AmeriCorps program involves 29 members. This leaves very few members who are not connected to AmeriCorps at all. However, every YouthBuild member will have an opportunity to receive an AmeriCorps education award. The awards range from roughly two to five thousand dollars and can be used at colleges, technical schools, and post secondary vocational schools. We encourage our members to use these awards by contemplating college or some sort of post secondary school training.

This year our AmeriCorps/YouthBuild members were engaged in multiple rehabs and some new build. Our members worked very hard to accomplish so much this year. They should be very proud of their achievements. The members were busy achieving on the educational front as well. We are very proud that most of our youth reached their goal of obtaining a GED. In addition, much was accomplished on our PACT initiative (Pre-Apprenticeship Certification Training) with multiple certificates being awarded to most of our members. PACT is offered through The National Home Builders Association and allows low income youth to participate in industry-sponsored vocational training and the opportunity to initiate a career in the construction industry. We are fortunate that YouthBuild was able to partner with the U.S. Department of Housing and Urban Development to bring this training to our members. Great job, guys!

Construction News

by Vickie Smith, Construction Manager

Our construction crews have been very busy. Two new homes have been completed and ready for new owners. We have completed several rehabs and now have two new ones underway. The Historic Oak Hill School is also being worked on as time allows. Barbara and I now have our offices in the school. We have one tenant in the building at this time and are looking for a few more to help us keep the lights on.

We have also been doing weatherization through our pilot Department of Energy program with our crews. Our goal is to have several of our youth certified in several areas of weatherization. In September, four of us took a trip to New York for a required training. It was a trip I will not soon forget. The day started out with slicing my foot open which should have been my first clue that the day was going to be very trying. We all arrived in plenty of time for our first flight out of Charleston. We arrived in DC on time and had to wait for the weather to clear to continue on to Philadelphia. Needless to say we arrived late in Philadelphia and missed our next flight to Long Island NY. US Airways told me it would be two days before we could secure our next flight. In a panic and a fuming state of mind, at 12:30 a.m., I flagged down all car rental agencies at the airport until I found one that would allow for a one-way drop off. So off we went in hopes of finding our way to our unknown destination. It rained the entire time and at 4:30 a.m. just a short distance from our destination we had a flat tire!! I could not believe it: flat tire, no idea where we were, pouring down rain, and nothing open. We pulled off the interstate to a gas station to change the tire. Nick, Terry, and Daniel all jumped out thinking we could just put air in the tire. This was not to be since someone had cut all the brass connections from all five pumps. So to work they went putting the one way doughnut on. We looked up and two guys were trying to break into the station. As we finished the tire and are getting back into the vehicle, the two strangers approached our vehicle but decided after a quick glance at four tired and mean looking folks they would just move on. We were then on the road again, arriving at 5:30 a.m. to register for rooms, getting less than 2 hours sleep, and heading to class at 8 a.m. at a YouthBuild/United Way training center in Long Island.

We spent the next three days in training and met a lot of other YouthBuild participants. We did some mock ups of weatherization techniques and our guys did a wonderful job, easily passing the air leakage hands-on test for the can lighting. We are to return to New York three more times and Denver, Colorado one time. After these trips we will be tested and if all goes as planned we will be certified in several areas of construction. I think the next time we may take a train.

I have also completed another round of tax credit donations from a local vendor of ours. This donation will

help cut some cost of renovations on various projects.

I have also been busy trying to stay up with legal documents for our rehabs, work write-ups, HQS, and environmental documents. Sometimes this turns into extra trips for me and lost time on sites but it is a must for us to be able to recapture building supplies. It usually takes several trips to get them all completed so that Debbie can mail them back to our funders.

I have also attended several night meetings at City Hall in Oak Hill in our plea for re-zoning of the Historic Oak Hill School. I have actually lost count. This may take another year to complete. It is incredible to believe that so much time is being spent on trying to save a building and to help the community. Our opposition is only from a few people but they are very determined to block us from contributing to the surrounding area.

We are still trying to diversify our organization. If our funding dries up that we will be able to maintain a small work group. We have acquired Gauley River Garden Apartments, formerly Regina Apartments, which consist of 28 apartments and are trying to get a few of them to the inhabitable state. We have five units rented and plan on trying to get 10 or more ready to go. One of our crews has been assigned to the project. We also have six single family homes that are being rented monthly.

In cooperation with Community Works, we have a new 12 week worker also helping me to obtain several new properties to build single family homes in the Oak Hill area. She is also pedaling papers on a daily basis, looking at properties, taking pictures, getting copies of deeds, and submitting our options to buy. Without her I would be over the edge at this time. So thank you Brandi for your help and hanging in there.

In my free time I need to find blue prints for our next new builds which need to be Energy Star 3 to meet guidelines. This is complicated since our various inspectors need to have all this on building plans so they can approve the build. SALS is far more advanced than others in our field so everything is very time consuming on our part and never an easy task for me. All the while it seems 100 other things are being shoved my way.

Barbara has also been helping me with the PAC training through the Home Builder's Institute as well as youth folders. This is a full time job in itself. She works very hard, keeps me in line, and picks up my frantic jumping around from place to place. I cannot imagine not having her. She gently reminds me of many forgotten items I need to attend to. So thank you so much Barbara for all your help and keeping up to date.

I have been able to buy several trucks for our construction crews at a very cheap price but as one knows cheap means you do not get everything you need on them. They are not four wheel drive so I am sure it will be a challenge in the winter. We did need them as our trucks from Columbia Natural Resources have been in use forever and have 200 K plus miles on them. They are usually sitting along the road broke down or wheels falling off.

I really do need a vacation just to regain my sanity at

this point, BUT is there time for it? I never get caught up and the days are gone in a flash, I am in a job with no thank you's and more demands than 20 people could handle. I never get to complete anything before 500 other tasks are assigned to me! I often wonder why I stay. Just as I am ready to give up something happens to bring my spirits up. I am waiting on you to send some good news right now!

Site Supervisor Report

by Jim Adkins

We finished up Mr. Lambert at Mt. Hope. This included his kitchen, some plumbing, new windows, new doors, and central heat/air. We also remodeled his complete bedroom and created a handicap bathroom for him. I am currently at Gauley Bridge rehabilitating several apartments in our Gauley River Garden Apartment complex.

Summer VISTAS at SALS

by Vickie Mullins, VISTA Supervisor

SALS hosted two Summer VISTA volunteers through Step-by-Step. Mercedes Newkirk, in her 4th year at Fairmont State, grew up attending SALS' After School Program. The second, Petey Foster, is in his 2nd year at Fairmont and also grew up in Beards Fork. They worked hard creating nature and science projects to intrigue the students. They led the children in discovering the nature and foods found naturally here at SALS, developed active volcanoes, and various safe, but loud explosives which lit up the eyes of the children attending both the "Splash of Fun" and "Summer Blast" programs. These VISTAs and their group of students helped in the SALS Community garden in Beards Fork teaching the children about planting and growing various foods.

Mercedes and Petey understood that they were to assist other volunteers to take over their programs once their 6 weeks of service were completed. Their objective was to enable SALS to continue to have successful programs which promote education and excitement for children of all ages.

Southern Appalachian Labor School looks forward to continuing such a positive relationship with various sponsors of the VISTA programs because the VISTAs are a great asset to the SALS organization and to the community it serves. Currently SALS enjoys the work and excitement of having several VISTAs volunteering their time in the Beards Fork, Montgomery, and Oak Hill areas.

Green Training News

By Barbara Painter, Green Coordinator/VISTA These past few months have brought forth a lot of change to the Green Lab located in the Raynes Building in Kincaid. Vickie and I have been moved to The Historic Oak Hill School. While everything has already been moved, it will take a while to locate everything that belongs in our offices!! But change is good and we are even finding items that we thought were lost forever! Bear with us until we get everything set up.

With the move comes the planning of a new classroom area which I am very excited about. Until that is done, I will be using the classroom that I had 5th grade science in!

I have been working with different YouthBuild and AmeriCorps workers training them in the different aspect of weatherization. I completed a 90 minute webinar with Enterprise Green Building Institute and also a Weatherization training course through Canvas.

We have had several energy conservation trainings i.e. water conservation; lighting and conserving electricity. I am letting the youth have some choice in what classes they would like to have, hoping that this will keep them more interested. For example, the Electric Conservation class was chosen by one of our youth.

I can't get over the changes that SALS makes with these youth. The youth that I have worked with since starting with SALS have come so far – I am so very proud of each and every one of them – To all of them, thanks for letting me know that I have helped make a difference in your lives! I look forward to many more months with you.

Protecting Our Waterways

by Gary DeLuke

Thanks to the West Virginia Conservation Agency's Stream Partners Program, SALS has received funds for various projects benefiting the Loop Creek Watershed. We will be partnering with the Kanawha Valley Chapter of Trout Unlimited www.wvtu.org/kvctu.html and the Morris Creek Watershed Association www.morriscreekwatershed.org to provide educational workshops and activities for area residents who are concerned about the health and quality of Loop Creek and its contributory streams.

The most exciting aspect of our Stream Partners grant is our new Trout in the Classroom project. We will be raising trout from eggs to fingerlings in an aquarium at the SALS Community Center in Beards Fork. Youth who attend our afterschool, Energy Express, and other youth programs throughout the year will take part in maintaining the trout and releasing them in a number of streams in the Loop Creek Watershed each summer.

This is a crucial time to begin putting programs in place to encourage citizen participation in monitoring and improving surface water quality in this area. Surface mining and coal processing have been known to pollute waterways with sedimentary and chemical waste that can lower the survival rate of organisms that make Loop Creek the trout stream that it is. It is up to local citizens to make sure Loop Creek is protected and maintained.



Fixing up the cafeteria at the Historic Oakhill School

Above and Beyond

by John Flack, AmeriCorps/VISTA

As the winter faded, volunteer groups began to trickle then pour into Beards Fork. This promises to be a great and successful volunteer year. Many different types of groups will work on a variety of projects. All of these groups act as a catalyst for expediting and aiding the projects that we are running.

The construction projects will be heavily impacted, as much of the cleaning and other leg work for the sites are helped by the many volunteers. The time and energy that these volunteers pour into these projects are vital and appreciated by all. On top of that, many of these volunteers come back from the job sites and become involved with the kids in the after school program. Interactions between them vary from kickball games to doing homework together. Both the kids and the volunteers get a lot out of the brief relationships that they get to form. Many of the kids ask all the time about when the next group of volunteers will come in to Beards Fork. At the same time, many past volunteers have mentioned how much they love the kids and how great it was to work with them.

This is just a small bit of what these volunteers come down and do. The gardening program that SALS is involved with also receives a lot of help from the volunteers. As we move into gardening season more, their contributions will heavily influence how much we get to grow and harvest. When all is said and done, we could not accomplish the things that we do without the assistance of volunteers. No words can express how important they are or how much we truly appreciate their contributions. But I will try. Thank you all so much for the pivotal work that you will be providing!

Looking for Funds

by Joyce Brown, Administration

Since the last printing, SALS has been aggressively been looking for and applying for various types of funding. As we all know, non-profits five on lean means, and that grant dollars are scarce. Nevertheless, there is still work to do and we must find innovated sources as well as create resources of our own to continue our mission. Recent grants submitted include: Claude Worthington Benedum Foundation, FHLB Pittsburgh, FHLB Cincinnati, Housing Assistance Council, West Virginia Development Office/ Neighborhood Investment Program Tax Credit, and the West Virginia Development Office/Flexi Grant.

Southern Appalachian Labor School (SALS) has a long history of creating change and we are confident that funders will continue to support the organization and the communities in which we live and serve.

India Cultural Exchange

by Andrew Munn, OVEC

Five activists from India visited us in Fayette County in late September. They are part of the international Climate Justice movement and Indian social movements to end the energy industry's attack on India's land and communities. Three of the activists spoke on a panel with three Fayette County residents on Friday, September 23, in Oak Hill at The Historic Oak Hill School. Before an audience of local residents, they connected the local challenges in Appalachia to the global environmental and economic crisis brought about our over-consumption of energy.

Our visitors included:

Vaishali Patil has been instrumental in leading a movement that has been able to pressure the Ministry of Environment and Forests (MOEF) to order a moratorium on mining projects due to violations.

Debi Goenke runs the Conservation Action Trust (CAT) and is one of India's well-known conservationists.

Soumya Dutta has written several booklets and contributed to many guide books, magazines and other publications on the climate change crisis, energy, nuclear energy, physics applications, and bio-diversity.

Amulya Kumar Nayak, convenor of Odisha Chasa Parivesh Surakshya Parisad a civil society organization working for protection and promotion of agriculture and environment endangered by rapid industrialization.

FoodFest 2011

by John Flack, AmeriCorps/VISTA

Where does your food come from? This is a question that people often cannot answer, particularly children. In an attempt to remedy this, SALS put on its second annual FoodFest. Lorien MacAuley returned to SALS after her VISTA term had ended to spearhead the program. Children from around the Beards Fork area came to find out more about the food that they are eating.

The kids came to stay in the dorm at SALS for three days. Many activities were undertaken in order to teach kids about the various aspects of maintaining a healthy lifestyle. These strategies are instituted in order to combat the high obesity rates that frequently lead to diabetes as well as other health problems. As many of you may know, West Virginia does not have a good track record in the realm of obesity and diabetes. In order to teach them properly, we had to teach them about the many parts of food preparation.

The first step in this process is of course getting the food at its source. Taking the kids out to the garden is an important step in having them learn about their food. Picking food from the garden and then preparing it became an exciting factor among the kids. It was able to show them more about vegetables and nutrients that they provide. If the kids can learn this step, then it could be a precursor to setting up better local food systems and creating sustainable lifestyle.

Obtaining the food is merely the first step though. Once having the food, the kids learned to cut, measure, season, cook and any other steps in the process to preparing food. The kids were able to cook food in the kitchen as well as over the camp fire. They had at least a hand in every meal that was prepared for them to eat. The culmination was when they prepared the final dinner and was able to share it with their parents before they departed from the camp.

Among food preparation, the children also took part in other activities. The kids were taken outside for physical activities to show them that exercise is complementary to having a good diet. We took them on a trek through the creek which they were able to look for crawdads for preparation as well. The kids were also able to design posters for local farmers markets. They were also shown what it takes in order to maintain a market by learning how to keep track of the produce and what money can be made with it. As it was last year, Lorien had the kids also learn how to can food so it could be saved for the future.

Without programs such as these, the health concerns in the area and West Virginia could continue to become worse. Eating healthy and learning to do so can seemingly be an arduous task. Helping those around us to do so is a valuable and great thing to continue. If we do not show kids what is healthy, who will?

Reaching Out to Communities from India to Loup Creek

by Bill Price, Sierra Club Environmental Justice

We are all connected. That was the theme of the recent gathering at The Historical Oak Hill School. At this gathering people heard from Fayette County residents concerned about the mining along Loup Creek and activists from India who were visiting WV to share the impacts of coal in their home communities. About 50 people attended the event to hear the common concerns when a corporation begins to destroy the land, water, and economic prosperity of an area.

So what's the connection? Frasure Creek Coal is the company that is engaged in mountain top mining along Loup Creek. Frasure Creek is owned by the Essar Group based in Mumbai, India. Essar is a conglomerate doing business world-wide in oil, natural gas, coal and power generation.

The India delegation, made up of five individuals who are working with affected communities in India, were in the US at the invitation of the Sierra Club's International Program. They came to deliver a message directly to World Bank officials at their Fall meeting to phase out coal lending. While in the US, they wanted to see how communities in the US were affected by the coal that is being consumed in India. A visit to WV was arranged by the Sierra Club's Environmental Justice Program and Ohio Valley Environmental Coalition. Fayette County was the site for the visit because of its direct connection between

the two countries.

Giving them an understanding of the area, the India activists spent part of a day zip-lining in the New River Gorge: thereby experiencing first-hand the grandeur of the area and noting the economic boom from tourism. This is the same tourism that is being threatened by Frasure Creek. Then it was off to The Historic Oak Hill School where Andrew Munn and OVEC organized a panel discussion. Panelist included Catherine Hoffman, Paul Brown, and Ginger Danz. They were joined by three India activists, Soumya Dutta, Vaishali Patil, and Debi Goenka. Catherine Hoffman summed up the purpose of the gathering by saying simply, "I had no idea that the same thing is happening in India as is happening here." Paul Brown, the grandson of a coal miner, the great grandson of a coal miner, and the great nephew of a coal miner, spent 21 years as an electrical inspector in coal mines. But he does not support mountain top removal mining. Indeed, he called for the policy makers in WV to end mountain top removal. Ginger Danz pointed out the many studies that show the connection between living in coal producing areas and health risks. She and others have organized the Mountain Health & Heritage Association, a Fayette County based community organization to spread the word about how mountain top removal mining impacts people's health.

Vaishali Patil put the realities that communities are facing in India into cold, hard statistics. She explained that the government, under the guise of development, is forcing people off their land for the benefit of industry but in reality they are only helping a small portion of Indian society to prosper while the rural farmers become even poorer. In 1962, 70% of Indians relied on agriculture, and 80% of these people owned their own land. Today, 70% of Indians still rely on agriculture to sustain them, but only 30% of



Organizers from India share with local residents fighting strip mining

farmers own their own land. She asked the audience, "How can you call these projects development? Whose development are we talking about? How can forced land acquisition be in the national interest when the majority of people do not actually benefit?" Debi Goenka pointed out that he had

noticed the many "Friends of Coal" signs along the WV highways during his trip and noted that "we are the true "friends of coal". Friends don't burn friends!" Soumya Dutta wrote later, "We the Indian coal-fighters left Appalachia with the infective hope and laughter of residents from Fayette County and know that the intervening lands and oceans between India and the USA are no longer insurmountable barriers for the bonds of friendship and solidarity of struggles."

And that was truly the message. We are all connected. We are not alone. Together, when we reach across barriers

and borders, we can win.

Group Cares, from page one

\$50,000 for materials and this task is becoming increasingly difficult. She states that many people may have building supplies or non-used equipment in storage that could be put to good use. Those who can help are invited to call SALS at (304) 442-3156 or (304) 465-9732. Contributions to SALS are tax deductible.

Dragons, from page one

Europe or China. Our dragon is the Frasure Creek Mining Company.

A growing series of scientific studies demonstrate the harmful health impacts of massive surface mining like what is going on here.

In April 2010, Hitt and Hendryx demonstrated an association between cancer deaths and stream pollution caused by coal mining.

In May 2011, Zulig and Hendryx demonstrated worse health-related quality of life for residents living in mountaintop mining communities.

Also in May 2011, Ahern, Hendryx, and co-authors published evidence that birth defects are 26 % higher in Appalachian counties with mountain-top mining than those with no mining.

Dr. Michael Hendryx is a researcher with the Department of Community Medicine at West Virginia University in Morgantown. No surprise that the coal industry would like to discredit or silence his research. The Charleston Gazette (October 8, 2011) ran a front-page story that the coal industry is pressuring WVU to distance itself from this research.

The evidence that massive surface mining has harmful health effects for surrounding communities is strong and compelling. What we don't know is who exactly is being affected, by what sickness, and where and when. And just like the working coal miner who knows his breathing is getting worse from the dust, community residents can't just quit their job and move away. Often, they have no other job and nowhere else to go. They resign themselves to work on and live and die where they are.

SALS has now launched an environmental health project to identify actual and potential sicknesses in our region caused by massive surface mining. Andrew Munn of the Ohio Valley Environmental Coalition (OHVEC) and Doctor Dan Doyle of Fayetteville are working together on this project. What is needed is a facility that combines medical care with legal advice for community residents who believe they are suffering ill effects from the blasting, dust, water pollution, and noise of surface mining. If you suspect that your or a family member has such a problem call -Andrew Munn at 304-574-1684 or leave a message at 304.465.9732.

Note: Dr. Doyle recently retired from the New River Health Association and was the physician at the New River/ Beards Fork Health Clinic



Helen Powell, SALS Board Chair, at the October ceremony in her honor by the New River Health Center. The stone reads "In appreciation of Helen M. Powell for her outstanding service & dedication to women's health in Fayette County"

Southern Appalachian Labor School - Who We Are

www.sals.info		Dave Shaver	Youth Build Trainer
SALS Community Center in Beards Fork		Linda Dillard	Custodian
		Jimmy Adkins	YouthBuild Trainer
304-779-2772/ph/fax or 779-2280 or 578-5057		Terry Black	YouthBuild Trainer
SALS Historic Oak Hill School		Ron Yellets	YouthBuild Trainer
304-465-4246 phone/fax		AmeriCorps/VISTA	
WVU-Tech office: 304-442-3156		Alisha Young	Youth Alumni Representative
or 442-3042 or fax only 442-3285		Gary DeLuke	AmeriCorps/VISTA
Debbie Spurlock, Housing Counseling:304-442-3328		Barbara Painter	AmeriCorps/VISTA
Vickie Smith, Const. : 304-640-3792, fax 469-9721		Kaitlyn Carreau	AmeriCorps/VISTA
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Ruth Lanham, Admin. Assistant - 304-442-3156		John Flack	AmeriCorps/VISTA
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* Indicates members of the SALS Leadership Team Tom Bass, Brenda Winter, Debbie Spurlock			



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 for-

ward. Contributions to SALS are Tax deductable: Mail to SALS, POB 127, Kincaid, WV 25119

Enclosed is: ____\$1,000 ____\$500 ___\$250 Other\$_

Or print a donation form at www.sals.info

Please send me a thank you gift.____\$50 + Donors will recieve a 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 Journal POB 127 Kincaid, WV 25119

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SALS new property, The Historic Oak Hill School, is about a 20 minute drive from our Beards Fork community center. It has generated lot's of interest in the Oak Hill community and several of our operations and activities have moved there as well as the new activities scheduled there.