

SALS JOURNAL

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Southern Appalachian Labor School*



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Person to Person Service is Essential

by Marcus Wilkes

SALS Board Chair and Assistant Director

Regardless of how southern West Virginians work to overcome the problem of poverty existing in rural communities, a change is coming. As we witnessed during the recent economic slowdown individuals relied upon their cell phones, computers, and mass media for personal business and information.

Today, workers, retirees, and consumers rely upon electronic transfers. TANF, SNAP, Social Security, pensions, and other benefits are managed through online mediums with banking institutions. With the current plight in our economy and society in general, this trend will certainly be expected to grow.

Post offices serving outlying communities are threatened with closure due to being unable to generate enough income. Many businesses and banking institutions are opting to offer paperless billing to consumers. The trend is expecting to grow. As we know, the Telegraph replaced Pony Express.

One of the more complex issues during crises is the interruption of educational services needed by school-age children living in rural communities. Community centers existing in areas such as SALS in Beards Fork offer a valuable resource for after school learning, summer learning, child care, food and nutrition, and other community services. These centers are limited in their ability to deliver programs without adequate support and transportation.

Much needed person-to-person contact is a major concern. For years SALS has provided transportation for children to participate in after school and summer learning programs at the SALS Community Center in Beards Fork, with youth job training at the Historic Oak Hill School. Transportation seems to be a defining element since programs and services are limited to low income people in rural areas. Also, delivery of food to families is necessary for some families to avoid hunger issues. When service providers meet consumers face to face, one can gain a



Marcus Wilkes (far left) addresses

Fayette County Commission on behalf of SALS

better sense of personal attitudes, individual assets, and needs.

As you would expect, transportation costs are high when maintenance, insurance, fuel, labor, license, and other costs are calculated. SALS depends on donations from giving individuals and organizations that realize the value of improving the conditions of families in rural communities.

To keep abreast of changing times, SALS is investigating methods to keeping families in rural areas informed of services available through our organization by using media in this age of digital technology. Unfortunately, some areas lack cyber networks to conveniently reach some families. When families are isolated due to snowstorms, floods, or man-made disasters, a home schooling approach might be an option to deliver education programs for after school or summer school.

However, person-to-person contact can never be replaced. Meeting people on a personal and professional level breathes life into our programs and services. SALS will continue to provide essential services as much as possible during this pandemic using suggested physical distancing recommendations to help keep everyone safe.

Living the American nightmare in Appalachia

by John David,
Op-ED in Charleston Gazette/Mail 5/21/20

People know well that, to avoid COVID-19, they have been prescribed home confinement and ordered to work from home. Lately, in a frantic effort to mitigate the shattered economic impact, this has been relaxed to advising that it is “safer at home.”

Working from home assumes that choice is possible. According to a Federal Reserve survey reported in *The Wall Street Journal*, only 20% of those limited to a high school diploma could work from home — and West Virginia leads the nation with those who only have a high school diploma.

It also assumes that housing is in adequate condition for “working at home” to happen. In addition, stores and firms that employ high school graduates are permanently closing. The *Journal* noted that “makers of dishware in North Carolina, furniture foam in Oregon and cutting boards in Michigan are among the companies closing factories in recent weeks.”

Housing in Appalachia has long been a problem. Appalachia is a special place, where many working people were once relegated to company-built single-wall crates, called “Jenny Linds,” up isolated hollers adjacent to former coal mines or rail operations. They were never intended to last for more than 100 years and comply with today’s standards for heating, electricity, plumbing, energy efficiency, internet, safety and space.

Vickie Smith, construction manager for the Southern Appalachian Labor School, has witnessed dirt floors, prevalent mold and floors covered only with a few walking planks in her construction encounters. These houses were sold by exiting companies for a song and, to this day, still dominate the coal camp housing scene. They are now usually occupied by low-income families, including seniors, disabled coal miners and those in need of affordable housing.

According to the Housing Assistance Council, a SALS umbrella organization that analyzed Census Bureau data, many of those homes do not even have running water, a situation that fosters respiratory illness and makes any advice to “wash your hands often” go unheeded.

For more than 40 years, the Federation of Appalachian Housing Enterprises and its members have been trying to address inadequate housing in SALS Journal

Appalachia. The challenges are overwhelming. For example, a study of conditions in West Virginia, the only state wholly within Appalachia, revealed:

The State’s housing problem is a substantial lack of affordable, decent, safe and sanitary housing for the increasing numbers of low- and very low-income families, elderly people and those with special needs.

Of the 688,557 households in West Virginia, approximately 171,618 (24.9%) have a total household income below 50% of the state median income and are classified as very low-income.

Of the 92,738 vacant housing units, 67% (61,205) are not available to the housing market because of the units’ deteriorated conditions.

Because of the long-term economic instability of the state, affordability of “decent, safe and sanitary” housing continues to be a substantial problem for 47.7% of West Virginia households that fall below 95% of the median household income.

Ironically, resolving these problems has been significantly hindered by bureaucratic red tape and agency vendettas against entities that have accomplished results and made a difference.

As a result, many have been forced to unnecessarily shut down or significantly curtail activities.

Matters have been made worse in the Appalachian coalfields by recent disasters, such as flooding, which reduced the stock of Jenny Lind housing for low-income families. As a result, overcrowding frequently exists in remaining units, thereby compromising availability of focused, home-based educational services for children, as well as the necessity for social distancing.

In fact, the implementation of virtual-based al-

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submissions by our readers.

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United Assoc. of Labor Education
LABOR DONATED

Director's Report

by John David

Just like others, SALS is undergoing a transformation. We have been through "phases" previously during our 45 years and it has become the time to do so again.

Many of our programs have been impacted since funding for them has diminished sharply. This is troublesome since need for them has increased tremendously at the same time.

One example is our summer meal program for those age 18 and under. For the past several years, we have delivered about 2500 meals annually to those at low income apartment complexes, trailer courts, and our community center in Beards Fork – along with books to help maintain reading levels. This year our annual request for \$10,000 to the United Way was cut to \$882 and then to ZERO. Even though it was supplemented by \$1,000, the cut is draconian.

On a positive note, we have received some interesting donations. Thanks to our tax credit program, Fayette County National Bank has donated several properties. They include a personal care facility in Oak Hill and a duplex in Montgomery. The latter is being used as a "boarding facility match" for our proposed "building panel" factory. The former will be used as housing for distantly located young adults in our housing construction program.

SALS has been approved for recertification by the Home Builders Institute. This permits us to offer industrial recognized credentials for various construction competencies. Along with our continued relationship with Fayette County Schools Adult Education Program for GED/TASC certifications, we continue to offer an opportunity for those who seek upward mobility.

We are deeply saddened by the death of Sid Yoho. Sid was Vickie Smith's dad and contributed many years in donating his skills to operate our heavy equipment. His departure was sudden, unexpected, and a major loss in many ways.

We are glad to announce that Marcus Wilkes has joined our Leadership Team as my understudy and Assistant Director. Marcus has been part of SALS since the inception 45 years ago at West Virginia Tech.

Also, on the positive side, we are pleased to have signed a Memorandum of Understanding with

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Willow Bay personal care home may become a residence for out of area youth to work with SALS thanks to its donation by Fayette County National Bank



BridgeValley Community and Technical College to offer an Associate Degree in the Culinary Arts at our Historic Oak Hill School facility. The facility has recently been remodeled for handicap accessibility to and in our dining area. Also moving into our facility is an office for West Virginia Rehabilitation Services as well as a new conference room for meetings and conferences. On the ground of both of our former schools we have scheduled plantings for America Chestnut Trees.

Progress on our Beards Fork Trail to view the Native American rock etchings has slowed. Several volunteer groups that were scheduled to assist have cancelled due to the virus epidemic. However, we hope that our history to accomplish missions will prevail and permit us to move forward with this.

I want to personally thank all those who support our efforts to "Make A Difference" during these challenging times.

Your donations of funds and various items inspire us to "stay the course" in providing shelter, food, and education to those who have great need. We need help and would appreciate hearing from you.

YouthBuild News

Kathryn South

SALS has had a busy few months with volunteer groups in the area working on many houses for families that did not have resources to do the tasks themselves and helping children get on vans for the Energy Express program. YouthBuild members have been completing some projects for various families in and around the Oak Hill area. The youth have also helped with getting property in Page ready for constructing two new single family houses. Utilities have been installed, trees were cut to make a way for equipment for digging footers and the land has been leveled to accommodate the run off from the hillside around the property.

The youth have also been involved in completing two handicap bathrooms at the Historic Oak Hill School on School Street. These new bathrooms will give folks that come to the building for various reasons, such as conferences, voting, food pantry, distributions, and community events an easier access to the facilities instead of having to walk down a long hallway. SALS has provided a lot of opportunities for seniors and community folks a place to have events. This building has added great value to the community and this is an example of what can be done with older buildings instead of tearing them down for more parking lots. We still hope to offer housing on the third floor for veterans, but an elevator and other structural issues must be addressed before that is a reality.

SALS still has 30 slots for youth between the ages of 17 to 24 to learn job skills and receive certifications through Pre-Apprenticeship (PACT) training and other milestones such as the GED or TASC which is equal to a high school diploma. Our youth have received OSHA training certificates and several other job related trainings through Vo-Tech that are kept in his or her binder when they graduate from the program.

Kincaid Office News

By Ruth Lanham

Hello, this is Ruth at the SALS Office in Kincaid. John and I have worked together to get some money coming in to SALS by submitting grant proposals. Lots of different things going on at SALS. I am staying
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ing very busy with lots of office work and proposals. YouthBuild is gliding along working on several houses in the area. We still have some YouthBuild positions available for youth ages 16-24 who are high school dropouts. They can earn a stipend and receive construction skills along with GED education.

We have been getting calls every day about house repairs, wheelchair ramps, and roofs that need to be repaired for handicap accessible and elderly. To them it is a major problem that they can't afford to have fixed. To us it is a regret that we can't help everybody. There are also some people who do not have heat in their homes.

The food pantry is going very well. We have several new families coming for food. So our number seems to increase every month. If you would like to donate to the food pantry we would welcome all donations or contributions. If you have a very successful garden with an abundance of fresh vegetables, we would be happy to give some to these families.

We are still in need of vehicles so that we can replace some of the very old ones with high mileage. I have a better vehicle thanks to donations from Mike Browning. We have tax credits available for any donated vehicle.

We also need some washers, dryers, stoves, and refrigerators. Some families need one when theirs quits and they have no money for repairs or replacements. If you would like to donate to SALS you can call our office at 304-250-7627 or drop it by our office on Route 61.

Thank you in advance for your kindness to our community.



Ruth Lanham prepares food table for SALS holiday event

Helping People and Making a Difference

Tracy Patrick, Administrative Assistant

My name is Tracy and I've worked in the Kincaid office for the last two and a half years. I'm currently working towards becoming an AmeriCorps VISTA. I really like helping people and feeling like I've made a difference in their lives. This job accomplishes that by letting me clean and organize at the office and help distribute food in our monthly food pantry. We have seen more people coming to the pantry in the past few months, so we can always use more donations. I help copy, mail and organize applications for candidate families and houses getting ready for Group Workcamp and other home repair projects. This is such a good program that helps low-income families and senior citizens get free repairs to their homes. I also send out thank you letters and handmade SALS mugs (no two are alike) to people who donate \$50.00 or more. So if you want a mug, send a donation and I will get a mug out to you. Oh and I also made the donation page in this newsletter!

Work Camps and Vistas Coming to SALS

Lisa Manley, Housing Specialist

Hello this is Lisa from the SALS Office in Kincaid, AKA the Raynes Building

This year Group Work Camp volunteers were supposed to be staying at the East Bank Middle School. They planned to travel up to 30 minutes from the school to paint, repair and build wheelchair ramps, porches and steps. However, since it was canceled due to the Pandemic, everything has been postponed until next year. We started sending out applications in November and we have been getting applications in every day. Due to the loss of hundreds of volunteers with this group, 45-50 homes in the upper Kanawha Valley and parts of Fayette County will have to wait until next year to get free home repairs. The camp only lasts for a week, but the impacts of what they accomplish are felt for a long, long time. Many of the homeowners are elderly

and simply do not have the money or ability to do the work themselves. In one of our next newsletters I'll let you know of the wonderful volunteers who will give a week of their summer to come and help those who cannot do the work themselves. They are very special people and I hope that they know how much they are appreciated.

SALS was also approved for 20 Summer Associate (SA) VISTAs. The SA VISTAs will get a living allowance and an educational award at the end of their 10-week service. The SA VISTAs will be going out into communities and recruiting volunteers and coordinating with apartment managers to make sure any kids under 18 will have a healthy lunch and not fall behind in reading during the summer break from school. This year's project will also include age appropriate activities and reading material to educate the kids about addiction prevention. The additional SA VISTAs will allow for more one on one time with any child who needs help with reading or just needs someone to talk to. This program has been a great success in past years and I know this year will be even better.

And then there are grants. We are closing some grants and applying for more. Without the grants and the donations SALS gets we would be up a s**t creek without a paddle.

Construction News

Vickie Smith

Our new year kicked off with pretty much a clean slate before us. We completed most if not all our housing obligations and now have a new Youth-Build crew that is eager to start new and exciting construction projects this year. They will learn new construction skills in various areas and continue their education. We are excited to start this new endeavor.

This past year we were able to help many seniors in our community repair their homes. We made many wonderful friends through the process. The homeowners were very grateful and we were grateful to be able to help them ensure the health and safety of their homes.

We look forward to meeting new and returning volunteers when it's safe who are willing to help us

make changes in our community. SALS has become the organization that other organizations which help seniors call when people are in great need. That in itself speaks volumes for SALS work.

We have several donated houses and even a couple commercial locations that we are considering turning into housing for homeless youth in our program. Homeless youth is a very disturbing problem we seem to have in our state at this time. It's a truly a sad situation and since SALS has always been a grassroots organization that empowers people, its one we'd like to address here in Fayette County.

In regard to the single family homes that we have acquired, we will rehabilitate them to either rent or for sale. This will help insure the continued existence of our organization in one form or another. The struggle has been rough over the past year. Mainly its due to supposedly professional individuals in upper state administrative offices who seem to have to have no checks and balances with personality conflicts with upper management in our organization. This is very disheartening to those of us that have worked very hard to build our community and organization. I am more determined than ever to do everything I can to keep SALS ship afloat until justice can be served. I have faith that this issue will be resolved in our favor for the good of our community and all that is good.

The SALS Shelter Company

James Harvey

Hey guys James Harvey here, one of Southern



Lennart Billstrom from Sweden, who's a member of SALS finance committee, visits the Goats at Regina Apartments
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Appalachian Labor School's construction supervisors. Last summer we had multiple groups in and got much work accomplished while they were around.

We're now looking forward to the 2021 repair season with hosting more volunteers. The YouthBuild crew that I oversee has completed a few rehabs for Veterans in Place. We have worked on several projects around the county and I am pleased with what we as a team and organization have accomplished.

The SALS Shelter Company

Terry Black

We have been working on several different projects. First is the Miller site in Oak Hill which is now 70% done. Second, we completed a project in Mt. Hope doing painting and water line repairs and weatherizing the house for an elderly lady.

We are working on finishing a house on Hilltop we started years ago, but just was never able to get back to it until lately. We also have a project house in Beckley that we are working on completing. It is about 85% done.

We just started a project on Shumate Street in Oak Hill that used to be a personal care home. We hope to turn it into a project that may help the workers learn to live on their own and learn life skills.

Regina Three Rivers Apartment Update

Brenda Warrick

The past months have been very rewarding. Regina is running great! Last fall we finished our Community Gardens, did our canning, and successfully held cookouts. Thanksgiving dinner was good for all the tenants and everyone who receive dinners. At Christmas we actually had a little get-together and served hors d'oeuvres and handed out the Christmas presents as we do each year.

Regina has been reborn from a den of iniquity and has now become a wonderful place to live. We have started with recovery tenants and they are doing fantastic! Actually they've joined in a lot to help with painting and cleaning around here. These guys, Steven Stover, Daniel David and Bart DePaul, have

been a force to be reckoned with in their efforts to help out here at Regina. Thank you all so much! Truthfully the tenants make Regina a nice place to live. However there is so much to do constantly that, if not for our super terrific tenants, we would be nowhere.....I care for them all!!!

The goats are doing wonderful and we even had a new baby kid born this Spring. Everyone is excited about this event! The goats are also ready to work this year clearing out the Kudzu in this area that is taking over our trees.

Hopefully they can help with the Rails to Trails in Beards Fork. That is, if we can find a truck to haul them!! We are all looking forward to getting a lot done this year.

The ‘Farm’ at Beards Fork

Kenna Bass

Over the past six months at SALS we wound down for the garden, before the cold from the Autumn and Winter. We still had a few things growing in the Green House though. We have brussels sprouts, kale, kohirabi, and lettuce winter over.

With the Fall brought back our Accent Education after-school program. Returned with it were many familiar smiling faces and a few new ones as well. We're always happy to see them so excited to return. We help them with homework, art, and a little bit of creativity. Those were good times and good friends are sure to be around the corner when we get out of this social distancing we're all now in.

With the COVID 19 pandemic now going on, we at SALS feel the garden will have an extra important role this year. With shelves struggling to stay full in the supermarkets, we will be providing fresh vegetables for our community. The green house is pretty much planted already but we are waiting on the unseasonably cold days of May to pass before the raised beds outside get into full swing. Hoping everyone stays safe. We can make it through this together.

New Vista Focus on Addiction & Recovery

Kenna Bass

SALS Journal

Transitioning into our new VISTA focus dealing with addiction has been challenging. Right now has been a lot of gathering new information to meet needs and requirements for individuals and families impacted by the opioid crisis. Networking with other organizations to help fill in the blanks will help meet this goal. Meeting the needs of these families to help create a stable atmosphere at home will hopefully begin a healthier life style in recovery.

Housing Counseling Certifications and Expansion

Jessica Sears

As some of you may know, I worked for SALS many years ago. One cold November day, I receive a telephone call from our Director, John David. He was calling me to come back and work for SALS again. I was a bit taken back because it has been over 10 years since I have worked for SALS. John had asked me to come back and join the Housing Counseling team here at SALS once again. Upon reflecting on my previous experience working with SALS, I decided to give it another go.



“Make a Difference” Volunteers clean up a Page community member’s porch on Martin Luther King Day

We have been pretty busy the past few months. Myself as well as other counselors with SALS have been steadily studying to become HUD approved Housing Counselors. Studying for this exam is rather intense. SALS is a HUD approved Housing Counseling Agency. However, they now require HUD approved agencies to have at least one HUD approved counselor on site. Deadline for this testing is August 1, 2020. We're working to be fully HUD approved before that deadline.

Along with counseling are workshop presentations. We have conducted workshops about Fair Housing and Budgeting. Our services are offered free of charge to any participant inquiring about housing issues. Scheduled workshops are announced in The Fayette Tribune and The Beckley Register Herald.

Most of our services have a targeted service area of Fayette County. However, SALS has recently received a grant through the Beckley Area Foundation to provide counseling and workshops to Raleigh County residents. We provide knowledge and understanding to residents in our area with own personal growth to enrich our communities.

Sayonara My Friends

By William Austin

As always, all good things must come to an end. For the past five months I've been assisting with the After-School program held at Beards Fork. Due to school closings and restructuring we must meet the school bus from Valley Pre-K thru 8 in Deepwater to get kids from Montgomery area who participate in the program and I coordinate that they get home in the evening. It has been a challenge competing with school held programs for kids.

My new work assignment has to do with finding housing and job opportunities for recovering addicts. My co-worker Kenna is involved as well. Since the end of my tenure here is rapidly approaching, I've been gathering my referrals and other information together to pass on to my co-worker. So, this will be my last article. As of May 5th, I will no longer be with SALS to but will dearly miss all my co-workers at the Beards Fork site. I'm going to take this new free time to enjoy a passion that I haven't enjoyed in SALS Journal

a long time.....fishing. I'm going to enjoy spending time with my grandsons on the lakes and rivers hoping to catch that big one.

Energy Express and Accent Education Reflections

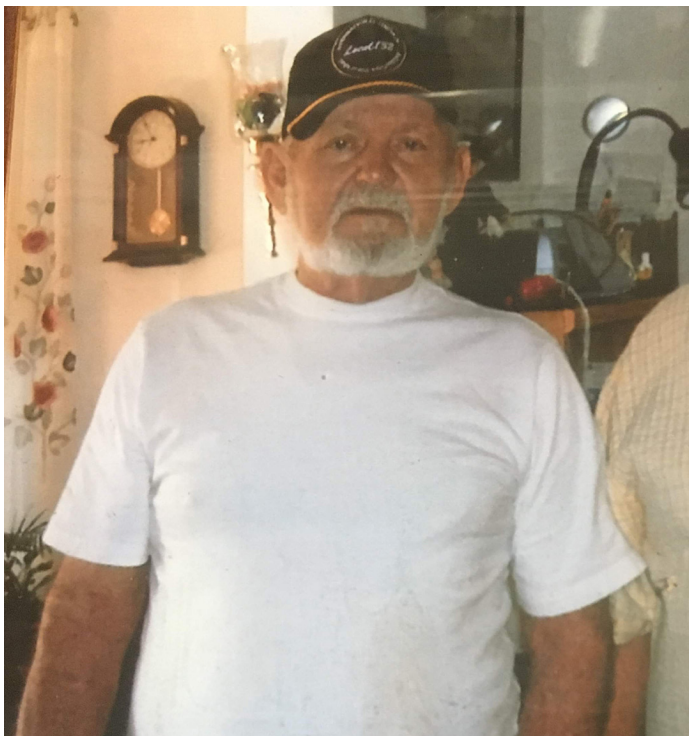
Vickie Mullins

When last year's 6-week Summer Program known as "Energy Express" came to an end, the children had read lots of books, learned new and exciting ways of reading, and received two nutritional meals a day. The program not only provided education during the summer months; but it also served kids food while they were on summer break from school.

That was the unique thing about the six-week program. Children need to be cared for during the summer and the SALS Energy Express program provided exactly what they needed. They would have gone without the basic needs that keep them healthy and their minds full of learning. Energy Express has been proven to raise a grade level and permit kids to get back on track once the school year begins.

When one door closed; another door opened. That was our "Accent Education" Program known as After School. That program began in September, as we took over 400 applications to local schools in Fayette County. We faced some difficulties due to several of our schools being permanently closed, and made special arrangements to meet buses that were not able to come to the facility to drop off the kids. We had to drive to Deepwater to pick up kids, where we had about three different buses coming here. Many challenges had to be faced, but we strived to continue on with low-funding, and new kids that came from far-off (Mt. Hope) which made it difficult for our van driver to get them home at a decent hour. We worked it all out and the children continued to come.

We started a new year of the RAZE Program; "Fight Against Tobacco" this was the third year for the Program at SALS. It is the only one in a community center in a rural hollow, and I was proud to be the Adult Advisor. Our goal is to help kids from getting hooked on smoking, e-cigarettes; which one day may lead to drugs, and alcohol. They enjoyed the program and the different activities they performed.



Sid Yoho, SALS equipment operator and Vicki Smith's father.

In Memory of Sid Yoho

Sid was a former heavy equipment operator for major construction contractors. Upon retirement, he moved to Fayette County to be closer to his daughter, Vickie Smith, our construction manager.

He joined the SALS Family as our heavy equipment operator, preparing construction sites and picking up truckloads of donated food, equipment, and supplies for SALS from throughout the state. Sid also assisted in supervising work crews from the state correctional complex in Mt.Olive. SALS family sends condolences to the Yoho family.

YouthBuild Graduate Succumbs to Illness

Sam Slater, a companion to Jessi Parker, died in May after struggling with health issues.

Sam was a successful YouthBuild graduate who then continued on to also receive his apprenticeship certification as an electrician at Fayette Institute of Technology. He was creatively gifted in many ways and a tremendous asset to us while with SALS. Please join in expressing sympathy to Jessi, Kenna, and his immediate family.

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In Memory of Chuck Donnelly, UMWA

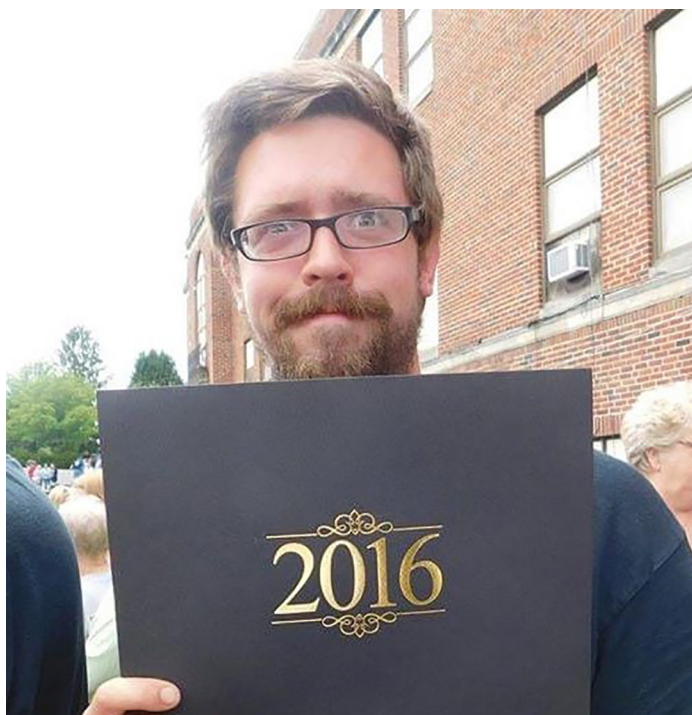
We regret to inform our readers that Chuck Donnelly, General Counsel for the United Mine Workers of America and also lead attorney for District 17 of the United Mine Workers, passed away on Wednesday, May 6, 2020.

Chuck recently donated his entire personal labor library to the Southern Appalachian Labor School (SALS). Chuck was a loyal supporter of SALS.

In the 1980's Chuck taught Labor Law in the Industrial Relations and Human Resources degree program John David started at West Virginia University Institute of Technology in Montgomery.

Chuck was an outstanding legal advocate for coal miners and the working class. He successfully dealt with many complex legal situations during challenging times facing miners and the UMWA. He will be greatly missed.

Please join the SALS Family in sharing sympathy with his family, the UMWA, and the coal miners that he represented.



Sam Slater at his 2016 YouthBuild graduation

*Appalachian nightmare,
continued from page two*

ternative education is extraordinarily difficult because of limited study space and broadband access, as evidenced by SALS as it struggles to provide educational content for children during the summer months and upcoming academic year.

Educational attainment in the area served by SALS is already alarmingly low, dipping to 27% proficiency in math and 37% in reading, according to reported data.

SALS also is overwhelmed by those needing home rehabilitation and repairs, particularly for disabled occupants and veterans who need electrical upgrades for breathing equipment, handicap bathroom fixtures and widened doorways for wheelchairs. This year, SALS was expecting nearly 1,000 volunteers to help, but travel restrictions and out-of-state quarantines have canceled the availability of that labor force.

Another issue is the increase in domestic violence caused by continual crowding. Brenda Warrick, the coordinator of a SALS apartment complex, has noticed a spike in referrals from women's resource centers.

An additional major looming threat is the likelihood of a massive increase in bankruptcies that will result in people losing their homes or being evicted.

SALS has a counseling program called "Protecting the Family Home" that is designed to help people avoid scams and pitfalls, but even that program faces a lack of funding for adequate implementation. The consequence will be more people relegated to homeless shelters, nursing homes and personal-care facilities, all known as breeding grounds for virus contamination

Appalachia has been called a special place, often in reference to its cultural distinctiveness, beauty and God-fearing people. But, lately, it is hurting — and hurting bad — for many reasons.

Without options to survive and obtain overdue massive support for adequate housing, the people in Appalachia face a cruel winter, as well as a bleak future for life and living the American Dream.



Image of Tasha Tudor, American Illustrator 1915-2008

My grandmother once gave me a tip:
In difficult times, you move forward in small steps.
Do what you have to do, but little by little.
Don't think about the future, or what may happen
tomorrow.
Wash the dishes.
Remove the dust.
Write a letter.
Make a soup.
You see?
You are advancing step by step.
Take a step and stop.
Rest a little.
Praise yourself.
Take another step.
Then another.
You won't notice, but your steps will grow
more and more.
And the time will come when you can think about
the future without crying.

- Elena Mikhalkova

Southern Appalachian Labor School - Who We Are

www.SALS.info

www.ConstructingChangeAndBridgingGaps.com

Community Center in Beards Fork

Historic Oak Hill School

Kincaid Central Office voice or fax:

Regina Three Rivers Apartments:

779-2280 phone/fax

304-465-4246 phone/fax

304-250-7627 or 304-300-1731

304-640-5515 or 465-9732

John David, Director - 304-250-7627

Vickie Smith, Const. : 304-640-3792, fax 469-9721

Ruth Lanham, Admin. Assistant - 304-250-7627

AmeriCorps/VISTA

Austin Flint	VISTA
James Harvey	VISTA
William Austin	VISTA
Kenna Bass	VISTA
Brenda Warrick	VISTA

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John David*	Director jdavid@citynet.net
Barbara Painter	Secretary

'Accent Education' After School Program

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Site Coordinators

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

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Terry Black	YouthBuild Trainer

Energy Express

Tia Coleman Team Leader

WVU Extension Service

J. R. Davis
Casandra Bandy

WV Division of Juvenile Services

Youth Report Center/SALS Historic Oak Hill School

Chuck Taylor, Director

Finance Team

Ruth Lanham, Joe Webb
Mavery Davis, Lennart Billstrom
Marcus Wilkes, John David

Special Events

Joe Mario



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

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