



SALS JOURNAL

a publication of the Southern Appalachian Labor School

Volume 37 Issue 1

www.sals.info

Summer 2014

Planes, Trains, and Autos Getting Volunteers to Beards Fork

by Artie Mullins, AmeriCorps Director

For many years, Beards Fork has been a non-existent town when it comes to maps, GPS, and sometimes directions from locals. This spring that came to an end when volunteers from all over the country descended upon our small sleepy town. SALS' has been present in the community since the late 1990s. Global volunteers have been a partner to the organization since 1999. SALS' has hosted volunteers during its entire history in Beards Fork. This spring it took on new dimensions as volunteers were challenged to reach our dorms in Beards Fork because of large tour buses which arrived full of volunteers. The buses could not get into Beards Fork because of the low bridge underpass at the mouth of a hollow. The SALS staff was charged with transporting volunteers in two 15 passenger vans. It was quite the process loading a tour bus full of volunteers with luggage in tow. Four to five trips were made along the two-mile stretch to get the volunteers and their luggage to the dorm. The process occurred late at night upon arrival, which made the task easier. However, the students had to be transported each morning to be loaded onto the tour bus to be delivered at various sites to begin the work day.

The first group of students were from the University of Connecticut and were the larger group of the two transported by the tour buses. They arrived in March with the onslaught of spring break. College students volunteered and performed community service along with fellow students who arrived by plane, vans, cars and trains. The colleges who served in our community included Tufts, Virginia Tech, Boston University, Philadelphia Community College, Rutgers, and Eastern Michigan University. The students served in Beards Fork, our facility in Oak Hill, the apartment complex in Gauley Bridge, and several rehabs throughout the area. It was a very successful endeavor by the nearly 400 students who passed through Beards Fork during the month of March.

Global volunteers played a major role in performing services in the area as well. One group arrived in the SALS Journal



30 Global Volunteers from the Chicago Waldorf School arrive via Amtrak in May to work on housing and community projects.

early spring included students from Philadelphia Community College. Some were nursing students who partnered with New River Health and local schools to promote healthy living strategies for teens and youth. The students did a health survey with our own YouthBuild members and provided workshops on subjects such as smoking cessation and safe sex. The students had a profound effect upon our youth because of the proximity in age. It was the first attempt for SALS to expand in the health direction in partnership with Global Volunteers. Given the problems surrounding health and obesity in our area, we found the process to be a huge success and plan to have more medical type groups to volunteer here at SALS. Global Volunteers has already sent us a second group of students from Monroe College based in the Bronx, New York who served in a health capacity with SALS in April of this year. This is an exciting and new direction that we are taking in partnership with Global Volunteers.

Having completed their first service trip with SALS, Monroe College plans to come to SALS frequently in the coming years. It is their hope to develop a partnership with the community to promote a healthy interaction with local citizens and to challenge the way black lung is presented to people outside of Appalachia. The group was quite taken with not only the beauty of our mountains, but with the openness of our people and their willing-

Continued on page ten

This is Only the Beginning

by John David

CHARLESTON, W.Va. -- The march on Washington and Rev. Dr. Martin Luther King's "I Have a Dream Speech" on Aug. 28, 1963, was a turning point for many of us.

A short time prior, John F. Kennedy had come to the University of Michigan to unveil his dream of the Peace Corps -- as a force for peaceful change instead of reliance on physical force. As a student in Ann Arbor, it was not surprising that I joined the Peace Corps soon thereafter.

The Peace Corp path eventually took me to Ghana, the country of Dr. Kwame Nkrumah, Dr. W.E.B. and Shirley DuBois, and George Padmore. But on route, there were two summers of Peace Corps training, Dartmouth in New Hampshire in 1964 and Morehouse College in Atlanta in 1965. It was while at Morehouse that I went to Ebenezer Baptist Church and met with Dr. King. Dr. King was then planning a visit to Ghana and we made plans to meet there. I made it; he did not.

Upon arrival in Accra, we received instructions about our role to counter the world image of "The Ugly American." Since Nkrumah was nonaligned on the world scene and had also the in-country presence of those from China and the USSR, we also received the precautionary evacuation code word of "desist." If we heard the word, we were told to immediately head for the airport. I was assigned as the first and only American to a school in the Ashanti region. There, I found two volunteers from the Soviet Union, my first experience with people from the "enemy camp." On the school grounds, we lived side-by-side until the coup occurred about six months later. The morning of the coup, Vladimir and I sat on the stoop of my dwelling and waited for the Army truck. We knew one of us would be picked up. I stayed.

This series of events was rather heady for somebody who was then underexposed to the worldly Cold War scene. However, it was a turning point in my decision to pursue my education in economics, since I wanted a better understanding of "who was doing what when to whom." After two years in Ghana, I arrived at West Virginia University and entered its new Ph.D. program in economics in 1967.

The WVU scene then shaped the domestic struggle for social justice. Many of us became involved with Miners for Democracy after the assassination of Joseph Yablonski, who had challenged Tony Boyle for the United Mine Workers of America presidency. It was also the time of implementing the proclamations of the New Frontier, War on Poverty and the Great Society, with programs such as

the Office of Economic Opportunity, Community Action Agencies and Volunteers in Service to America (VISTA).

In Southern West Virginia, that movement fueled activity at the West Virginia Institute of Technology, which was led by Leonard C. Nelson. On the faculty, he had an economist named Jack Robertson, who hired me in 1971.

Then, Tech was a melting pot for diversity and activities. The Ghanaian student who had pounded on my door early one morning to tell me about the coup that began with the movement of troops from barracks behind my house followed me to Tech and became active in the student government. He then returned to Ghana, became a successful businessman and, two decades later, sent his daughter to Tech, as well. Iranian students opposed to Shah Mohammad Reza Pahlavi and hounded by Savak, the brutal Iranian police force trained by the CIA, were politically active. Also in the student mix were coal miners who were the victims of mechanization or injury and had a history of striving for economic justice.

At Tech, Dr. Jack was coordinating "War on Poverty" activities, including low-income affordable-housing projects, Appalachian Research and Defense/Legal Aid, black-lung advocacy training and an array of economic development ventures. He had a dream, and I joined the vision. Jack retired and died, but out of those initiatives emerged the Southern Appalachian Labor School, a social-change community-based organization that exists today and continues to work on affordable housing, economic development, health and education.

This year, Jack's wife, Connie, died. Connie spent a major part of her life as the counselor at Gauley Bridge High School. Recently, their daughter, Jane, and her husband, Dale, hosted a tribute event for her life at the Glen Ferris Inn. The event brought many of us, including Dr. Nelson, back together to reflect on the past journey to make a difference. For many of us, it was an appropriate closure for a half-century of unbelievable challenges -- and significant social change. It was also the time to realize that much more needs to be done if what has changed will prevail and what needs to happen will occur.

To paraphrase a scene from the famous film "The Inheritance," the quest for economic and social justice has not ended; it has only begun.

Dr. David, a retired economics professor and director of the Southern Appalachian Labor School, is a Gazette contributing columnist.

Reprinted from the Charleston Gazette Wednesday, September 11, 2013 see:

www.wvgazette.com/Opinion/201309110104

Director's Report

by John David

The period has brought many developments. The most significant has involved the WV Housing Development Fund, which has shifted its sights from affordable single family home ownership to rental. Thus, SALS is accelerating its activities in that category. This is not totally new to SALS, since efforts to rehabilitate an apartment complex in Gauley Bridge has been an agenda item for some time. In fact, this proposal may be finally underway by August. SALS has received a 2 acre tract through Fayette County Schools across from New Page Housing, which may be a future location for apartments.

The other major news in housing pertains to counseling. While SALS was renewed as a HUD certified Housing Counseling Agency in January and recently received a small HUD Housing Counseling grant, the certification process for counselors is scheduled to change in 2015 with HUD assuming direct responsibility for the testing.

SALS participated in the Medicaid Expansion initiative spearheaded by West Virginians for Affordable Health Care. Kathryn South and Barbara Painter coordinated efforts in Mt. Hope, Chelyan, Montgomery, Beards Fork, and Oak Hill, which contributed to West Virginia leading the nation in sign-ups based on the percent eligible.

With the assistance of students from several universities and in collaboration with Christians in the Mountains/OVEC, SALS assisted with a research project associated with Dr. Michael Hyndrx to study the health impact of families who reside in proximity to mountain top removal coal operations. This work continued an earlier effort with EPA and Andrew Munn.

On another environmental matter, SALS worked with the Ernie Nester Chapter of Trout Unlimited and WV DEP to raise/release trout from the Accent Education After School program in Beards Fork into the waters of Loop Creek, a picture story that made the front page of the Fayette Tribune and the Montgomery Herald. This initiative is related to a stream monitoring project that is underway, with test kits donated by David Davis and his church

The SALS Journal is published by the Southern Appalachian Labor School, a grassroots non-profit organization dedicated to social & environmental justice and workers rights.
SALS Journal,
POB 127 Kincaid, WV 25119.
Phone 304-779-2772
www.sals.info
United Assoc. of Labor Education



ASP volunteers from Cornwall UMC in New York are putting on a new metal roof for Valerie Waller (on left on porch)

in the DC area.

SALS has been renewed for several other grants, including AmeriCorps, Energy Express, Housing Preservation, Federal Home Loan Bank, and funds for workcamp programs. In regard to the latter, over 1000 volunteers will be with SALS in 2014, including over 500 with the Appalachian Service Project and 400 with Group Workcamps. Other groups include several teams through Global Volunteers, Saginaw State, University of Maine, University of Connecticut, Boston University, Penn State, VPI, and Rutgers. One of the Global teams (Chicago Waldorff College) arrived by Amtrak with 30 people, thereby creating one of the longest Amtrak stops in Montgomery in recent history.

On May 31, SALS had its 39th Solidarity Festival at the Historical Oak Hill School. SALS Board Chair Helen M. Powell was honored Mother Jones Fighting for Justice Award, as the event shifted its format to a dinner and tribute function.

There have been several personnel changes. Joyce Brown, Debbie Spurlock, and Ralph Shockey have left to pursue other interests while Elizabeth Johnson has joined as the Family Enhancement VISTA.

In accomplishments, Vickie Smith has satisfactorily completed Post-Purchase Education Methods at the NeighborWorks Training Institute in Louisville, Kentucky. SALS has been recertified as a Community Housing Development Organization for Fayette, Raleigh, Nicholas, and Clay counties and has been designated as a Community Development Enterprise.

Winter to Summer News

by Kathryn South

This has been another difficult winter. We have had lots of snow and bad weather which hampered our construction programs and our afterschool program. We have had lots of groups who have come through the area and worked with us on various projects. Two nursing groups from visiting colleges and other college groups have made quite an impression on all of us here at SALS.

The first group of nursing students did medical assessments on the staff and youth and gave some information on various health issues we may be dealing with. A few of us here are diabetics so any more information to help with controlling this problem is greatly appreciated. The second group of nursing students came with their professors or doctors from the school they attended. All of the staff and youth received CPR training course, since we had the training a few years ago and our cards were expiring. Both groups were really good to be with. They were so kind and concerned about the health issues of the area.

I have been spending more time with the afterschool children. I have been assisting with transportation for the program. You really get attached to these children after being with them all day for four days a week.

We are in the process of recruiting mentors for the Youth Action program. This program is working with youth ages 16 to 21. We really need good volunteers to be a mentor to our youth. Some do not realize that they were already mentoring the youth in some way by being available for assistance when they need someone to listen to or care what is going on with his or her life.

We are partnering with Step by Step to do a pilot program to assist grandparents or other family members who may be helping raise a child. The extended family caregiver program is trying to locate folks who fit this category and offer resources that could make the process of being a family caregiver an easier way of helping with whatever the child needs. Many grandparents are taking care of grandchildren who may have special needs or other problems and the grandparents do not know where to turn to get some support. Our Vista, Beth Johnson, is the lead on this project and she is helping to raise her own grandchildren, six of them. She also has needed help in the past to get what her grandchildren needed to get through situations.

We hope to begin a new project with the Ross training program to train 10 to 12 youth in construction and to offer them certificates in whatever skill each youth has accomplished.

SALS Journal

Housing Happenings

by Lisa Manley

Here are some of the things that have happened and some things that will happen:

As you may be aware SALS builds energy star homes from "the ground up." These houses are specifically built for low income families who might otherwise not qualify for a new home. Well, it takes a lot of work and a lot of paperwork to make it happen. But just as last year we sold a house to a very nice couple expecting their first child, we have done it again. A newly married couple will be closing on their new home in the very near future.

There is another lady who will be buying a home which has been donated and then rehabilitated. The apartment she is living in with her son is to be demolished and she would have been homeless. But thanks to SALS help they will be moving into their home soon and will no longer have to rent.

Also, it is again time for Group Workcamps and ASP to come to our area and make a big difference repairing at least 100 homes. Some people will get wheelchair ramps to provide easier access in and out of their homes. There will be new roofs and porches and windows, oh my! Some people will get their house painted and some will get weatherization. With each stroke of the paintbrush and every nail that is hammered will be a new sense of pride in their homes and the feeling that there are people who care and are willing to help. They ask nothing in return except to spend time with the family they are helping. There are lasting friendships made and many homeowners and volunteer workers will exchange e-mails and cards all through the year.

Making it Though Another Year

by Vickie Mullins- AmeriCorps

Another year has come and gone, winter has left us and summer is here which means we have made it through another year at SALS. The Children that attended SALS afterschool program had a wonderful exciting experience with the class-room trout project. Upon arrival to the building, they would always put their backpack away and move toward the trout tank to make sure they were all alive! They were taught that the fish needed everything they needed to survive; which is, food, oxygen, good clean water, and caring folks that made sure all these things happened. The fingerlings begin to grow as they were nurtured into baby trout. On May 3rd 2014, the SALS

continued on page ten

The Montgomery Herald

SERVING THE UPPER KANAWHA VALLEY

Montgomery, West Virginia

Energy Express under way at Beards Fork

Wednesday, July 2, 2014



SUBMITTED PHOTOS

Forty children from Montgomery/Smithers to Oak Hill and all points in between piled into SALS vans, at left, for the annual summer Energy Express enrichment program at the SALS Community Center in Beards Fork that began Monday, June 23. The print-rich and creative program, coordinated through WVU Extension by Paul Baker from Collins Middle School and a half dozen AmeriCorps university student mentors, provides breakfast, lunch, and an array of educational activities for six weeks. Volunteers who would like to help with the reading component at Energy Express would be greatly appreciated. People are invited to call Paul Baker or Vickie Mullins at the SALS Community Center at 304-779-2772 or 304-779-2280. Look for more on the program in upcoming editions.



On Tuesday, June 24, Graydon Wood, a home repair volunteer from The Dover Church (United Church of Christ) in Dover, Mass., presented new soccer balls to the youngest small group, above, in the Energy Express program at the SALS Community Center in Beards Fork. Wood, who coordinated the fundraising drive in Dover for the donation, arrived with a church youth team as part of the Appalachian Service Project (ASP). ASP groups are housed at the SALS Historic Oak Hill School for six weeks and are working on home repairs in the area.

Accent Education - SALS After School Program

by Charlene "Red" Newkirk

The After School program had a very successful year. Kids from Valley and Oak Hill area schools attended the program. Staff attended the Day at the Legislature, but due to snow days the students were not able to attend. The Global Volunteers helped the kids with their homework and the students learned nutrition facts from the medical students attending Monroe College, Bronx, NY and the students from Philadelphia Community College. The Philadelphia Community College students made sand art with the After School kids over spring break. The kids also learned how astronauts live in space with the NASA Program and habitat life with the classroom trout project. The students really enjoyed the program this year by learning and having fun at the same time.

Special thanks are due to all the college students and Global Volunteers who volunteered with the after school program and gave us many donations.

Behind the Green Door

by Barbara Painter/Green Coordinator

I have recently been renewed as a VISTA with the Southern Appalachian Labor School as Green Coordinator. I look forward to working with the staff and training the youth in energy conservation.

I have been working with the Health Insurance Enrollment program. Most of our clients have been Medicaid Eligible, as SALS does serve low income families in our area.

I have solicited and received several donations to be utilized within the SALS network by emptying storage lockers and finding clothing, furniture and some building supplies. We have also received donated paint, and many other items. Volunteer Ralph Settle, commonly known as Hotrod, has been instrumental in assisting me with those pickups.

I continue working with the Mountaineer Food Bank in Gassaway. We receive not only food donations, but also food items to feed people at our site. With so many homeless folks in this area, this is a much needed program. If families meet the USDA income guidelines, they are eligible to pick up a food donation each month. The distribution date at the Historic Oak Hill School is the first Thursday after the first Monday of each month. The dates

SALS Journal



In May, youth and staff from SALS and Max Robertson from Trout Unlimited released the trout raised in the Accent Education "Trout in the Classroom" after school project.

have not been definite due to the winter weather that we have had this year. Spring is finally here though!!!

I have been working with the families waiting on a rehab of their homes. The energy audits have been done on the next 6 homes. As well as that, I have also assisted with the write ups, financial papers and worked with the Appalachian Service Project since ASP will be partnering with SALS on the rehabs on these homes. With this partnership, the homeowners will have more repairs completed on their home.

We have begun a new energy conservation program. We are hosting six educational classes throughout the county, three of which have already occurred. We are performing 80 energy audits, 50 of those have already been completed. The program is targeting older homes in the area, with energy education as the main goal. The energy audits also prioritize the repairs that we do, since funding is less.

I have also been involved in writing several grants with the 5 Promises Foundation, Wish You Well Foundation, Smoking Cessation, and a matching grant to assist with the medication take back day in rural Fayette County. We are awaiting awards of these grants.

We received a request from Dorothy Stoneman, Director of YouthBuild, for success stories about our youth working with minorities that are being served by our programs. President Obama has begun a new program entitled "My Brother, My Keeper". I wrote a story for this and was contacted for permission for it to be used in a national newsletter.

Over the past several months, I have been busy writing press releases and preparing flyers for upcoming trainings.

Construction Report

by Vickie Smith, Construction Manager

The Children/Our Families campaign's Regional Forum was hosted at the Historic Oak Hill School. I assisted with legislative contacts as well as with obtaining speakers for the different topics. I was also a speaker concerning the Affordable Healthcare Act and how valuable it has been to some families.

I have created several documents for SALS, one being a smoking cessation policy and also a Memorandum of Understanding that is suitable for any agency to use to partner with SALS.

I continue to serve with the Collins Middle School as the Local School Improvement Council Chairman, the Fayette County Resource Network Vice Chairman and also represent SALS on the LEPC (Long Term Emergency Planning Council). The LEPC recently held their 2nd annual preparedness fair and I was excited to do a table to include your pets as part of your emergency plans. The day was rewarding.

We recently had CPR classes at the Historic Oak Hill School and the SALS Community Center in Beards Fork. Many were certified or re-certified, including myself.

The highlight of this past spring, though, was a conference call with President Obama concerning the Affordable Health Care Marketplace enrollment!



Crew News

by Terry Black, Construction Supervisor

My crew has really been busy these past few months. We finished some projects and we are starting others.

We have been working in the Oak Hill School. We did a lot of remodeling and construction to get ready for ASP. We worked with volunteers on the gym, which was redone for Cheer Magic.

I also picked up food for the food pantry which is given out once a month.

My crew worked on two REHABS one in Page belonging to Loretta Martin and one in Robson for Norman Breckendridge. Both of these are completed.

My crew also worked on the Regina Apartments in Gauley Bridge with volunteers on demolition.

Now we have started working on a garden at the Oak Hill Site which will provide fresh produce and a greater appreciation for where our vegetables come from. It will be hard work but the rewards will be delicious.

As this New Year is already half over we find ourselves stressed to the max. We have many things to do to satisfy our funders and very few to accomplish the task at hand. We do however have the best of the best staff doing all they can every day. Our hopes are to complete 10 rehabilitations and complete a new affordable home this year. We maintain 10 plus rental units and several leases at the Historic Oak Hill School. We house several homeless at the Oak Hill site and try to help our community in every way possible.

We have started a community garden in Oak Hill. This garden will feed the ones that work in it. Blaine plowed the area for free and is always willing to work with us. Thank you so much! We Hope this new project goes well and grows larger each year. I donated the use of my tiller and Terry Black took charge of the tilling and planting. Thank you Terry!

Our Wi-Fi Room on the second floor of the Historic Oak Hill School is just about completed. We hope that the community will utilize it to help with homework for those that need it. Tutoring for grand-parents in our community is one of the things we plan for the room. A big "thank you" goes out to Wendy's and Bob Evans for the donated furnishings. Their generous donations made this possible.

We worked hard to prepare the Historic Oak Hill School for the Appalachian Service Project volunteers. All summer, over 100 each week were housed and fed at the facility – and I did the cooking and hope they enjoyed it as much as we did. We are privileged to be able to bring this group to our area. They will be working on several homes in the Fayette/Raleigh County areas this summer. Also, we have had several college groups and Global Volunteers this year. These groups have been wonderful and bring many assets to our community. A big shout out to all of you for this as we love them all for their help, dedication to volunteerism and talents.

With all this said I find myself wondering why and how we keep hanging in there and how I still get excited about the homes I have a hand in to repair or the next group that comes in, I guess this must be true for all of us at SALS. No matter what we have dreams and hopes for all around us, we always have to fight hard to make these dreams come true. A big thank you for our director who never gives up in his volunteered position. It takes a great visionary to see these things and be able to bring them together. Thank you John for sharing your vision of all good things and caring so deeply for Fayette County. We are lucky as many places do not have these services in their towns.

Beards Fork meets New York for visiting health students

By Lydia Nuzum
Staff writer

BEARDS FORK — More than 500 miles, 8 million people and countless skyscrapers separate the small town of Beards Fork in Fayette County from New York City, but for Jacqueline Ross, the similarities are undeniable.

"Back in the city, there are a lot of resources close by; in the Bronx, you see clinics every couple blocks. Here, unfortunately, you have one maybe 30 or 40 minutes away," Ross said. "You see a lot of the problems here that you would see back home, so you're able to connect to them."

Ross, a nursing student from Monroe College's School of Allied Health Professions in the Bronx, is one of 11 stu-

dents who visited the tiny town last week to perform health advocacy and outreach as part of their ongoing studies. The students, who study everything from public health to nursing to medical assisting, volunteered with clinics around the area and offered CPR training to residents as part of their outreach efforts.

"Being in the pulmonary and breathing clinic was good for me, because my mom was just diagnosed with COPD (chronic obstructive pulmonary disease), which has symptoms similar to black lung disease," Ross said. "I actually learned a lot."

Keren Daniel, an international student from India studying nursing, said she had never encountered a patient with black lung before visiting Beards Fork. Coal workers

pneumoconiosis, or black lung disease, is a respiratory disease caused by long exposure to coal dust, and although it is preventable, 10,000 American coal miners have died from CWP in the last decade.

"It shocked us all to see, because we thought it was a thing of the past," Daniel said. "We knew so little about it, so by coming here and learning more about it, I feel like I've been given a lot of insight into the disease. We've met families who are personally affected by it, and we can take home that message and incorporate it in health promotion."

Jerry Kostroff, dean of the School of Allied Health Professionals, said this is the third year the school has taken a trip to perform public health

SEE BEARDS FORK, 8A

the real difference is in access."

The school also partnered with Global Volunteers, a national organization that partners volunteer groups and communities, and with the Southern Appalachian Labor School, to help renovate a community center in nearby Oak Hill. The building, built in 1926, was once a school, but was sold several years ago and will one day serve as a multi-purpose space for the town.

The building's renovations rely heavily on volunteer work and grants, according to Robin Workman, a secre-



LYDIA NUZUM | Gazette

Nita Kukag (right), administrative assistant for the Monroë School of Allied Health Professions in New York City, installs drop ceiling tiles with the help of Carlos Vargas (center), a professor at the school, and John Pinson, a construction worker at the Southern Appalachian Labor School in Fayette County.

Ross was 18, and how trying to help her convinced her to study nursing.

"Taking care of a person in my family, and seeing them go through that pain and suffering while not being able to do anything but physically help them — it felt like my hands were tied by not knowing how the disease worked," Daniel said. "It was almost annoying, because I knew nothing about what she was going through so that I could help her better and understand her better."

Nadege Laporte, a masters of public health student from Haiti, said her experience in

Beards Fork has been an encouraging look at the role public health initiatives have in every community.

"This place is so beautiful, and the people are beautiful," she said. "When we first came here I was worried, thinking 'Will they be open to us and accept us, or will they think we're just a bunch of people who can't help them?' But they were so open to us, and they believed we could do something to help them, and it was really motivating for all of us."

Reach Lydia Nuzum at lydia.nuzum@wvgazette.com or 304-348-5189.



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 grandparents 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 your 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 www.sals.info/donate 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**

Support for Grandparents and Extended Family Caregivers

By Elizabeth Johnson

SALS (Southern Appalachian Labor School) in conjunction with AmeriCorps has a new VISTA (Volunteers In Service To America) program – Extended Family Caregiver (EFC) Support.

Our goal is to develop, implement, and sustain programs that reach out to Extended Family Caregivers where a need exists for educational and financial support. We realize that a lot has changed in education over the years and there may be a need for homework help and/or tutoring for the children and for the adults.

We will be forming focus and support groups as well as some fun activities for the children with the assistance of our mentor/volunteer match program. We are in need of mentors/volunteers adults. The mentors/volunteers will be subject to finger printing/screening.

We are beginning this new program to reach out to all Relatives As Parents. If you or someone you know is taking care of a child or children of a relative, please contact Elizabeth Johnson, VISTA for SALS at 304-779-2772, 304-779-2280, or email bjohnson@stepbystepwv.org.

Volunteers, continued from page one

ness to accept recommendations from visiting medical students. The Monroe students also provided training to our youth and community people, with the most important one being free CPR and first aid training to anyone in the community and all of our staff and youth. About two dozen people attended the CPR training and Monroe College hopes to do this annually. The college students made quite an impact on the community and their work was reported in all of our local newspapers including the Charleston Gazette, the Daily Mail and the Fayette Tribune. This was one of our most memorable volunteer groups as many of them came from humble backgrounds who were able to overcome barriers that are very similar to those we face in Appalachia. We hope to have a long and successful partnership with our new friends at Monroe College.

All in all it's been a wonderful but tiring year with volunteers. We have so much more to look forward to in the coming months. Global volunteers has plans for more teams for the fall and Vickie Smith will be busy with the hundreds more students arriving in the summer months. Our hats off and our thanks to all of the volunteers who has served and will serve throughout this year. A special thanks go out to Donna Bush from New River Health Association for coordinating the health portion of our service program. Her tireless work is deeply appreciated!

SALS Journal

Making it through the year, continued from page four

team and seven of our youth meet at the SALS building in Beards Fork along with Max Robertson to release the trout in the cool stream of Loop creek, which runs along behind the SALS community center. We released four at the lower part and proceeded down to the end of the Fork and released the other five. After we released our trout, the team went to camp branch road to study the testing of the water by the trout-unlimited folks. Our children enjoyed learning how different water qualities effected the survival of the trout. They also learned that the critters found living under the dirt were different from the basic animals found on top of the soil.

Our tank is now empty and this brings sadness to us as we have passed by it every morning looking forward to feeding our fish, checking our water for good oxygen level and making sure the water is the right temperature. We want to be filling our tank with fish; but instead we are offering the children in Fayette County a summer full of reading, writing, drama, and parent involvement and a free breakfast/ lunch for six weeks. This program is known as Energy Express. The AmeriCorps members made learning fun for small groups of school age children by creating a safe, enriching environment focused on reading. The program is designed to provide learning opportunities and nutrition during the summer months, when children are most at risk for falling behind on reading levels- a preventable loss known as the "summer slide".

The program took place in 80 sites across the state from June 23rd to August 1st, we are the only site in a community center. Approximately 3,000 children across the state will maintain or gain reading skills through Energy Express this summer. In addition to the learning activities, mentors eat nutritious, family-style meals with children, made family visits and completed a community service project. Energy Express is a program under the leadership of WVU Extension Services 4-H Youth Development program. This AmeriCorps program is funded, in part, by grants from the WV department of education and the Arts and Volunteer WV. Volunteer WV encourages WV of all ages and abilities to be involved in service to their communities.

Based on the success of Energy Express participants and the unique aspects of the program, the National Center for Summer Learning at John Hopkins University named Energy Express program one of the nation's best summer learning programs in 2009.

Southern Appalachian Labor School - Who We Are

www.sals.info

SALS Community Center in Beards Fork
304-779-2772/ph/fax or 779-2280 or 578-5057

SALS Historic Oak Hill School
304-465-4246 phone/fax

Kincaid Office: voice or fax: 304-250-7627 or 304-465-9732

John David, Director - 304-465-9732

Vickie Smith, Construction : 304-640-3792, fax 469-9721

Artie Mullins/Kathryn South, Program Support
304-779-2772

Ruth Lanham, Administrative Assistant - 304-250-7627

Linda Dillard
Jimmy Adkins
Terry Black

Custodian
YouthBuild Trainer
YouthBuild Trainer

AmeriCorps/VISTA

Beth Johnson	AmeriCorps/VISTA
Lisa Manley	AmeriCorps/VISTA
Daniel David	AmeriCorps/VISTA
John Pinson	AmeriCorps
Vickie Mullins	AmeriCorps

'Accent Education' After School Program

Charlene Newkirk	Site Coordinator
Tony Canada	Project Director
Latoya Ray	Teacher
Wilda Salter	Foster Grandparent
Michaelleen Dorsey	Foster Grandparent

Board Officers

Helen M. Powell	Chair
Marcus Wilkes	Vice Chair
Rick Wadsworth	Secretary /Treasurer
John David*	Director jdavid@citynet.net

Project Staff **are members of the SALS Leadership Team*

Kathryn South*	YouthBuild/AmeriCorps/DOL mustangkathryn@gmail.com
Vickie Smith*	Construction Manager vlsmith@citynet.net
Gary Zuckett*	Health/Economic/Enviro Justice garyz@sals.info
Artie Mullins*	Volunteer&Building Coordinator/ AmeriCorps artiemullins@earthlink.net
Ruth Lanham	Administrative Assistant madelinelanham@hotmail.com

G.E.D. Instructors/Fayette Co. Schools

LeeAnn Gore & Mary Lynn Flint

WVU Extension Service

Lauren Weatherford, Andrea Meader
Casandra Bandy

Bookkeeping Team

Valarie Cowley, Ruth Lanham
Tom Bass, Artie Mullins



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

Enclosed is: \$50 \$100 \$500 Other \$

Please send me a thank you gift.. \$50 + Donors will receive a SALS License Plate, or similar item

Give on the WEB at: www.sals.info/donate

E-mail _____
Name _____
Address _____
City/St/zip _____
Telephone _____

SALS engages in solicitation 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



Non-Profit Org.
U.S. Postage Paid
Kincaid WV 25119
Permit # 3

Please send us your e-mail address to receive your newsletter on line (and save \$ on paper & postage) include PO address as shown on your label, Thanks!



Contribute on the web: www.sals.info/donate



We keep busy here at SALS helping those in our community.

Your contributions help us keep busy!

Go to www.sals.info/donate to donate on-line, or Fill out a check and send it in with the form on the other side of this page!

On Right: Friend of SALS, John Cline, on left, testifies at a US Senate Subcommittee hearing on how the coal industry's lawyers conspire with company doctors to deny Black Lung benefits to sick miners. See John's article in our [last issue](#).

SALS Journal

