

McDowell County Chamber Announces Guest Speakers For Upcoming "Lunch and Learn"

WELCH - The McDowell County Chamber of Commerce's "Lunch and Learn" session will be held on Friday, March 1 at 12 noon in the Herzbrun Room of the McDowell County Public Library in Welch.

Subject of the meeting will be "McDowell CHOICES" (Coordinated Health Opportunities Involving Communities, Environments and Schools.) Featured speakers will be Dr. Eloise Elliott and Sean Bulger of West Virginia University's College of Physical Activity and Sports Sciences, School of Medicine, and School of Public Health. Dr. Elliott obtained her bachelor's degree from Concord, her Master's Degree from Salem-Teikyo (former Salem College), and her doctor's degree (Physical Education Pedagogy) from VPI. Sean Bulger obtained a Bachelor of Science Degree from Canisius College, a Master's De-



Dr. Eloise Elliott

gree from North Dakota University and a Ph.D. from West Virginia University.

Dr. Elliott, received the Ware Distinguished Professor for the 2009-10 academic year. Dr. Elliott is a native West Virginian, born and raised in rural Greenbrier County. She received a BA in Elementary Education from Concord University, a MA in Physical Education from Salem University, and a PhD in Curriculum and Instruction from Virginia Tech, Blacksburg, VA.

Since 1989, Dr. Elliott has been employed at Concord University in the Department of Human Performance, where she served as chair of the department from 1993 to 2004. Prior to joining the ranks of higher education, she taught physical education and kindergarten in Mercer County (WV) schools for 13 years. Dr. Elliott's work primarily focuses on children's health, specifically physical activity, nutrition and obesity prevention, and on pedagogy and curriculum development. Her interest in educational technology led to the development of Healthy Hearts 4 Kids, and Take Charge, Be Healthy, both school-based health instructional modules delivered via the Internet designed to teach intermediate age children and adolescents about good health practices. Currently, Healthy Hearts

authored the NASPE Position Paper, A Comprehensive School Physical Activity Plan, served on the National Physical Education Teacher of the Year committee, served as Director of the American Master Teacher Program, and has been involved in various capacities in AAHPERD at the state and national level over the past 20 years.

In West Virginia, Dr. Elliott is the Associate Director for Interventions for the WV CARDIAC Project in the WVU School of Medicine. Selected professional contributions to her state include past chair of the West Virginia on the Move Board of Directors, co-chair of the physical activity committee of the West Virginia Action for Healthy Kids Team, past president of the West Virginia Association for Health, Physical Education, Recreation, and Dance (WVAHPERD), and serving as a mentor for fellows in the WVDE Health and Physical Education Teacher Leadership Academy.

Dr. Elliott has written numerous articles, and made over 100 presentations locally and across the country. She has written two instructor guides for a popular elementary physical education textbook, Children Moving, and authored a textbook chapter on interdisciplinary learning. She helped found the popular website, PE Central, and serves as a Senior Advisor to the website. Her leadership in her university, her community, her state, and her professional organizations indicates her desire and ability to bring stakeholders together to "make things happen" for the health of our children.

In 2006, Dr. Elliott was recognized as the American Association of Health Education (AAHE) Health Professional of the Year - Public and Community Health. She has also been honored as the Concord University Outstanding Faculty for Service in 2009, the 2004 WVAHPERD Health Educator of the Year, and received the Ray O. Duncan Award for outstanding professional service in 2001 from the West Virginia Association for Health, Physical Education, Recreation, and Dance (WVAHPERD).

As the Ware Distinguished Professor, Dr. Elliott focuses her efforts on obesity prevention and service to West Virginia. Her work as co-manager of the Camp NEW You Program, a year-long program that helps adolescent children and their families identify and practice lifestyle changes to assist them in reducing unhealthy body weight, will be enhanced, and she will work with others in the College and Physical Activity and Sport Sciences and the CARDIAC Project to expand the program, particularly to Marshall University in Summer 2010.

Modeled after a new CDC/USHHS initiative to develop a National Physi-

cal Activity Symposium in June, 2010 that will focus on building support for a strategic plan for WV and will showcase WV's current efforts in changing the physical activity culture in our state.

Sean M. Bulger, EdD, is an associate professor in the College of Physical Activity and Sport Sciences at West Virginia University in Morgantown, WV. Dr. Bulger earned his doctorate in Physical Education with a cognate in applied exercise science from West Virginia University. A member of the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) and National Association for Sport and Physical Education (NASPE), Dr. Bulger has been a health and physical education teacher and an exercise specialist in community and corporate health fitness facilities. He is a Certified Strength and Conditioning



Sean Bulger

Specialist (CSCS), having earned that credential from the National Strength and Conditioning Association (NSCA), and he previously served in that capacity at North Dakota State University where he worked with collegiate athletes in football, basketball, and wrestling. Dr. Bulger is also a certified Health-Fitness Instructor for the NASPE Physical Best program. He has authored numerous peer-reviewed papers and presentations in the areas of teacher education, sport education, and children's physical activity. Current projects include the development of a state-wide physical activity plan for West Virginia (titled Active WV 2015) and the federally funded Greenbrier CHOICES Project (Children's Health Opportunities Involving Coordinated Efforts in Schools). In his spare time, Dr. Bulger enjoys spending time with his family, outdoor activities, traveling, and reading.

"McDowell CHOICES" is a project funded by a Highmark grant and the objective is to develop, implement and evaluate an integrated approach to health enhancement. The meeting on March 1st will introduce elements of the program to the general public.

The session is open to the public and the public is urged to attend. A light lunch will be available.

Wyoming O Arrested O Charges

JESSE - On Friday, February 22, 2013, Trooper D. G. Piers of the Jesse Detachment of West Virginia State Police arrested Mr. Bailey Fritz, III, 40 years of age, from Jesse, West Virginia) for attempted break-in and entering, destruction of property, and possession of marijuana.

Public Encouraged to Participate In

By Cathy Patton

The Health Sciences and Technology Academy, or HSTA, is currently conducting a survey to gauge the public's awareness of the program. The data from the 11-question, multiple-choice survey will be used to determine how the program can better serve the community in the future. To take the survey, please visit the County Commission website www.mcdowellcountycommission.org, or visit <https://www.surveymonkey.com/s/WVHSTA>.

Information from the survey is confidential and those who participate may enter their name and email address to be eligible for a prepaid VISA card.

An article on the local HSTA project

WV State Tax I Announces Fil Extended For I

West Virginia Acting State Tax Commissioner Charles Lorensen announced the State Tax Department will extend the deadline for farmers to file their personal income taxes from March 15 to April 15.

The decision follows the Internal Revenue Services announcement that it would provide relief from the estimated tax penalty for farmers unable to file and pay 2012 taxes by the original March 15 deadline.

A taxpayer qualifies as a farmer if at least two-thirds of the taxpayer's total gross income was from farming in 2012. Farmers are required only to make an estimated payment for 2012, due Jan. 15, 2013. However, if the taxpayer does not pay by Jan. 15 but files the return and pays the tax due by April 15, the taxpayer will not receive a penalty. If the return and payment of tax is received

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a PhD in Curriculum and Instruction from Virginia Tech, Blacksburg, VA.

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Nationally, Dr. Elliott has served as Chair of the Council of Physical Education for Children (COPEC) of the National Association for Sport and Physical Education (NASPE), co-

Year, and received the Ray O. Duncan Award for outstanding professional service in 2001 from the West Virginia Association for Health, Physical Education, Recreation, and Dance (WVAHPERD).

As the Ware Distinguished Professor, Dr. Elliott focuses her efforts on obesity prevention and service to West Virginia. Her work as co-manager of the Camp NEW You Program, a year-long program that helps adolescent children and their families identify and practice lifestyle changes to assist them in reducing unhealthy body weight, will be enhanced, and she will work with others in the College and Physical Activity and Sport Sciences and the CARDIAC Project to expand the program, particularly to Marshall University in Summer 2010.

Modeled after a new CDC/USHHS initiative to develop a National Physical Activity Plan, Dr. Elliott hopes to lead the charge for West Virginia in bringing together all sectors of the population to develop "one vision, one voice" in promoting physical activity for all WV citizens. In doing so, she plans to organize, in conjunction with West

pers and presentations in the areas of teacher education, sport education, and children's physical activity. Current projects include the development of a state-wide physical activity plan for West Virginia (titled ActiveWV 2015) and the federally funded Greenbrier CHOICES Project (Children's Health Opportunities Involving Coordinated Efforts in Schools). In his spare time, Dr. Bulger enjoys spending time with his family, outdoor activities, traveling, and reading.

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Community Snapshot



Tug River Health Association partnered with local businesses to participate in the National Wear Red Campaign. Businesses that helped remind everyone that "heart disease doesn't care what you wear" included City of War, Northfork Town Hall, City of Gary, City of Welch, Kimball War Memorial, McDowell County Health Department, Paynes Insurance of Welch, Magic Mart, Wendy's, DMV, Kimball Visitors and Veterans, Social Security Administration, Black Diamond Pharmacy, Pioneer Bank of Welch, Northfork Public Library, Mt. View High School and Middle School, River View High School, Southside Elementary and Fall River Elementary. Pictured is the Staff of Tug River Health Center, Gary that participated in this event.

AREA B

AREA BRIEFS for non-profit organizations will run as space permits. To guarantee your notice runs a specific number of days or to list prices, however, please contact advertising (436-3145). Area briefs may be mailed to Box 569, Welch, WV, 24801; faxed to 436-3146, or brought by the newspaper office at 125 Wyoming Street, Welch. No phone calls please.

•The McDowell County Humane Society will meet the third Wednesday of every month at 2:00 p.m. at the Raymond's. Interested persons are asked to attend.

•The McDowell Shrine Club will meet on the 1st Thursday of every month at 6 p.m.

•The City of Keystone will be disconnecting water for past due accounts after the 10th of each month.

•NA/AA Meeting will be held every Monday from 7 p.m. to 8 p.m. at Christ The King Catholic Church in War. The meetings are open to the public.

•Kimball Town Council will meet at 6 p.m. every 2nd Tuesday.

•The Vietnam Veterans of America East River Mountain Chapter #985 Bluefield, WV, will meet the third Tuesday of every month at Ryans in Bluefield, VA.

•The Bluefield-Princeton Area M.S. Support Group meets once a month around the last Tuesday. The group is open to all who have M.S.

and also family and friends are welcome. There is no charge. For more information call Doug Mullins 9126.

•The pre-entrance exam for McDowell County Technology Center Nursing Program, Class of 2014, will be held on March 8, 2013 and March 8, 2013. Pre-registration required. Questions may be called at 304-436-6180.

•McDowell County Senior Center is celebrating its 40th YEAR in 2013. Looking for information on employees who have worked for the center since 1973. Please call 304-436-6588.

•The American Legion will have a Pancake Breakfast on Saturday March 8, 2013, 8am-11am.

•The American Legion will have a Pancake Breakfast on the 4th Thursday of the month at the Board of Governors dinner at 6:30pm. The meeting will follow.

•The 40 & 8 Veterans will have a Pancake Breakfast on the 2nd Thursday of the month. Appetizers will be served after dinner.

MONDAY, February