



Dennis Stottlemeyer, mitigation coordinator for the Division of Mining and Reclamation, stands on one of the boulders used as part of a restoration structure on the Little Coal River. The structures are improving many aspects of the river.

Rollin' on the rivers

DEP contributing to improvements on Coal River Watershed

By Tom Aluise

Big changes are occurring on the Little Coal River. Really, the entire Coal River Watershed is being revitalized through an unprecedented commitment from state agencies, environmental groups, businesses and concerned community members to improve the water quality, habitat life and recreational opportunities on the Little Coal, Big Coal and Coal rivers.

"A lot of different people and different agencies are getting involved to try and make things better," said Dennis Stottlemeyer, mitigation coordinator for the Department of Environmental Protection's Division of Mining and Reclamation. "This is the biggest amount of work being done in southern West Virginia rivers."

The DEP has been a driving force behind a major restoration project on the Little Coal that took root some 30 years ago. That's when the



The cross vane design of the restoration structures on the Little Coal narrows the river and speeds up current.

Division of Highways, during construction of Corridor G, began randomly placing boulders in the river to speed up its current in an effort to reduce sediment and create habitat.

The project, for now, involves the placement of more restoration structures on the Little Coal, which flows northwest through Boone County. Plans are to branch out to the other two rivers as well, Stottlemeyer said.

The structures, consisting of strategically

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Eight straight



Photo by Brooke Egnor

The DEP's tug-of-war team gets inspiration from coach Maureen Clemons (foreground) during competition. Team members fully visible in the photo are (from right), Lewis Halstead, Corey McComas, Margie Skeens, John Damron and Mike Egnor.

Corporate Cup streak alive

In the world of YMCA Corporate Cup competition, the DEP is the Packers of the '60s, the Steelers of the '70s, the Lakers of the '80s and the Bulls of the '90s.



It is, in a word, a dynasty. "We don't like to use that word, but it's hard to avoid," said Dan Roberts, who works in the Division of Air Quality and is a member of the DEP's Corporate Cup Committee.

On July 25, the DEP wrapped up its eighth consecutive Corporate Cup championship, winning the Division III title by 63 points (288-225) over second-place McJunkin Red Man. Division III includes the Kanawha Valley's largest employers.

No other team has come close to matching the DEP's dominance in the 24-year history of the Corporate Cup.

"We've got a really good core group of people competing every year," Roberts said. "I think there's a sense of pride and defi-



Ed Hamrick ran in two relays for the DEP and finished first in the men's 35-and-over 100-meter dash.

nitely a lot of team work."

The DEP's roster included the maximum 50 people and drew from the agency's offices in Charleston, Philippi, Welch, Logan, Oak Hill and Teays Valley.

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Pesky beetle doesn't deter DEP pitcher

By Tom Aluise

Paul Frantz felt like he'd just stepped off a dizzying amusement park ride.



His right ear was throbbing and bleeding at the same time. He was working on very little sleep. Just a couple of hours

earlier Frantz had left a hospital emergency room, where doctors told him they were out of options in trying to remove a dead Japanese beetle from deep inside his ear.

So, what was Frantz doing pitching horseshoes for the Department of Environmental Protection's Corporate Cup team?

See BEETLE, Page 8



Another year, another title

DEP employees made another strong showing in the '09 Corporate Cup. Top, John Damron competes in punt, pass and kick. At right, softball player Christy Puckett waits for a pitch. Bottom, Lisa McClung tosses during corn hole. Bottom left, Sandy Kee (right) battles in the 5,000-meter run. Bottom right, softball players Misty Nichols (left) and Candice Carter take a break. **Photos by Diana Haid and Kathy Cosco.**



Cup results

A list of Corporate Cup events, how DEP finished and who participated:

Horseshoes — 1st Place (Paul Frantz and Dianna Wallace)

Softball — 5th Place (Rich Boehm, Tammy Canterbury, Candice Carter, Tommy Chandler, Kathy Cosco, John Damron, Jay Fedczak, Diana Haid, Daryl Huffman, David Keatley, Misty Nichols, Scott Norman, Tonya Phillips, Eric Philyaw, Christy Puckett, Dan Roberts, Margie Skeens and Josh Woody)

Darts — 4th Place (Chuck Scruggs and Margie Skeens)

Bowling — 2nd Place (Rose Brodersen, Ray Franks, Lewis Halstead and Margie Skeens)

Billiards — 4th Place (Eric Philyaw and Margie Skeens)

Putt Putt — tie for 2nd Place (Ray Franks and Becky Johnson)

Volleyball — 3rd Place (Kathy Cosco, John Damron, Diana Haid, Amy Halstead, Debbie Hughes, Greg Null, Dan Roberts, Blair Suter and Jenny Todd)

Tennis — 1st Place (Robert Keatley and Lisa McClung)

Hoop Shoot — 4th Place (Jay Fedczak, Robert Keatley, Lisa McClung and Margie Skeens)

Closest to the Pin Men — 1st Place (Jay Fedczak)

Closest to the Pin Women — (Becky Johnson)

Table Tennis Men — 3rd Place (Robert Keatley)

Table Tennis Women — 2nd Place (Lisa McClung)

Combined Age Swim Relay — 1st Place (Ashley Carroll, Tom Clarke, Amy Molgaard and John Wirts)

Medley Swim Relay — 2nd Place (Ashley Carroll and John Wirts)

Open 5000 M Men — 2nd Place (Dennis Stottlemeyer)

Open 5000 M Women — 7th Place (Amy Molgaard)

35 & Over 5000 M Men — 2nd Place (Dan Lehman)

35 & Over 5000 M Women — 2nd Place (Sandy Kee)

5000 M Team Walk — tied 1st Place (Tom Clarke, John Damron, Diana Haid and Sherry Oldaker)

Shot Put Men — 3rd Place (Mike Egnor)

Shot Put Women — 8th Place (Tonya Phillips)

Open 100 M Dash Men — 4th Place (Matt Sweeney)

Open 100 M Dash Women — 2nd Place (Elizabeth Margolin)

Corn Hole — (Paul Frantz and Lisa McClung)

35 & Over 100 M Dash Men — 1st Place (Ed Hamrick)

35 & Over 100 M Dash Women — 2nd Place (Amy Halstead)

Punt, Pass & Kick Men — 8th Place (John Damron)

Punt, Pass & Kick Women — 3rd Place (Margie Skeens)

Obstacle Course Men — 3rd Place (Mike Egnor and Matt Sweeney)

Obstacle Course Women — 3rd Place (Amy Halstead and Elizabeth Margolin)

35 & Over 400 M Relay — 1st Place (Mike Arcuri, Amy Halstead and Ed Hamrick)

Open 800 M Relay — 1st Place (Disqualified, Amy Halstead, Ed Hamrick, Elizabeth Margolin and Matt Sweeney)

Tug of War — 7th Place (John Damron, Mike Egnor, Diana Haid, Amy Halstead, Lewis Halstead, David Keatley, Robert Keatley, Corey McComas, Tonya Phillips and Margie Skeens).

These teens like to clean

Church groups visit West Virginia with goal of making the environment better

By Tom Aluise

Teen-agers from four states are spending part of their summer ridding the Big Coal, Little Coal and Coal rivers of litter in a project being coordinated by the West Virginia Department of Environmental Protection.

YouthWorks, a Minneapolis-based Christian organization that provides mission work for church groups, has sent around 40 high school-age kids to the area to help clean up the rivers. The youth arrived on July 27 and planned to work on the rivers through Aug. 6.

Jess Driesenga, the site coordinator for YouthWorks, said 15 to 20 kids from North Carolina and Michigan were on the rivers the first week. Around the same number of volunteers from Illinois and Pennsylvania planned to work the second week, she said.

Driesenga said the Coal rivers project is part of YouthWorks' new focus on the Christian's role in protecting the environment.

"We do a lot of partnering with organizations who are already doing a fantastic job," she said. "We just give them some extra manpower."

Volunteers are spending about five hours a day on the rivers picking up everything from old tires to kitchen appliances. They'll cover about 25 to 30 miles of river over the eight days.

"YouthWorks came to us looking for projects," said Greg Rote, program manager for the DEP's Rehabilitation Environmental Action Plan (REAP). "This is a big project. We're going to have all of our staff out



Jess Driesenga tackles some trash in the Coal River. Driesenga is the site coordinator for YouthWorks, a Christian organization that provides mission work for church groups. Some of those groups are cleaning up trash in the Coal River Watershed this week.

REAP's Chris Cartwright talks to YouthWorks volunteers about their upcoming tasks on the Coal River. Church groups from four states are in West Virginia cleaning up trash and tires on the Big Coal, Little Coal and Coal rivers. The cleanup project is part of YouthWorks' new focus on the Christian's role in protecting the environment.



there each day handling logistics on the bank or out on the boats working with them."

REAP is providing volunteers with all the equipment needed for the cleanup, including eight canoes and four Jon boats.

"River cleanups are good projects for kids," Rote said. "They love being in the water. They work very hard, but they tend to have a good time doing it."

Evan Quinones, 17, of Kalamazoo, Mich., was among the first group of teen-agers to arrive in West Virginia.

"This is kind of cool," Quinones said. "I'm kind of a green thumb so I like this work."

Quinones, who was with a church group

from Portage Chapel Hill United Methodist, has traveled to Georgia, Alabama and Kentucky for mission work.

He's painted houses, helped renovate buildings and worked in urban ministries.

"I'm looking forward to the chance to do some manual labor," Quinones said. "And a chance to get some exercise as well."

Quinones likes YouthWorks' new focus on protecting the environment.

"Our job is to make Earth as close as we can to how God created it," he said.

Steven Hatfield's parents grew up in West Virginia, so his trip to the state as part of a mission group from

Charlotte's Good Shepherd Presbyterian was somewhat of a homecoming.

Hatfield, 18, has made mission trips to Atlanta, New Orleans, Virginia, Florida and Nicaragua.

None of them involved river cleanups.

"This is His Earth," Hatfield said. "We need to keep it clean."

The Coal River Watershed, which includes the Big, Little and Coal rivers, continues to be a major focus of environmental groups and state agencies which are working to improve water quality, habitat life and recreational opportunities on the scenic rivers.

Rote said litter cleanups are vital to reaching those goals.

Interns taking advantage of agency's range

By Colleen O'Neill

Summer brings internships, where young people join the work force, with hopes of learning business demeanor.

The Department of Environmental Protection takes part in this young adult rite of passage by offering more than 45 internships.

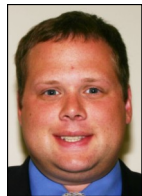
"It's a good way to get office experience," said Tommy Chandler about his internship with the Division of Air Quality. Hailing from Scott Depot, he is a recent graduate from West Virginia University with a degree in accounting.

"This internship came up first, so I took it," Chandler said. "I am working on the air emissions inventory, working with numbers for air toxics. This is my fourth year interning at DEP."

Chandler isn't the only returning intern. Brittany Ireland, also with DAQ, has returned for her second consecutive year. She was a DAQ intern last summer.

"I really like the atmosphere, how it's laid-back," said Ireland, a speech pathology major at Marshall University. "You get to work at your own pace. And the people are great."

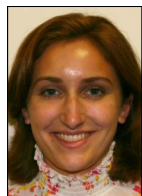
Another DAQ intern, Daryl Huffman, is both a



Chandler



Huffman



Ireland



Margolin



Harper



White

returning intern and a Charleston resident. She attends the University of Charleston, where she is a senior majoring in biology.

"I do data entry and research in hazardous waste," Huffman said. "The internship was offered, and although it doesn't really go with my major, I like how it's laid back and the people are nice."

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DEP Interns

Abandoned Mine Lands

Derek McDowell
Alan Rowan
Lindsay Toney

Division of Air Quality

Thomas Chandler
Nathan DePriest
Daryl Huffman
Brittany Ireland
Amanda Kramer
Blair Suter
Ashlyn Wolford

Division of Mining and Reclamation

Madeline Harper
Elizabeth Margolin
Christopher Simmons
Jordan Paige Wilcox

Division of Water and Waste Management

Sarah Ison
Candice Keasler
Katrina Leaptrot
Philip Pack
Danielle Perry
Dustin Redman
Nicole Reed
Danielle Stephenson

Administration

Salwa Amin
Jeremy Arthur
Allie Spangler
Grant White

Office of Environmental Remediation

Anne White

Special Reclamation

Karen Barnett
Mark Summerfield

Dedicated DEP walkers piling up miles

By Colleen O'Neill

"It's like a mini-vacation."

Elaine Ranson is referring to walking. She, like 135 of her co-workers at the Department of Environmental Protection, is taking part in a walking program. Called "Walking For Wellness," the program uses steps to measure success. It began June 8 and runs to Aug. 28.

"It doesn't take a lot of mental involvement and you don't get all sweaty," said Ranson, a 32-year



veteran of state government — she has made the DEP her home. "I enjoy it. I walk every day. It gets me out of the office and as we walk around the residential area, I get ideas for my garden

from the ones I see."

Ranson walks with some of her co-workers in human resources, including David Kersey.

Kersey participates in most Wellness programs and sees it as a way to get healthier.

"I like this program because it forces me to take a break and take a walk," Kersey said. He averages about 4,000 steps per day, or approximately two miles.

Another participant is Peggy

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RIVERS

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placed boulders and logs, are designed to narrow the slow-moving and overly wide Little Coal and increase its flow velocity and depth. The rapidly moving water better carries sediment through the river and flushes out habitat-destroying sand and silt from its bottom, a chronic problem brought on by years of pre-law mining, clear-cut timbering and road construction.

Among the end results of the structures are fish friendly cool, deep pools and an exposed gravel substrate that is conducive to insect life.

“The goal of the structures is habitat improvement for fish and insects,” Stottlemeyer said. “The sand at the bottom of the river severely reduces habitat. It chokes off space between the gravel where insects breed and live.”

Most of the structures use a log-rock combination, cross vane design. Boulders, weighing 2 to 3 tons each, are buried in the center one-third of the riverbed.

Trees, 90- to 110-feet long and with rootwads still intact, extend from both sides of the river bank out to the rocks. The trees are angled down into the river to match the elevation of the rocks. The rootwads are anchored and buried in the river bank.

The narrowed current speeds up as it passes through the structure and keeps a pool cleaned out downstream of the cross vane. The resulting upwelling and eddying offers feeding zones for fish and transports sand and silts to the banks of the river where it is deposited. As vegetation takes hold on the deposited sediments, a stable inner berm is created which further stabilizes the river banks.

In 2007, a mining company, Coal River Energy (CRE), funded the construction of 14 habitat enhancement structures on a 3.5-mile stretch of the Little Coal from McCorkle to Manning Branch. Appalachian Stream Restoration performed the work, which was part of a mitigation agreement between CRE and the DEP.

Appalachian Stream Restoration is a company that specializes in bringing life back to streams and rivers damaged by pre-law mining, timbering and commercial development. Each of the newest restoration structures on the Little Coal cost between \$15,000 and \$20,000 and took one to two days to complete.

“Coal River Energy was the



Bill Simmons (top) and Dennis Stottlemeyer (below) talk about the Coal River to a crew from “West Virginia Wildlife,” an outdoors-oriented news segment co-produced by the DNR and shown on Wednesdays at 6 and 10 p.m. on Eyewitness News on WCHS and WVAH. The segment will run several times in mid-August.

first major set of structures and we wanted to really be involved in their construction for our benefit — to learn how they were going in — and to make sure nothing went wrong,” Stottlemeyer said.

As part of a more-recent Massey Energy settlement with the Environmental Protection Agency, construction is expected to begin soon on 18 more habitat enhancement structures on the Little Coal, just downstream from CRE’s 14. And plans are in the works for up to 184 additional structures on the river as outlined in a restoration plan submitted to the DEP by R.E.I. Consultants Inc.

“We’re negotiating with engineering firms on that project,” Stottlemeyer said. “Hopefully we’ll be able to begin the design this year and put the work out for bid for the 2010 construction season.”

Another project on the drawing board calls for removing the dam at Tornado and adding 11 miles of structures on the main Coal River from the confluence of the Big and Little Coal to the Indian Head subdivision in Kanawha County.

“We have just begun to look at the Big Coal River to see what work needs to be done,” Stottlemeyer said. “It’s not in as bad a shape as the Little Coal River. It doesn’t have the same sand load. But it does need some work.”

Studies being conducted by Marshall University and West Virginia University indicate that the habitat enhancement structures in place are working better than expected. Even the DOH’s efforts some 30 years ago are still providing results.

“They just kind of winged it but they worked fine,” said Bill Simmons, deputy director of operations for the DMR. “They’re still in there.

“You can see progress every



year,” Simmons added. “We know that where there are structures there are plenty of fish and good recreational boating opportunities.”

Simmons noted that the substrate makeup of the 3.5-mile stretch of river that includes the CRE structures was 71 percent sand prior to their installation in 2007. Today, it’s 35 percent sand.

Stottlemeyer said positive effects were expected approximately 100 feet upstream and 200 feet downstream from each structure.

“The structures are working better than expected,” he said. “We’re seeing a drastic change in the substrate makeup. We’re seeing substrate improvement throughout those three and a half miles, which is something we didn’t expect. The whole three-and-a-half-mile stretch is showing vast improvement.”

That’s good news for anglers and boaters, as well as organizations like the Coal River Group, which is touting the three rivers as tourist and recreational attractions for southern West Virginia.

The entire watershed, which encompasses over 1,000 square miles in eight counties, also will benefit from a DEP-issued Coal River Watershed Plan that is expected to be in draft form this summer. It is the first watershed-based plan of its scale being done in West Virginia, Stottlemeyer

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Sam and Melissa Stalnaker are shown with their daughters Samantha (left) and Jadika. Samantha, who was born with spina bifida, is the Children's Miracle Network Champion for West Virginia. She's had nine operations.

Discovering the true meaning of 'champ'

By Tom Aluise

It was supposed to be a simple ultrasound. Sam and Melissa Stalnaker were expecting their first child, a girl, in two weeks.

"At the checkup, the doctor told me I was measuring a little big," Melissa said. "They sent me to have an ultrasound to make sure everything was OK.

"On the way over, my mom and I were thinking it might be twins."

What happened next is every expectant parent's nightmare.

"That (ultrasound) tech, when she saw what she saw, she just lost it," Sam said.

"She was in tears," Melissa added.

Just like that, in the blink of a monitor, the Stalnakers' world was turned upside down.

Their baby had hydrocephalus, a dangerous accumulation of cerebrospinal fluid in the cavities of the brain. A subsequent trip to the West Virginia University Children's Hospital brought more bad news.

The Stalnakers' little girl would be born with spina bifida, a birth defect where the spinal column fails to completely close during pregnancy.

Children with the condition often need years of extensive medical care. Some are paralyzed. Spina bifida also can lead to hydrocephalus.

"They were preparing us for the worst — she's going to have



Samantha meets President Obama during a trip to Washington, D.C.

brain problems, she's going to have developmental problems, she's going to be paralyzed from the chest down," said Sam, a project manager for the Department of Environmental Protection's REAP program.

"They gave us the option of terminating the pregnancy. We said, no way, we're not going to do that."

A few days later, Samantha Stalnaker was born by Cesarean section.

"They pulled her out of there and she looked like a normal little baby," Sam said.

"Everything was fine, except she couldn't move her ankles and toes."

Fast forward to today.

Samantha is a bright, outgoing and active 6-year-old who'll begin first grade later this month at Mt. Lookout Elementary in Nicholas County.

She's also an inspiration to anyone who comes in contact with her.

INTERNS

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DAQ isn't the only division to have interns. Both the divisions of Mining and Reclamation and Land Restoration offer these learning opportunities.

DMR offers six positions, with four of them being filled. DLR, in its offices of Abandoned Mine Lands and Reclamation, Environmental Remediation and Special Reclamation, offers 11 positions and five of them are vacant.

Lizzy Margolin is a returning intern. She is a senior at WVU and is majoring in public relations. By working with the environmental resource information system, Margolin is familiarizing herself with one segment of the environment.

DMR is a perfect fit for her. Upon graduation, she plans to go to law school and major in environmental law.

"I'm entering mining permits and looking up old ones," Margolin said. "I'm interested in the environment and I plan to pursue a career in it."

Another DMR intern is Madeline Harper. An Elkview resident, she attends the University of Charleston and double majors in political science and history.

"I plan on going to law school, maybe down south in Florida, I have family there," Harper said.

"I'm not sure yet what kind of law I'll major in, however I know I'm interested in government and one day pursuing a career in that arena. That's why I'm glad I am able to intern for the DEP. I've had hands-on government experience dealing with the government."

An OER intern, Annie White, is a DEP newbie.

This is her first foray into the intern process. White lucked out when she was recruited by DEP.

"I'm from Charleston and I really wanted to stay here, so I could live at home and visit with my family," said White.

With OER's Rehabilitation Environmental Action Plan, White does work for its Adopt-A-Highway program. Her main task is reviewing grant applications. A public relations major at Ohio University in Athens, Ohio, White sees this stint as an opportunity to stretch her PR legs.

"This job is heavy in communication," she said.

"Of course, you communicate with each other on a daily basis, but this internship enables you to practice your PR skills by having you communicate with the counties."

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BEETLE

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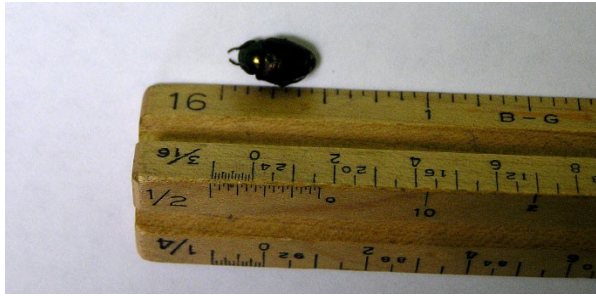
“I love horseshoes,” said Frantz, who works as a dam inspector out of the DEP’s Oak Hill office. “I pitch about four tournaments a year. I knew our team didn’t have that many people to pitch. We needed all the points we could get. I didn’t want to let the team down.”

Frantz didn’t. He and teammate Dianna Wallace finished first in the horseshoes on July 11, the first day of Corporate Cup competition, and set the stage for the DEP’s eighth consecutive championship in the 24th annual event.

Two days later, Frantz finally got the bug out of his ear.

“I’ve got him,” Frantz said. “He’s a souvenir. I told my wife I was going to have him mounted.”

Frantz’s insect nightmare began on Friday afternoon, July 10, when the bug flew into his ear while he was cutting grass at his



Paul Frantz proudly kept this Japanese beetle as a souvenir after it was pulled out of his ear by a Charleston doctor.

Fayette County home. “You’ve never lived until you’ve had a bug in your ear,” Frantz said. “It’s the most painful thing I’ve ever had in my life. I was in the army. I boxed. I’ve never had that kind of pain. I jumped off the mower screaming like a mad man.”

Frantz tried unsuccessfully to remove the beetle himself, first pouring water into his ear and then rubbing alcohol. Neither fluid extracted the bug but the alcohol at least killed it.

“I came to find out it was lodged up against my ear drum,” Frantz said. “It was digging and clawing in there,

trying to get out, but it was going the wrong way. It was too big to turn around.”

With his inner ear swelling and his equilibrium failing, Frantz called the hospital in Montgomery. Doctors there advised him to drive to an Urgent Care facility in Charleston, where efforts to remove the beetle failed.

His next stop was CAMC’s Memorial Division. Frantz took a seat in the emergency room at 7:45 p.m. and finally saw a doctor at 4 a.m., four hours before he was scheduled to pitch horseshoes.

The most CAMC could do for Frantz, however, was refer him to a ear

specialist on Monday morning.

So, an exhausted Frantz, dizzy and in pain, staggered to the Corporate Cup horseshoe tournament to fulfill his commitment.

“I was telling my partner about it and she said your ear is bleeding. I was walking into walls, it was terrible but I pitched OK.”

On that Monday, a specialist, using a tweezer-like instrument, finally removed the beetle.

“The doctor told me he was going to put some drops in there and try to numb me,” Frantz said. “He said he was going to try and pull the bug out by his legs. He pulled one of his legs off and showed me.

“He pulls it out and I immediately feel better. He said these Japanese beetles have claws on their feet and he was digging trying to get out of your ear but going the wrong way. He said he dug into the bottom of my ear canal.

“I told the doctor he was my best friend.”

CUP

Continued from Page 2

Paul Frantz and Dianna Wallace got the DEP machine rolling with a first-place showing in horseshoes on July 11, the opening day of competition.

“There are a lot of people who’ve never been involved who don’t realize how much fun it is,” Roberts said.

“Plus, you can develop a really good bond with people at the DEP, as well as

“Nobody wants to be on the team that loses the streak. That’s kind of motivation, too.”

Dan Roberts

Corporate Cup Committee member

meet different people from other places.”

Don’t be surprised if the DEP’s streak continues next year during the Cup’s silver anniversary.

“Nobody wants to be on the team that

loses the streak,” Roberts said. “That’s kind of motivation, too.”

Roberts was joined on the DEP Corporate Cup Committee by Rose Brodersen, Maureen Clemons, Lisa

McClung, Greg Null, Tonya Phillips, Margie Skeens, Ken Stevens, Dianna Wallace and Mike Warwick.

Roberts said the committee works three to five months fundraising and planning for the Cup.

And, no, DEP competitors don’t get a week off from work leading up to the Corporate Cup, a rumor Roberts said he’s heard over the years.

“We don’t break any rules or bend any rules,” he said. “We walk the line.”

RIVERS

Continued from Page 6

said.

“It’s a really good way to develop a list of issues within that watershed,” he said.

“It encompasses all the information we

have on water quality, land use and stream bank conditions and it identifies areas where we need further data.

“It can also identify resources in the area — things that are in good shape and don’t need work. Those are

as important as identifying problem areas.”

Simmons said the support of the Coal rivers project from Stephanie Timmermeyer, the former DEP cabinet secretary and Randy Huffman, the current cabinet secre-

tary, as well as Gov. Joe Manchin, has been vital to its success.

“Without their commitment, this kind of thing doesn’t happen,” Simmons said. “They’ve allowed us to get done whatever we can to help the rivers.”



Air monitoring devices are hoisted to the roof of Follansbee Middle School in early July. The DEP's Division of Air Quality is working with the EPA on a project to monitor outside air around three West Virginia schools. The project is part of an EPA initiative that targets about 60 schools nationwide.

DAQ working with EPA on nationwide monitoring initiative

Aug. 11 is the target date to begin monitoring the outdoor air around three West Virginia schools for toxic air pollutants.

The program is part of a new U.S. Environmental Protection Agency initiative that focuses on about 60 schools nationwide.

The West Virginia Department of Environmental Protection's Division of Air Quality will work in conjunction with the EPA in monitoring the air outside of schools in Follansbee, Vienna and Huntington.

"We're not measuring every pollutant at every site," said Tim Carroll, the DAQ's assistant chief of air monitoring. "We're monitoring for compounds that could be of concern."

EPA air monitoring devices have been installed at Follansbee Middle School, Neale Elementary School in Vienna and the Cabell County Career Technology Center in Huntington.

Monitors will be at each site for 60 days and perhaps longer depending on the results, Carroll said. A 24-hour sample will be collected every six days. A total of 10 samples at each site will be analyzed for air toxics of potential concern.

Monitoring at Neale Elemen-

tary may be operated in conjunction with the Ohio air agency's sites outside of schools in Washington County, Ohio.

"We'll get the 10 samples, and the EPA will evaluate whether to continue monitoring at the sites," said Larry English, assistant director of the DAQ's Wheeling office. English supervised the installation of monitoring equipment at Follansbee Middle.

Monitoring sites were chosen based on EPA analysis; the mix of air pollution sources near the schools, such as large industries; emissions information submitted by industries; and results from a 2008 USA Today study on air toxics at schools.

The federal Clean Air Act lists and regulates 187 pollutants known as hazardous air pollutants or air toxics. They are of potential concern because exposure to these compounds over many decades could result in health effects.

All three West Virginia schools will be monitored for toxic metals contained in very small particles in the air. In addition, Follansbee Middle will be monitored for other toxic compounds, including those

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InDEPth briefs

Morgantown hosting conference Sept. 1-2

The 2009 West Virginia Brownfields Conference is scheduled Sept. 1-2 at Morgantown's Waterfront Place Hotel.

The EPA, DEP, West Virginia Development Office and the state chapter of the Air and Waste Management Association are partnering with the Brownfields Assistance Center for this year's conference.

Registration is from 7:30 to 9 a.m. on Sept. 1. For more information or to register go to www.wvbrownfields.org.

CPR/AED, first aid classes in August

Classes in CPR/AED and first aid are scheduled for Aug. 27 at DEP headquarters in Charleston.

CPR/AED class will run from 8 a.m. to noon. First aid class is set from 1 to 4:30 p.m. CPR certification is valid for one year and first aid for three years. Contact Tammy Canterbury at 926-0499, ext. 1669 for info.

indepth

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Joe Manchin III
Cabinet Secretary
Randy Huffman
Communications Director
Kathy Cosco
Editor
Tom Aluise
Public Information Office
601 57th St. S.E.
Charleston, WV 25304
Email: Kathy.Cosco@wv.gov

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DEP July retirements



Roland Huson

Office of Legal Services
Date of hire: Aug. 23, 1999
Last day: July 31, 2009

Huson says: "My excitement about retiring July 31 is tempered by the realization that I am about to leave

the people with whom I have spent the majority of my time for the past decade. I have been fortunate to be surrounded by so many compatible, caring people who have helped me through some pretty rough times. Thank you.

"Although I have done some work for most, if not all, of the divisions and/or offices in DEP at one time or another, most of my time has been spent working for the Division of Air Quality and the Office of Oil and Gas. I have consistently been impressed with the knowledge, dedication and concern the people in those units, and others, have exhibited. You made my job easier.

"There have been many memorable events during my time at DEP. Perhaps the most important overall was the move from the often dark, musky catacombs scattered throughout the city to a unified location in Kanawha City with lots of windows and lights, and no smells of dirt and/or mold. In fact, because of a lot of hard work by Cap Smith and others, we could not smell fresh paint or carpet glue even on our first days in the new location. The unified location not only gave us all a chance to get to know each other, it also made our work much more efficient. It's a heck of a lot easier to simply walk up or down a few stairs than to drive across town or to Nitro for a meeting or to check some records."

On the future: "The first retirement adventure for my wife, Martina, and me will be an August-long trip meandering our way to and from Rocky Mountain National Park and the Grand Canyon, combined with a sprinkling of visits with some of our children and grandchildren in New Mexico and Louisiana along the way.

"After that, I plan to spend a lot of time making and/or fixing everything from toys to houses. After so many years of dealing with seemingly endless reams of paper and abstract ideas, I relish doing something concrete."



Ramona Dickson

Office of Administration,
 Fiscal Services
Date of hire: May 1, 1998
Last day: July 31, 2009

Dickson says: "I have always known the true pleasure in any job comes from the people you get to know, the camaraderie enjoyed, the friends made, and the laughter shared.

"Those experiences have made the challenges successful and eased the difficult times during my 11 years with DEP.

"When the position was posted, I had several people I'd worked with call me. I was working at the DNR among friends. The position at DEP was going to be very challenging and full of surprises. If I had seen my office beforehand, I don't know if I'd be retiring from DEP. You can identify with me if you worked in the back rooms of the Nitro office.

"I made the move, though, and realize now that I was meant to move closer to home, where my mom would need me through cancer treatments and her last days. My friends and co-workers helped me through those days. God places us where we need to be at certain times in our lives."

On the future: "My future plans include a cruise in August and some more beach time in September. I'll continue to consult with some companies. I am a certified public accountant, a certified grants manager and I plan to take the test to be recognized as a certified government finance manager.

"I have four very intelligent, successful sisters who want to collaborate on an idea we have had for some time now. Plus, I have two 'Ramona inventions' that are making their way through the patent process.

"I consider all the jobs I've been honored with important and am very proud of the accomplishments made. I don't want to miss the opportunity to recognize the wonderful, dedicated staff in Fiscal Services. They are a team of professionals to be proud of. I've had a great time! I truly wish all your careers are as enjoyable as mine continues to be. And I hope for health, happiness and kindness in your lives, families and friends."

DAQ

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related to ozone formation.

All monitoring data will be posted to the EPA's new Web site on Assessing Outdoor Air Near Schools (www.epa.gov/schoolair).

If problems are discovered, the EPA will work with each state to address the issues, including evaluating actions that might be needed to reduce the levels of pollutants of concern and ensuring that nearby industries are in compliance with clean air regulations.

EMS workshop set for this month

Businesses and other organizations in the state can learn more about "going green" and other ways to improve their environmental performance during a two-day Environmental Management System workshop at the DEP's Charleston headquarters.

The workshop, scheduled Aug. 18-19, is sponsored in part by the DEP.

The first part of the workshop will introduce the Riverside Sustainability Awareness Program Training and the concepts of sustainability.

Registration is free and the deadline to register is Friday, Aug. 7.

To register, go to:

www.wvdep.org/registration

or contact Adolphson at (304) 926-0499, ext. 1332.

CHAMP

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Samantha's legs are paralyzed from the mid-calf down as a result of the spina bifida. A shunt in her head drains spinal fluid from her brain and keeps the hydrocephalus under control. She has had nine operations.

None of which seems to matter.

On any given day, you might find Samantha competing in a relay race, climbing a rock wall, dancing, picking up trash to make her papa proud or maneuvering down a set of stairs.

She uses a walker or crutches to get around, but on occasion Samantha will walk without any assistance, even though she can't feel her feet.

"If you don't know anything different, there's nothing telling your brain you can't walk," Sam said.

Samantha's remarkable progress over the years so inspired doctors at WVU that she was named the 2009 Children's Miracle Network Champion for West Virginia.

Children's Miracle Network is a non-profit organization that raises funds for more than 170 children's hospitals.

"There's not a whole lot of kids out there with spina bifida who have her drive," Sam said. "There are kids with the same type of injury who are in a wheelchair because they don't want to walk. They don't want to get out and do anything and no one is encouraging them to do anything."

"That's what we tell them at school," Melissa said. "The point is, we know she's not going to win the relay and she knows she's not going to win. The important thing is that she's in the relay."

As a Children's Miracle Network Champion, Samantha already this year has visited Disney World and Washington D.C., where she met President Obama and West Virginia Sen. Jay Rockefeller.

She's had breakfast with Miss America and flipped the pre-game coin for the WVU spring game.

"I can't tell you the number of people she's met," her dad said.

And all have come away impressed and inspired.

"I'm sure people see her every day and get a blessing from simply seeing her," Sam said.

Samantha has not done it alone.

Her parents are quick to credit the doctors and therapists

at WVU for their daughter's remarkable adjustment to her challenges.

And doctors in Morgantown have made sure the Stalnakers are aware that the mental, emotional and physical stimulation they've provided Samantha over the years has been vital in her ability to overcome the potential mentally debilitating effects of hydrocephalus.

"They actually told us good stimulation, working with her, talking to her, playing with her, all that helped her brain develop normally," Sam said. "My wife worked with her an unbelievable amount."

The Stalnakers, who have an adopted 3-year-old daughter, Jadika, also decided to accept foster children into their home about four years ago. Currently they have four foster kids temporarily living in their Nicholas County residence.

"We thought it would be good for Samantha's development to have some other kids in the house," said Sam, adding that it's been a win-win situation for all involved.

"There's a desperate need for foster families," Sam said. "We're trying to do the best for them now while we have them and let them experience a good life for at least the time we have them."

With the school year rapidly approaching, Samantha is looking forward to seeing all her friends again.

"We had to fight to get her put in regular education," Sam said. "They wanted to put her in with all the special needs kids. She really doesn't fit anybody's mold."

"This year, I'm going to tell them they don't have to hold onto her as much," Melissa said. "Somebody is always standing there holding onto her arm. If she wants to walk around the playground, they need to let her. It's hard for people to treat her the way we want them to treat her. But they're beginning to understand."

And if she falls?

She'll get up.

"I want to do it myself,"

Samantha said.

One in 1,000 children is born with spina bifida. How that child adjusts and grows depends largely on their parents' understanding of the birth defect and willingness to fight back.

"You can't ask why," Sam said. "There is no need for us to know why. You take what God has given you and you make the most of it. You take it and go."

Just like Samantha.

State Credit Union seeks new members

The state Credit Union is looking for new members.

The Credit Union is open to state employees and their families and offers loans, free checking, credit cards, online banking and phone services, check cards and many other services such as Christmas and vacation accounts.

To join, go to: www.wvpecu.org or for more information call: 304-558-0566. The email address is: contact@scuwv.com.

NEW ADDITIONS

Recent DEP hires:

- Josh Rakes, DMR, May 18
- Gary Kennedy, OOG, June 1
- Melissa Mullins, Administration, June 16
- Kevin Saunders, DMR, June 22
- Steven A. Young, DWWM, June 29

Recent births to DEP employees:

- Elise Barraclough, born April 19 to Marc Barraclough, Information Technology Office, and his wife, Tara.
- Cynthia Robin Schaer, born May 7 to Nick Schaer, Division of Mining and Reclamation, and his wife, Julie.
- Mateo Garcia, born July 3 to Bernardo Garcia, Office of Oil and Gas, and his wife, Andrea.

Marriages

- Ashley LeMasters, Division of Mining and Reclamation, to Eric Carroll, May 2.
- Autumn Spears, Administration, to Evan Smith, May 30.

WALKERS

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Kozak, one of the Wellness representatives for the Division of Water and Waste Management. She usually does the programs because she's "always getting ready for the next doctor's appointment."

"Walking clears the mind," Kozak said. "And it's a convenient form of exercise, rather than going to the gym."

A co-worker and fellow walker, Annette Bennett, is a rare Wellness participant.

"I didn't do the programs before because there was never enough time," Bennett said. "This program involves walking, which you do every day. Also, lack of motivation kept me from participating. This program was offered at work and I felt like I should do the program — I'd make myself walk."

The Wellness program offers a number of health-conscience programs throughout the year.

Most reward the over-

all winner with a big prize. This program, however, leaves the main prizes up for grabs to all who participate and turn in the weekly reporting form.

"I wanted to reach and encourage the sedentary employees to try," said Teresa Weaver, the Wellness coordinator for the agency. "Having everyone eligible for the drawing to decide who'll get the main prizes lets participants know they still have a chance to win. Of course, everyone who signed up got a pedometer."

Weaver explained that pedometers are needed to count steps.

"There are incentive prizes for the person who comes in first each week," Weaver said.

"The competition has been dominated by Bob Barnes, an employee who had more than 220,000 steps in his first week.

"The group, as a whole, walked 1,003,978 steps in week five," Weaver said. "Each week the number of steps has increased. It'll be inter-

esting to see how many steps they'll end up with and if Bob holds onto the top spot."

Some of the incentive prizes are a water bottle, CD holder, jump rope, self-care book, heart-rate watch and exercise ball.

"Bob has gotten all of the incentive prizes, except for week five," Weaver said. "That week, Annette Bennett won. The prize was ankle/wrist weights. She said all of the walking was because she had a very busy week. Her sister was in an accident and she moved into her new home. Between the running back and forth, and the pacing, she did a lot of walking.

"I think everyone wants to beat Bob, but it's all good-natured competing," Weaver said.

Weaver said everyone who participates and turns in their weekly reporting form and a survey are eligible for prizes.

"There's a cash prize of \$25, a leather overnight bag, and a DEP folding chair," she said.

"I will e-mail the post-surveys prior to Aug. 28 and need them back by Sept. 1. That gives participants a few days after the program ends to get me their completed post-surveys. I will have the drawing Sept. 2, and I will send all employees an e-mail announcing the winner."

Weaver said having the program during the warm summer months encouraged more participation.

"Walking is an excellent way to exercise," she said. "A daily walking routine that includes moderately paced or brisk walking can control weight, lower cholesterol, strengthen the heart and reduce the likelihood of serious health problems.

"It is also a great way to deal with many problems that aren't just physical — like helping you relax and sleep better, increasing your energy level, helping you control your appetite and managing your weight. It reduces stress and makes you feel good."

State watershed network honored

A Partners in Conservation Award was presented to the West Virginia Watershed Network for exemplary service in promoting watershed conservation.

The award was presented this spring by Secretary of the Interior Ken Salazar.

The award recognizes the watershed network for empowering the residents of West Virginia in managing water resources through informal partnerships with state and federal agencies, including the Interior's Office of Surface Mining and non-profit groups.

The West Virginia Watershed Network conducted a statewide forum to discuss permits required when conducting remedial work in or adjacent to state streams and wetlands.

The result was the publication of the "Stream Disturbance Permit Booklet."

Little Kanawha cleanup



The city of Burnsville teamed up with the Department of Environmental Protection in July to clean up a seven-mile section of the Little Kanawha River from the Burnsville Dam to the Braxton-Gilmer county line. About 50 volunteers worked over two days to remove approximately 1.5 tons of trash and 150 tires from the river. The DEP's REAP program also assisted the city with another site and disposed of four tons of trash, said Greg Rote, program manager for REAP.