

# SALS JOURNAL

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# Volunteer Generation, or Generational Volunteers?

At YouthBuild, one of SALS major partners, the recruiting and hosting of volunteers is referred to as volunteer generation. I have always liked the sound of volunteer generation as it has the word generation. Not only does it capture the idea that we can do something to influence the number of volunteers who serve, but also describes a new generation of those who care. Our volunteers this season has captured both of these descriptions. March brought us hundreds of college age volunteers who mentored our youth, befriended them and inspired them. In the following months leading up to summer and fall we hosted volunteers from all over the world. They mingled with our youth, shared their lives with them and taught them about parts of the world that they knew nothing about.

The college students came when spring had brought a sense of renewal to our project. How appropriate for students to arrive at such a time. They brought such energy and a new sense of optimism that was so badly needed for our project and are the same generation. The students provide a very necessary service that we are unable to provide to our youth. They speak the same language, they listen to the same music, they understand life on a level that most of our staff cannot comprehend. This shared culture is what binds them over the week that they spend together. The students give our youth of a glimpse of what life can be beyond the confines of Fayette County West Virginia. They also bring a fresh new vision of what could be. The students make observations and provide suggestions to a staff that is sometimes too close a problem to see it with clarity. I find it very refreshing to have such an unbiased and innocent opinion on a problem that I may have wrestled with for months. So, the youthful volunteer inspires and perhaps teaches all of us here in a way that is priceless.

Our partnership with another group, Global Volunteers, brings volunteers from all across the globe travel to the small towns of Kincaid & Beards Fork. Like the college students, these professionals from all walks of life inspire our youth and become mentors to them. Often times while



Global Volunteers pause for a farewell photo with our sign

serving several weeks at a time, the youth get the unique opportunity of spending quality time with a professional who can share what it is like living outside of our small county and succeeding at what ever occupation they may have. Once again this is a priceless service that the volunteer provides. How else could a small town Fayette County youth work alongside a surgeon or a lawyer for eight hours a day for a week or two?

Volunteer generation, generational volunteers? Either way our volunteers challenge us, inspire us, teach us, and mentor us.

To the thousand or so volunteers who have logged over 60,000 service hours this year alone we send... a Big Heartfelt Thanks!

Artie Mullins, Volunteer Coordinator

### **Gary Fox**

# The story of a man who survived his tour of duty in the Vietnam War, but not his work as a coal miner back here at home.

by John Cline, Attorney & SALS Board member

Gary Fox and I first met to discuss his federal black lung claim in January of 2007. He was a soft-spoken and thoughtful man, who had been discharged from the Army after recovering from a serious injury to his right foot while serving in Vietnam and then worked as a West Virginia coal miner for 32 years. His last 13 years were with Elk Run Coal Company, a division of AT Massey.

When we met, Gary was only 56 years old and severely short of breath. Four months later, his pulmonologist said that he needed a double lung transplant, and a little more than two years later, Gary was still on the transplant list when he died of complicated black lung. His story is a shameful example of how the Mine Health and Safety Act and the federal black lung program were not able to protect him from the highly questionable tactics of Elk Run and attorneys from the law firm of Jackson Kelly that represented Elk Run - tactics that hopefully, the courts will find to be improper.

In 1997, the West Virginia Occupational Pneumoconiosis Board advised Gary that the appearance of his x-ray was consistent with "progressive massive fibrosis" or complicated black lung but urged him to follow up with his treating physician at the VA hospital to be certain that it was not lung cancer. In 1998, a surgeon removed a 5 cm mass from Gary's right upper lung. The local pathologist said there was no sign of cancer and called the 5 cm mass a pseudotumor with "numerous anthracotic [coal dust] deposits."

After recovering from the lung surgery, Gary went back to work in the mines but decided about six months later that he should get out of the dust. To do so, he needed additional income and medical benefits for his declining pulmonary condition, so he filed a claim for federal black lung benefits in May of 1999. His breathing impairment at that point was still mild, so the state black lung program only paid him a 15% lump sum award, whereas the federal program would provide monthly benefits and medical coverage for his complicated black lung regardless of the degree of impairment because it is a progressive disease.

Gary's federal black lung exam was performed by Dr. Donald Rasmussen who also said his x-ray changes were quite possibly complicated black lung, and accordingly, the Department of Labor issued a decision awarding Gary the monthly black lung benefits with medical coverage. Elk Run, however, appealed the award, and even after obtaining at least two expert pathology opinions finding that Gary had complicated black lung, Elk Run continued to oppose his claim for benefits.

First, Elk Run obtained a pathology report from Dr.

Below: Gary Fox, underground with the roof bolting machine he operated, driving rods into the mine's ceiling to prevent a cave-in.



Richard Naeye, a coauthor of the pathology standards for diagnosing black lung, who said that Gary's 5 cm mass had "at least a partial silicotic origin." Dr. Naeye's report put Elk Run's experienced attorneys on notice that Gary not only had significant evidence of complicated black lung but also silicosis that could pose an even greater risk to Gary's health. Elk Run then turned to Dr. Raphael Caffrey, a pathologist and consultant to legal firms

for more than 30 years, who said that Gary had a "large, 5 cm mass consistent with complicated pneumoconiosis." Dr. Caffrey also reviewed an x-ray interpretation that said Gary still had large opacities in both lungs "likely representing Category B...complicated pneumoconiosis" even after the 5 cm mass had been removed from his right upper lung.

Despite being advised by these two expert pathologists and possibly a third pathologist at Johns Hopkins that Gary had a serious and progressive pulmonary disease caused by his exposure to coal mine dust, Elk Run withheld those expert pathology reports and used the less reliable finding of a pseudotumor with "numerous anthracotic [coal dust] deposits" by the local pathologist (who was primarily being asked to rule out cancer) to convince its four expert pulmonary specialists that Mr. Fox did not have black lung. In fact, during the deposition of one pulmonary expert, Elk Run's attorney went so far as to ask:

Do you think that Dr. Rasmussen [who thought that Mr. Fox had complicated black lung] would have been aided by having all of the biopsy [pathology] medical evidence at his hand when he reviewed this case?

And the pulmonary expert answered in predictable fashion:

"I think that he would have, and I would certainly hope so, because all of the evidence, as I've outlined, clearly indicates that this is not...complicated pneumoconiosis." (emphasis added). The sad irony, of course, is that Elk Run's lawyer had not given its own pulmonary experts all of the pathology evidence and had withheld the findings of complicated and progressive black lung by its own expert pathologists, Dr. Naeye and Dr. Caffrey.

Continued on page fourteen

# **Director's Report**

By John David

As expected, the federal chaos has caused many difficulties for SALS. Several of our housing programs have been cut significantly and we have opened up new opportunities to take their place. This is important because the number of young adults eligible for our training/education program and the need for affordable housing have never been greater.

Thanks to the availability of state tax credits, SALS now owns a half dozen older homes in Oak Hill, Ansted, Gauley Bridge, and Montgomery that are being rehabilitated for those who cannot afford a new home. A low interest loan from USDA through Community Works will help repair one of them. In addition, buildable sites have been obtained in the Kincaid area for upcoming development.

Volunteers have continued to provide valuable services to our program. This past summer was a successful summer with Global Volunteers, Group Cares, and the Appalachian Service Project (ASP). Approximately 350 with Group were housed at Dupont Middle School in Belle as they completed 40 homes in the Upper Kanawha Valley while a similar number with ASP were housed at the SALS Historic Oak Hill School to work on 15 homes in the Plateau area of Fayette County.

SALS has expanded its Community Housing Development Organization (CHDO) footprint to now include several adjacent areas including the Upper Kanawha Valley and Raleigh County. Several on the staff have also completed new certifications in pre/post/foreclosure counseling, a service that helps families obtain and keep homes.

To help people deal with change, SALS received modest support to provide community assisters for the Medicaid Expansion roll-out. This has occurred at scheduled times in Mt. Hope, Oak Hill, Beards Fork, Montgomery, and Chelyan. In addition, SALS now operates two food pantries and distribution centers thanks to continued relationships with FEMA and the Mountaineer Food Bank.

Both the SALS Community Center in Beards Fork and the Historic Oak Hill School received maintenance/re-

pair work in July from several hundred Boy Scouts who attended the National Jamboree held in Fayette County. SALS also benefited from the distribution of extra food after the Jamboree concluded.

SALS has now almost completely

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moved out of WVU Tech, ending a historic relationship that began nearly 40 years prior. The new central office is located in a remodeled building along WV 61 near Kincaid. The move has impacted logistics for several key staff people. As a result, Joyce Brown who lives in Charleston has transitioned to a position with the much closer Charleston Job Corps. Joyce has been with SALS in several capacities for a decade, first as an AmeriCorps Member and then later as staff. She prepared many proposals for funding consideration and will be missed.

SALS has applied for a license to begin a low power FM station that would broadcast from the Historic Oak Hill School and through the internet. The FCC approval process is lengthy but if successful SALS could provide a new means of community information and service.

In development news, there are several items. SALS has re-opened its channel with the Workforce Investment Board for out-of-school youth training and has been renewed by USDA for its Housing Preservation initiative. Also renewed has been the national direct Ameri-Corps and VISTA programs through YouthBuild USA. Thanks to the Weatherization Innovative Pilot program. SALS has moved aggressively forward with Energy Audit services. In fact, Energy Audits are now a key determinant of priorities in our housing rehab program. The renewal of Neighborhood Investment tax-credits through the WV Development office has provided us with a valuable opportunity for people to contribute to SALS. Those who donate something, whether cash, supplies, or property with a minimum value can receive a 50% tax credit on their West Virginia tax bill as well as a charitable contribution on their federal return. We have many credits to distribute and this applies to both individuals and companies.

Anyone interested in taking advantage of this offer should contact me as soon as possible.

In accordance with our new strategic plan, SALS is exploring the establishment of a social enterprise that would provide home repair services and assist people obtain financing for the work. The concept is to improve the housing stock and provide employment opportunities for youth who complete our training/education

As we enter another calendar and fiscal year, we wish to thank all of you for your loyal and generous support. We live in interesting times that present a continuing array of difficult challenges. As we move forward together, we ask that you stay healthy, do good things, and remain in touch.

Below are a couple of slide shows featuring activities at SALS:

http://www.youtube.com/watch?v=HGVX7YaT4lo&feature

<u>http://apps.facebook.com/tripwow/ta-06ca-c9b4-0abb?fbo</u> =1&st=fo\_v\_1387041629\_1577978753\_fb-pool-b

### YouthBuild News

by Kathryn South

This has been another busy year. Nine of the Youth-Build graduates in early summer were placed with the Workforce Investment Board contractor (ROSS/IES). The youth were then placed back with SALS to complete some construction projects that were started before the end of the grant year. They are still getting certificates and earning more AmeriCorps hours toward an education award. We hope the youth will use this very valuable resource and take advantage of the additional skills they are eligible for through AmeriCorps.

Barb Painter and I have been attending various Affordable Health Care trainings to be able to assist people with enrolling in the new healthcare system. Now that the Governor has signed the Medicaid expansion law, many low and middle income families will now qualify for insurance under the Medicaid expansion part of ObamaCare. Forty five thousand of the over 100,000 newly eligible for Medicaid in our state have already signed up. Even though folks will not be able to get this health coverage until the first of the new year, they must have begun the process in 2013.

I met with the Department of Labor folks in Philadelphia regarding the YouthBuild program and how to better keep track of all the important milestones that the youth accomplish while serving with SALS. While in Philly, I saw a few faces from the past who have been attending the conferences since the DOL took over the program from sites to take back to his or her own program to make improvements.

We have had lots of volunteers this summer that have worked alongside our youth and participated in offering services to the Energy Express summer learning program that takes place in Beards Fork. The food pantries in Beards Fork and Oak Hill have also benefited by the Workcamp groups that come each year. At the end of each team, the two locations get the food that is left over from the time that the staff and youth were in the area working on homes. The Group Workcamp program is a great program and they have been a partner with SALS for many years now. The people who get their homes repaired really appreciate the time that they spend with the young people in addition to the home improvements.

We are looking forward to a fresh New Year for the afterschool program and all the other community service programs that SALS does all through the year.





Making the cuts before assembly - Boy Scouts volunteer at SALS as part of the community service portion of their national Jamboree here in Fayette County

# **After School Program News**

by Charlene Newkirk

The 2013-2014 year's 21st Century Accent Education AfterSchool Program at the SALS Community Center is in its last year of the current grant administered by New River Health Association. The funding for this grant decreases in value each year, so SALS began its program October 7, late this year, in order for funding to last 26 weeks to the end of the current school year. Some children came early, only to be sent back home. Monday, October 7 began with a whimper which in a couple of weeks was back to the large group of students from Valley and Oak Hill in the Plateau Region. Anyone entering the building in Beards Fork is greeted by the noise and bustle of busy, happy children involved in learning and having fun at the same time.

### **Bullying Awareness Week Activities**

The week of October 7-11, was Bullying Awareness Week at New River Health Association's 21st Century Accent Education's AfterSchool program at SALS Community Center at Beards Fork. During this week, we discussed bullying, what it is, and the damage it does to the people being bullied. Because of the long drive to the Capitol, Charlene Newkirk, coordinator, instead took our students outside to light Candles of Remembrance for those children who have died as a result of bullying.

### **Lights on AfterSchool**

The Lights on Afterschool program was held October 15, sponsored by New River Health Association's 21st Century Accent Education at SALS in Beards Fork. Opening the program, we recited The Pledge of Allegiance, which was followed by two of our students, Tannell and Teasha Green, who sang the 'Star Spangled Banner' to the group. This was followed by a tribute to our firefighters. Since this is also Breast Cancer Awareness month, we had a tribute to those who have or had breast cancer.

# Global Volunteers Worked with our Children

During the fall, the SALS' AfterSchool students enjoyed homework help by a group of four retired middle school teachers from California who choose to come to West Virginia as Global Volunteers. They were part of a group of eight volunteers, which also included volunteers from New York other locations.

### **Veterans' Day Observance**

The AfterSchool children in Beards Fork observed Veterans' Day on Tuesday, November 12, 2013 since Monday, the 11<sup>th</sup> was a school holiday. As part of their observation, they made thank you cards to present to veterans in the community.

### **December Already?**

Somehow, we found ourselves facing the approaching holiday season and we, the staff in Beards Fork, were not as ready for it as the children were! Both groups were counting days, the children for vacation and Santa, while the adults ....preparation for the children's party before the annual SALS' Holiday Dinner at the Historic Oak Hill School. The kitchen was a busy place as preparations for both parties were being ('trying to be' is more accurate) carried out simultaneously. The children enjoyed games, gifts, and, of course food, cookies, and candy. As the last van pulled out, the staff were suddenly faced with the foods and preparations WE still had to prepare for the Annual Holiday Feast!



Go to <u>www.sals.info/donate</u> to donate on-line through PayPal, or Fill out a check and send it in with the form at the end of this Newsletter.

# **Housing & Community Update**

by Vickie Smith, Construction Manager

Our year is coming to an end and we have accomplished so many wonderful things. We have several new, proud homeowners, lots of people that are able to stay warm in their homes because of our weatherization and rehabilitation program. Our rental program did very well this year with the exception of the Regina apartments that awaits a total renovation through the HOME program.

I have completed my housing counseling certification that now adds to my housing management, supervisor tract. This enables SALS to offer a well-rounded financial tract for our customers. Our new locations both in Oak Hill and on Rt. 61 make it easy to access our offices at several locations.

Our food panties and feed-in-place programs are much needed services to our community. The number of people served has risen each month. We are also blessed to have Experience Works in our facilities.

The Oak Hill Historic School site is busy as always and we'll soon have our Wi-Fi operating on the second floor for all in our community to utilize for home work, computer lab and tutoring for grandparents with children in school. We are hopeful that we can help break the barrier that keeps our mature grandparents from being able to help school age children with the new web and computer technology.

The Girl Scouts are also using the Oak Hill building this year for meetings. SALS also was granted the honor of being an organization to host work sites for several volunteer crews from the national Boy Scout Jamboree held this year at their new national camp here in Fayette Co. The accomplishments were great at both locations.

SALS community service embraces volunteerism. Without volunteers our organization would not be able to serve the community in the vast manner in which it does.

### Tax Credits Available for Major Donors

The organization has a large amount of WV Tax credits to offer donors that can be used for building materials, lawn mowers, weed eaters, automobiles, and even houses just to name a few. These credits can be used to offset business or personal income taxes both federal and state. So as you enter the New Year think about becoming a donor and acquiring these credits that will both help us and also help you.

# **Housing Updates**

by Ralph Shockey, Site Supervisor

What a great year so far! My crew and I have helped some wonderful folks this year and we want to give a shout out to them: Mr. and Mrs. Breckenridge, Mrs. Martin, Mrs. Cummings, and Mr. and Mrs. Jordan. Also, we were able to work with the Boy Scout Jamboree by working with scouts from all over the world including the group from St. Petersburg, Russia. All of us had a great time working with these folks and accomplished a tremendous amount of work.

May everyone have a blessed year. Remember, if you get the chance to do an act of kindness for someone chances are they will do the same. If we all give a little, a lot of great things can be achieved. As those on our crew say and have said before, "Teamwork Makes the Dream Work" to make a difference in our communities today.

by Lisa Manley, VISTA

Well, well, well where to begin? There has been so much going on I just don't know where to start. Since this is another year for me as a VISTA (can you believe it). Me neither.

This year has gone by so fast...so much to do so little time. Anybody who thinks a year is a long time is wrong. I hope that in the past year I have helped someone, made a difference in someone's life for the better. I have come to realize that you can't say "oh this needs to be done Let's go do it!" There are so many hoops to jump through, and guidelines to go by. I know I tripped on the hoops quite a few times., but when something comes together there is no better feeling in the world.

For the first time I got to be a part of the home buying process from application to closing. Wow, what an eye opener that was. There is a lot more to it than I thought. Income guidelines, credit reports, and having to work with three different agencies at once was a real learning experience. There were times I wanted to just say forget it let somebody else do it, but this couple was expecting their first child and depending on us to help them.

It all came together and sitting across from the table from them at closing made all of it worthwhile. They got to bring their baby to his new room in their new house and I learned that the saying good things come to those who wait is true. Patience and the willingness to say I need help do pay off.



Cleaning the gutters at one of our Rehabs

### **Green News**

by Barb Painter, Green Coordinator

In keeping in touch with the "green" activities of the summer, I want to remind everyone of the Four R's of Green Living. First we must Rethink how we contribute to the environment, how our activities impact the environment and consider how much we interact with the environment, at home, at work and in our community.

We must Reduce and purchase and use only what we need, purchase products with less packaging and use less toxic cleaners

We all need to learn to Reuse items, use permanent instead of disposable items, repair items as much as possible instead of discarding and buying new ones, donate items to charity instead of throwing them away, and most of all, Recycle.

Recycle anything that you can such as paper, plastic, glass, cardboard, aluminum, electronics, etc. Compost food scraps, grass, dead plants and yard clippings. Purchase recycled products and products that use recycled materials and packaging.

If we keep these Four R's in mind we will minimize our negative impact on our environment.

This fall, I assisted a local church in keeping this green approach. A local church in the old Beckwith Elementary, Evangel Fellowship, pastured by John Parrish, is no longer used to house volunteers. As they were getting rid of the bunk beds in the facility, I contacted them and

they donated all of the beds, approximately 45, to SALS. In addition to that, they were closing their clothing closet and donated that, plus left over items from their yard sale. We plan to set up a few bunk rooms in the SALS Historic Oak Hill School so that the volunteers from the Appalachia Service Project and others will have an actual bed to sleep in next summer rather than a sleeping bag and a concrete floor. If anyone has mattress pads, etc that would fit a twin bed and would like to "donate" them, please let me know at: 304-673-6370.

I have continued to work with the new houses and have learned what is required to fill out home loan applications. It is rewarding to be able to tell someone, "Congratulations, you are close to owning an Energy Star 3 home!"

I attended several trainings this year: One by the Department of Transportation to learn about biking tracks and walking tracks so that families could enjoy each other's company, be in the great outdoors and get healthier as well! The training from the Department of Environmental Protection was very interesting.

I also attended training for the new Medicaid Expansion Program. It was enlightening since Kathryn and I became Community Assisters. SALS has several sites set up in Fayette County and the Upper Kanawha Valley. We will be at the SALS Community Center in Beards Fork, SALS Historic Oak Hill School in Oak Hill, Upper Kanawha Valley Enterprise Center in Chelyan, Gauley Bridge Community Center, Montgomery City Hall and the Mt. Hope City Hall. A short educational presentation has been done at each site. These sites will have a representative at least one day monthly, until enrollment is closed in March.

Our Thanksgiving Harvest Food Drive went well. This was our only food drive, but donations of non-perishable foods are welcome at any time.

At the Symposium I attended concerning poverty and child hunger in West Virginia, there were 17 different groups meeting the first day. The second day lists of ideas were presented to our legislature for consideration.

This year, I will be serving as the Chair of the Collins Middle School Local School Improvement Council to further partnering with SALS and Collins. I will also be serving as the Vice-Chairman of the Fayette Family Resource Network.

Finally, I have been busy in preparing flyers and news releases for several of the holiday events that were held at the Historic Oak Hill School. Breakfast with Santa is always fun and we make it affordable for families on lower incomes and provide pictures of the children on Facebook so that parents can print the pictures for free.

# SALS Community Center in Beards Fork

by Vickie Mullins

The sunny, warm breeze that was once in the air is now cold, frosty and crisp. The leaves changed and we have transitioned into Fall and Winter. On October 7th, After School program started for another year. The children couldn't wait to come to our exciting center where they have been coming for years. Many were here during the summer during Energy Express where they read lots of books, played non-competitive games, experience volunteers from all over the United States and a chance to meet Scouts from the National Jamboree that was the most exciting summer they have had in a long time since they had never had the opportunity to meet one on one with Scouts. Their little faces lit up with laughter as they expressed appreciation for the community service that the Scouts provided.

It's the same kids, but a different program that allowed them to experience the same wonderful programs that began in October. In this program they received tutoring, homework help, enrichment activities and a good nutritional meal. The children enjoyed looking out of the glassed pane windows as the leaves changed from being green to the beautiful orange, red and yellow colors. They got to go out and pick the ones they wanted to make into a craft. They also learned about stream monitoring and how the streams are affected by different species in the water, as well as how the soil affects the water.

The instructors have been looking up difference science projects for the children to study. We have invested in several Microscopes which the children look at slides and different insects in a closer view. They like to look up close at these species and explore how the creatures are shaped. This allows them to learn the various aspects of the insects. As we move forward into the new year with the kids, we will continue to teach, educate, guide them into a bright future that will allow them to grow into healthy adults.

# Volunteering: What It Means to Non-Profit Organizations

by Barbara E. Painter, AmeriCorps/VISTA

As we look in the dictionary, we find that the word volunteer is a noun meaning a person who performs a service willingly and without pay. After speaking with many volunteers, I find that word means rewarding! It means an

opportunity to serve others, usually disabled, elderly or to the serve the community that you live in. For a non-profit organization, it is priceless; a lot of their services would not be possible without the assistance of volunteers. The world is not a perfect place and many people, animals, places and communities need help. Professionals try to meet the needs of everyone, but it is impossible without these valuable volunteers. We volunteer to make a difference. The world can sometimes be a cruel and sad place. Together, we can make it a little better, healthier and happier. If assisting others is not reason enough for you to become a volunteer, you need to realize it is not only good for others, it is also good for you! You can make new friends, gain new and important skills, make connections to lead you to a new or better job, build confidence and self-esteem as well as see more of the world and your community. You can feel that you are needed, it relieves stress and boredom of yourself and others, but most of all, it makes you feel that you have been a part of something.

When asking co-workers what volunteering means to them, I came up with the list of: educating, love, teaching experience, useful, eager, caring, giving, generous, beneficial, humanitarian, free-hearted, and that they had fond memories of helping others, themselves or of being helped by someone as a friend locally or abroad. But most of all, it is a service that is very needed in our communities.

It looks like being a volunteer gives as much to you as it does to others. That, my friend, is the secret of volunteering! People who become volunteers usually lead richer, happier and more satisfying lives than those who don't volunteer. Many organizations could not go on without their volunteers.

If you would like to become a volunteer in the Oak Hill area, we need help at the SALS Historic Oak Hill School. Contact Vickie Smith at: 304-640-3792 or Barb Painter at: 304-673-6370. If you can help in the Beards Fork area, contact: Vickie Mullins at 304-779-2772. You can also reach John David at: 304-465-9732 to volunteer in either area. Volunteers at SALS are greatly appreciated and needed. We have worked with Global Volunteers, Boy Scouts, church groups, Appalachian Service Project and many other groups this year and the area has been greatly benefited by all groups. If you have been a volunteer for SALS, please accept our greatest gratitude; if you have not been a volunteer with us, please consider it. I guarantee that the experience will be as rewarding for you as it will be for us.

# **Keeping the Home**

by Debra Spurlock, Housing Manager

The past year has been a very bad one for me and my family. From my car accident, two surgeries, lots of physical therapy, and many bouts with kidney stones to the death of my mother-in-law with whom I spent two nights a week with. I guess the number 13 in 2013 was indeed unlucky for me. But along with ALL the bad, I did have a few great things to happen. One was my daughter's wedding. She found a great, hard-working young man who would do anything in the world for her. I am proud to call him my son-in-law. The other great thing that happened was taking part in helping a family obtain a new home. It was a long drawn out process which included lots of phone calls, tons of paperwork, and many requests for information. But it was all worth it in the end. The family was able to get moved in and all set up just in time for the arrival of their first child. It is a great feeling knowing that you helped someone achieve their dream.

We have been working closely with many families that are interested in buying a new home. Many have applied yet very few have qualified. Many factors have to be met to qualify for the program we have available. The ones who have good credit usually make too much money, the ones who qualify by income usually have bad credit, making it hard to find the perfect fit.

Even though it is cold and dreary outside we are already planning our summer repair program with the Appalachian Service Project and Group Cares, formally called Group Workcamp. Once again the youth will be staying at the SALS Historic Oak Hill School and Dupont Middle School, working on homes in the surrounding communities. I, along with many others look forward to this Program. It helps folks in many different ways. They receive much needed repairs, they provide companionship, and they donate to our food pantry. A majority of the applicants are elderly. They can't do the needed work themselves. They are very thankful for the work that gets completed but they are just as thankful for the company. They have someone to talk to and communicate with. As for the pantry, by the time summer gets here our pantry is nearly empty. It is a joy to see all of the canned goods stacked on the floor each night at the school. This allows us to help feed many families. The need for the food distribution grows from month-to-month. So any donations are helpful and accepted.

### **Reflections**

by Dorothy Rudy

How did we get to the end of another year? We

know that the older we get, the faster time passes, but this is ridiculous! It seems I just wrote my newsletter articles for December, 2012, especially about those VISTAs and volunteers who had left us that November. I had expected to be a part of them, when my VISTA term was suddenly extended 3 months and then a year, to end in February, 2013. I was excited working and researching disaster recovery and responding to grant applications. I felt I was in my element and performing important work for SALS. I believe our organization is just on the cusp of exciting new directions and I was eager to be a part of it.

It was with enormous regret that I notified SALS Director John David, my direct supervisor and friend, in early September that my health had finally forced me to tender my resignation as both a VISTA and a SALS volunteer in Beards Fork. I truly love this organization and the people associated with it. And I will miss the community of Beards Fork itself. It is truly a community, unlike most 'settlements' today.

As of November 1, 2013, I have been a part of SALS (and SALS, a part of me) for exactly 4 years. From an AmeriCorps tutor in the After School program to an unwilling (at the time) VISTA that first summer, this was truly the beginning of many new friendships, excitement, frustration, and lots of fun and hard work, always on a short time table. This was the pressure I truly loved and enjoyed as a female engineer, Eastern Division Manager with a company out of Los Angeles and Federal contract manager while banging my head against the glass ceiling in Washington, DC prior to moving to Page, up the road from Beards Fork.

For all who know John David, you know he responds to e-mails all night, every night. John and I had argued by e-mail one Friday night until about 6:00 a.m. about why I couldn't become a VISTA volunteer. I was already an AmeriCorps volunteer with 6 months of 12 under my belt and, therefore, unable to suddenly jump ship, so to speak, to become a VISTA with Step-by-Step West Virginia. If that wasn't enough, I was to begin orientation in about 3 hours that Saturday morning down at the Big Ugly Community Center, wherever THAT was. Of course, John won, but he knew at this point, if I disagreed with him, not only would I tell him, but I also had good, plausible arguments. So, unhappily, with sleeping bag, a change of clothes, and toiletries in hand, I left for orientation at Big Ugly, a location I was to get to know very well over the ensuing years. When nearly to the center, I suddenly dropped the transmission in my Blazer. This was Saturday of Father's Day weekend, in the middle of nowhere and, of course, no tow trucks would come to get my car. Some didn't even know where Big Ugly was any better than I did. There was no cell service, just like between Oak Hill and Montgomery, so I couldn't call for help. You can imagine how much orientation I enjoyed that Saturday! To enable me to get home, if the Blazer would not

go forward at all, John and his wife Jan drove to Big Ugly, leaving another car in Charleston for good measure, and followed me home. I was so glad to see them. I envisioned camping out on the floor of the Big Ugly Community Center until Monday when the world woke up. This event marked the beginning of an exciting relationship.

Then, at the end of November, 2012, SALS was awarded a second West Virginia Stream Partners grant to enable SALS to raise Trout in the Classroom, in conjunction with Trout Unlimited. The trout hatched from eggs during the 2012-2013 school year were not raised successfully. Equipment failure of some sort occurred. As a result of last year's disaster, Trout Unlimited suggested that SALS set up the aquarium and all related equipment and run tests on it with the understanding, that if successful, we would get eggs in October, 2013, to hatch and raise as fingerlings. This seemed like a great idea, so SALS staff and the Afterschool children eagerly set up the aguarium in the dining room, where all the children could participate and watch. The aquarium was beautiful and the children wanted fish, any fish, to watch, until we could get our trout eggs. Regretfully we explained we couldn't use the tank for tropical fish because we had to run the aquarium between 52 degrees F and 54 degrees F. far too cold for fish from the tropics. Everything seemed to be going well. The tank was insulated on the bottom and 3 sides as we were instructed. We had interesting things in which the tiny baby trout could hide. These attractions were things the fish would experience in the creek when the children released them. We really wanted the fingerlings to be acclimated, not only to water temperatures but to the 'stuff' in the creek.

And then, it happened. So close to October. The tank or the equipment apparently sprang a leak – and what a leak! Artie, thankfully, shut everything off to avoid a bigger flood. About half of the water in the 55 gallon aquarium was all over the wooden dining room floor. In the meantime, I was out sick and couldn't return to work or assess the situation. So much for trout eggs in the classroom again this year.

Unfortunately for the project, the problems with my health were just making it impossible for me to work, so after taking sick leave and vacation, and I wasn't any better, I had to admit I could go no farther. I quit. And I am NOT a quitter. This really griped me.

I have so many wonderful memories and laughs! It has really been difficult to leave SALS and Beards Fork, however I know that as my health continues to improve, I, like Gen. Douglas MacArthur and Arnold Schwarzenegger, the actor, declared, "I WILL return." SALS is a part of me and I am a part of it.

### **Dorothy's Thank You Testimonial**

I really want to thank all of the past and present YouthBuild, AmeriCorps and Dave Shaver for my ramp. Most of this year, I have used it to get the garbage out on Wednesday nights rather than taking the can through my house and down the steps.

No more. It is now being used to get me and my wheelchair outside and through the neighborhood! The bottom half, perfect for the scooter, now could have been 6 inches wider, but I would still have run off the ramp. I've done it twice. I am told to buckle my seat belt. No way! I want to be able to jump free of the heavy chair, not have it on top of me! The 1"x2" lattice wood keeps my scooter on the ramp beautifully. The scooter can't even run over a pencil! My chair is like my old scooter — up and over almost anything including the lattice wood. People from my church mounted 1x6 inch sides, perpendicular to the ramp to keep me on it. Works, but I tried to go over the sides yesterday. Can't finesse the joy stick quite yet.

Without that ramp, I would really be stranded – housebound. Thank you all so much. Now I am trying to figure out how I can take the chair apart and put it in the trunk of my car! It does fit. I was worn out Friday after spending a couple of hours at work, so I can see how, down the road I'll be able to do more.

Thank you all, everyone, again. Dorothy

# **Solidarity Festival**

by Barbara Painter, AmeriCorps/VISTA

Music rang through the air in Oak Hill on June 15, 2013. SALS held its 22 annual Solidarity Festival at the stately Historic Oak Hill School which sits in the middle of Oak Hill.

Andrew Munn opened the festival singing The Star Spangled Banner. One gentleman came to the festival because he had been walking in the uptown area and heard the music.

This event is centered on the birthday of our state, and Juneteenth, the traditional celebration of the Emancipation Proclamation.

The Proclamation, by former president, Abraham Lincoln, freed slaves during the Civil War and is an important date for human rights and freedom and also to celebrate labor. Included in this festival was the First Annual New River Book sale. Books from all over were donated for this sale, donations were greatly appreciated. We had books to interest everyone!

We also had live entertainment, including Andrew Munn, Emily Jones, Rob Legg, Elaine Purkey and several others. Included was the SALS second annual "cruise in" car show. There were several participants. The Best of Show was voted by the attendees at the festival. Bill and Dee Schoolcraft took the trophy with a 1935 Chevrolet



Barbara awards Bill Best of Show Trophy

Coupe, a very distinguished car.

The New River Humane Society was there with dogs and cats available for adoption. Bobbie Gravely was there providing information about why people should quit smoking. One look at the model of a smoker's lungs should make anyone quit, and the money you could save is really quite a lot!

Ray Weible was there with an Experience Works booth for those needing training and are over 55. Twanna Werner, from the Women's Research Center had a table about resources for battered women.

Brandi Seabolt was there with information from the Adolescent Pregnancy Prevention Initiative, and several vendors had booths set up as well. Also included in the fun was a silent auction with items donated by local businesses, we even had an authentic outfit from South America. People were excited to bid on the items! A good time was had by all!



John David and Elaine Purkey at Solidarity Festival

# **SALS Needs Your Support Now More Than Ever**

The Southern Appalachian Labor School is in the midst of an extremely critical crisis.

Our grants are drying up and at the same time the demands for what we do are increasing.

In March, we completed a Strategic Plan and are pursuing "New Directions". We are submitting diverse proposals for new programs that deal with youth transformation/transition, senior/veteran housing, apartment rehabilitations, and coal camp house rehabilitations....with all work based on Energy Audits and Energy Star criteria. We are working on the affordable rehabilitations of a half dozen old houses donated to SALS.

SALS is establishing the Shelter Company, a bakery, visitor tours, a news service (SALS InfoSource) and other ventures as Social Enterprises to empower and employ those who complete our training/education programs. Our After School and Summer School children's programs have had record enrollment and we are attempting to engage grand-parents and parents in the learning process.

Unprecedented numbers of families are using our two food pantries at the SALS Community Center in Beards Fork and the SALS Historic Oak Hill School.

The bottom line, however, is that we need your help more than ever as we move through this transitional period. Our promise is that we will continue to focus on a "hand up" not a "hand out" as we seek to create a sustainable economy for those around us in the southern coalfields of West Virginia.

### Your support can come in several different ways:

A "Friend of SALS" has pledged to match, dollar for dollar, your gifts as part of the SALS Emergency Matching Gift Fund. For every donation, we will receive double the amount.

We can make good use of just about anything, including land, buildings, vehicles, building supplies, supplies for our two Community Centers, and especially cash. Every contribution reduces our cost of providing all the services that are so needed.

If you donation is valued at \$500 (or more) and you pay taxes in West Virginia, you can qualify for the state tax credits allocated to SALS. Such donors receive both a state tax credit as well as a federal charitable contribution, thereby helping both us and you at the same time. Contact us if you want more information. We can provide details!

Hopefully, you recognize that what we are doing is meaningful, important, empowering, and deserving of your generous support. Nobody else does what we do here and your support will help us continue to make a difference.

### Here is how to help us help others:

Go to <u>www.sals.info/donate</u> to donate on-line through PayPal, or Fill out a check and send it in with the form at the end of this Newsletter. Be sure to include your e-mail address!

We rely on our supporters and appreciate your help, support, and involvement. Be well, do good things, and keep in touch! For some slide shows of our activities here at SALS go to these links:

http://www.youtube.com/watch?v=HGVX7YaT4lo&feature

http://apps.facebook.com/tripwow/ta-06ca-c9b4-0abb?fbo=1&st=fo v 1387041629 1577978753 fb-pool-b

Thank you!
John David, Director

# Scouts work on projects in Fayette

By Steve Keenan FO THE REGISTER-HERALD

FAYETTE COUNTY - A visiting Boy Scout troop based in a city that boasts a little bit of history itself toiled Thursday to help a West Virginia town showcase some of its rich, local history.

As part of the Reaching The Summit Community Service Initiative - a combined effort of the Boy Scouts of America and the Citizens Conservation Corps of West Virginia during the 2013 Na-Troop B424, of Plymouth, Mass., was in his Jamboree experi-Thurmond to perform a variety of tasks.

Their projects included resurfacing and experience and builds placing bricks on a character for young sidewalk that runs ad-people," Laciner said in jacent to the railroad describing his thoughts tracks in the vicinity of on the community servthe Thurmond Post Office, trail building, day's aim was to "beaupainting and creating a tify town hall for the garden for the town people of Thurmond."

tive are engraved either for memorial or family purposes or to highlight the town's rich history, while some are blank.

leaders announced the sidewalk project as a means to ple are so kind. create an educational walk by highlighting A delegation of near-significant dates and ly 20 Scouts and their events from the town's past on bricks. engraved

Among those are the year 1873, in which W.D. Thurmond acquired 73 acres on the banks of the New River; 1903, the year in which Thurmond was incorporated; and 1968, when the first commerThey've been abeliately quaderful workers. They've been politic Augusting of there and doing the work."

LONETTA LIVELY: of Color Garden Stup Horyto

was taken.

Thursday's efforts also included work on both the exterior and interior of Thurmond Town Hall. One of the Troop B424 Scouts perer, who has relished ence in West Virginia thus far.

"I think it's a great ice initiative. Yester-

During his stay in Scouts are putting in Laciner says, "I hope to place during the com- meet new people and community." munity service initia- make myself a better Scout and a better person overall.'

And he thinks he's got a great place in which to do that. Calling the area "absolute-Earlier this year, ly breathtaking," he added, "The scenery is beautiful and the peo-

> leaders ventured into Oak Hill Thursday to complete their portion of the Reaching The Summit Community Service Initiative. And they were a little far from home, which hap-pens to be St. Petersburg, Russia.

The Scouts spent the better part of Thursday cial whitewater rafting at the Historic Oak rifles," he added. trip in West Virginia Hill School, a Southern The Russians p

Appalachian Labor ing primer and preparing for a finishing coat of paint today by an-

other group.

Then, Scouts, voluntional Boy Scout Jam- forming the latter teers and YouthBuild boree — Boy Scout tasks was Burak Lacin- workers will be able to place ceiling and floor tiles on the building's second floor, said Ralph Shockey Jr., a SALS YouthBuild trainer whose five-person crew also assisted Thursday.

Shockey was glad to get the aid.

"It's helping us by getting the second floor ready for ceiling and floor tiles," he said. "This is a great group, The bricks which the Mountain State, and they're doing a great service to the

> One of the Russian group's leaders, Arthur Grigoriev, briefly explained that some of his group had connected with Scouts from Connecticut at a Jamboree in Scotland, and they began their first trip to the United States earlier this summer by visiting for a few days in Connecticut before venturing further south, includ-ing a stop in Gettysburg, Pa., and making their way to West Virginia for the Jamboree.

"It is great," he said of the time spent in West Virginia. Of particular interest have been "the zip and the water activities." "Also. we like very much the

The Russians plan to

visit New York after the Jamboree concludes.

Folks driving or walking in the vicinity of City Park in Oak Hill Thursday saw a group of Boy Scouts and their leaders battling the heat and humidity and joining with members of the Woodland Oaks Garden Club to perform landscaping School endeavor, plac- chores along the White Oak Rail Trail.

About 40 members and leaders of Troop C418, of Allentown, Pa., helped plant for-sythia and rhododendron along the trail from Collinwood Acres to Allman Street, according to Woodland Oaks GC member Loretta Lively.

"They've been absolutely wonderful workers," said Lively. "They've been polite.

"And they didn't mind getting in there and doing the work.'

"Those kids worked and they did a wonderful job," said Sadie Brash, Woodland Oaks GC past president and chairman of the club's Reaching The Summit Community Service Initiative project.

Club member Darlene Newell had provided an orientation ession, Brash said.

With their landscaping chores done by early in the afternoon, the Scouts then took in a safety presentation from the Oak Hill Fire Department and were treated to rides in the department's bucket truck, and they capped off the day with ice cream at Tom's Carry

> - E-mail: skeenan@ register-herald.com

# Community Health Survey on Impacts of Mountaintop Removal Mining at Beards Fork

By Andrew Munn

This summer SALS conducted a community health survey of Beards Fork as a part of the Coalfield Environmental Health Project. The survey covered 45 of about 60 occupied houses in Beards Fork and was modeled after a survey conducted in eastern Kentucky by Dr. Michael Hendryx of West Virginia University. His study, titled "Personal and Family Health in Rural Areas of Kentucky with and Without Mountaintop Coal Mining," was published in the Journal of Rural Health in March 2013, and surveyed communities about their health and some of their background information. Hendryx's most recent study and our own community health survey are a part of a larger effort to understand how mountaintop removal and large scale surface mining affect the health of nearby residents.

Similar to Hendryx's study, this survey was administered by volunteers and residents of the community. Its goals are to provide a snap shot of public health in Beard Fork and to be useful to advocates for community health, clean water, and environmental justice.

SALS staff and volunteers Charlene Newkirk, Mercedes Newkirk, Kathryn South, Dustin Steele, the Ohio Valley Environmental Coalition, and Plateau Action Network all played a crucial role in the project.

The results of the survey indicate that there is a higher rate of illnesses such as cancer and respiratory ailments in Beards Fork than there is in areas without mountaintop removal mining, and significantly lower than the national averages. Here is a summary of the results.

	Beards	KY With	KY No	National
	Fork	MTR	MTR	
Family cancer history (1+	68.2	60.3	48.4	NA
family members with cancer)				
Cancer	17.8	15.3	11.7	4.2
Coronary Heart Disease	17.8	14.4	8.3	3.8
Stroke	13.3	8.3	3.5	2.7
Heart Attack	13.3	15	9.2	3.33
Asthma	26.7	22.3	12.6	12.9
COPD	22.2	25.9	7.5	4
Rated health fair or poor	42.2	49.4	27.1	NA
Work(ed) as coal miner	22.2	26.3	5.7	NA
Age	55.2	51.8	48.1	38.6

The survey was initiated because of concern about high rates of cancer in the community, so we took a look at some of the correlations between cancer and other diseases and factors such as water sources and behaviors.

### Here are some results

#### **CANCER**

- Of 45 respondents, 8 had been diagnosed with cancer.
- 4 of the 9 cancers were skin cancers. (9 because one person had two types)
- 4 were men, 3 women, and one did not answer their sex.
- Cancer survivors were ages 21 to 72 at the time of diagnosis.
- One person of 12 who buys purified water was diagnosed with cancer. The person was diagnosed with a skin cancer.
- Two people of 7 who buy purified water and drink Page Kincaid PSD water were diagnosed with cancer. One with breast cancer and one with cervical cancer.
- 2 of 17 people who drink Page Kincaid PSD water exclusively were diagnosed with cancer. One with skin cancer the other with cervical cancer.
- 1 of 1 people who drinks PSD and from a spring was diagnosed with lung cancer
- 1 of 1 people who drink from a spring was diagnosed with two types of cancer.
- 5 of 25 people who drink PSD water have been diagnosed with cancer

#### **CANCER AND OTHER FACTORS**

- 3 0f 13 people who ate produce from their gardens had cancer
- 2 of 8 people who drank water from their father's lunch pail had cancer
- 0 of 7 people who ate fish from the stream had cancer
- 2 of 11 who ate from garden, drank from lunch pail, and ate fish had cancer
  - 6 of the 8 people with cancer smoked more than 100 cigarettes.
  - There is a proven link between tobacco use and cancer, but the other factors such as eating fish from the stream and produce from a garden do not seem to have a strong correlation.
  - 30 of 44 respondents to the family history cancer section had had a mother, father, brother, sister, son, or daughter, with cancer.
  - Of 44 respondents, 14 of their fathers had had cancer and 13 mothers had had cancer.

### **CANCER FAMILY HISTORIES**

- The survey respondents had a

total of 91 brothers, at least 11 of whom have had cancer. Five people reported they did not know whether or not their brothers had been diagnosed with cancer.

Continued on page Fourteen

### Gary Fox, Continued from page Two

When Elk Run's appeal went before an administrative law judge in 2000, Gary testified that he had no experience with legal proceedings and that he was unable to find a lawyer who would represent him. Gary submitted no additional evidence, but Elk Run's lawyers provided the judge with fourteen negative x-ray readings, the negative opinions of the four pulmonary experts who relied on the skewed selection of evidence provided by Elk Run's attorneys that did not include the positive pathology opinions of Dr. Naeye and Dr. Caffrey, and the testimony of Dr. Paul Wheeler, the radiologist from Johns Hopkins who was recently discredited in an article by the Center for Public Integrity. Based on the evidence presented by Elk Run, the judge had no basis for awarding benefits and no way of knowing that Elk Run had withheld the critical pathology reports of Dr. Naeye and Dr. Caffrey, which was like withholding the ace and king of trump in a federal black lung claim.

Rather than receiving federal black lung benefits and being able to get out of the dust, Gary had to continue working. Six years later, he was no longer able to work because his breathing impairment had progressed from mild to severe. He filed a second claim for federal black lung benefits in November of 2006. Dr. Rasmussen again performed his federal black lung exam and this time found that Gary not only had complicated black lung but also had a severe totally disabling pulmonary impairment caused by his complicated black lung. In June of 2007, the Department of Labor issued a decision awarding benefits, but again, Elk Run appealed.

When I became Gary's representative in January of 2007, just two years after I became a lawyer, we not only developed evidence to support Gary's second claim but also began a long battle with Elk Run trying to discover whether or not they had withheld expert pathology opinions in Gary's prior 1999 claim. Twenty months later, after the administrative law judge had issued three discovery orders followed by numerous attempts by Elk Run to avoid disclosure that included requests for reconsideration, an interlocutory appeal to the Benefits Review Board in Washington, and even the withdrawal of its appeal and acceptance of liability for Gary's claim, Elk Run finally had to produce the pathology slides and expert pathology reports by Dr. Naeye and Dr. Caffrey that had been withheld in Gary's prior claim. As a result of this discovery, the judge not only issued a decision awarding Gary benefits but also issued a finding that Elk Run had committed "fraud on the court" or a scheme to undermine the judicial process, and therefore, set aside the prior denial of benefits in 2000.

Gary wanted to pursue the issue of "fraud on the court" because it was the only avenue still available to challenge his prior denial and more importantly, because he hoped it would prevent the same thing from happening to other miners. He lived long enough to receive the

judge's decision but died of complicated black lung two months later at the age of 58.

Elk Run appealed, and unfortunately, the Benefits Review Board ruled in a 2-1 decision that Elk Run's actions did not rise to the extraordinarily high level of "fraud on the court." Gary's widow, Mary Fox, decided to appeal because she also hoped it would help prevent the same thing form happening to other miners. The case is now pending before the Fourth Circuit Court of Appeals. We hope that the Fourth Circuit will recognize that the conduct of Elk Run and its attorneys was cruel and improper, particularly in the context of a remedial federal program that was intended to protect the health of coal miners.

Editor's note: see this recent article in the Charleston Gazette related to Gary's case:

www.wvgazette.com/News/201312140044

### MTR Health Survey, continued from page nine

- The survey respondents had a total of 76 sisters, at least 16 of whom have been diagnosed with cancer. Two people reported they did not know whether or not their sisters had been diagnosed with cancer.
- The survey respondents had a total of 56 reported sons, at least 3 of whom had been diagnosed with cancer.
- The survey respondents had a total of 41 reported daughters, at least 4 of whom had been diagnosed with cancer.
- Of the 397 respondents and their family members, there were 69 cases of reported cancer, or 17.4% of the total respondents and family members.
- Survey respondents spoke of many who had died of cancer. The survey takes some of these into account in family cancer histories.

#### **RECOMMENDATIONS:**

Both of the people who drink from springs reported cancer. While this is a small sample group and could be a fluke, it should suggest caution in drinking from ground water in the area as it has been impacted by a long history of coal mining.

The cancer rate among those who responded as drinking water from the Page Kinciad PSD is 20%. 25 respondents is too small of a sample to draw conclusions from, but it suggests that a wider survey of those who drink Page Kincaid PSD water should be taken and compared to those who drink purchased purified water.

#### WHAT NEXT?

We are distributing results from the health survey to residents and are developing follow up surveys with the Ohio Valley Environmental Coalition. If you want to be part of the follow up, contact Andrew Munn at <a href="mailto:anromu@gmail.com">anromu@gmail.com</a> or 304-924-1506.

# Southern Appalachian Labor School - Who We Are

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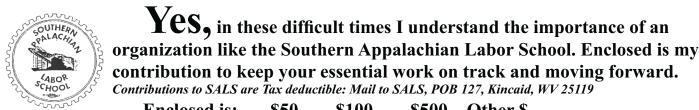
### **Environmental Health Clinic Project** Dr. Dan Doyle, M.D.

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

### WVU Extension Service Lauren Weatherford, Andrea Meader Casandra Bandy

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