BPC joins with Shepherd

SHEPHERDSTOWN – Berkeley Community Pride Inc. has recently partnered with the Shepherd University Foundation to present a scholarship to students studying environmental studies.

Berkeley Community Pride Inc., an organization that was started more than six years ago to reduce litter, encourage community-wide recycling, and educate area youth on the importance of responsible use of resources.

An annual scholarship of $500 will be awarded each spring to Eastern Panhandle students who major in environmental studies, maintain a minimum GPA of 2.5 and participate in community and/or campus service.

The scholarship was established in May 2009 and organizers said that they hope to provide more scholarships in the future.

Maria Loensen, board member for Berkeley Community Pride, said that one of the major goals of the organization is the focus on education.

This year’s first recipient of the award is Jessica Curtis of Martinsburg, who is currently a junior and is also the president of the Shepherd Environmental Organization.

Curtis was previously a biology major and recently switched to environmental studies, which she says allows her to have a more hands-on approach and provides more interaction with the community, as well as an opportunity to meet more people.

Curtis was one of several students who competed for the award from Shepherd’s environmental studies program. Applicants wrote an essay, and it was Curtis’ essay about snakes that appealed to the deciding committee.

“Jessica is a tangible example of what we hope to accomplish through the organization,” Loensen said.

Bill Firey, Berkeley Community Pride board member, Jessica Curtis, recipient of this year’s scholarship, and Maria Loensen, Berkeley Community Pride board member, meet in Shepherd University’s McMurran Hall.

University plans 2011 Paris trip

SHEPHERDSTOWN – Shepherd University’s Department of Contemporary Art and Theater is planning a trip to Paris in March 2011.

Rhonda Smith, chair of the Department, created a tour that includes three days of free time to explore the city and the opportunity to view historic and contemporary art venues.

The general public is welcome to participate in the weeklong trip from March 9 to 16, 2011. The tour is an Education First Tour.

Anyone who enrolls before Jan. 5, 2010, will receive $200 off the total cost of the trip.

By enrolling now participants will have a year to make monthly payments of $163.

The department will be offering a course in conjunction with the tour during the spring 2011.

The course will be taught by Smith and will familiarize participants with the locations and artists of Paris. Smith has led four previous trips to Paris.

To enroll visit EFTour.com; tour No: 195852.

The price for the tour package is $2,473 for those under 25 years of age, which includes 8 days and 6 nights in Paris in a centrally located hotel near public transport, comprehensive sightseeing tours of Paris and Versailles, entrance to Versailles and gardens, round-trip air fare, transfers to and from the airport in Paris, breakfast, dinner for days two and five, full-time service of EF tour director, and a round-trip metro pass for days two and five.

An optional excursion to Chartres and the Loire Valley is an additional $180 if paid before November 2010.

For more information on the itinerary, contact Smith at r-smith@shepherd.edu.
Paper recycling program making money

By MATTHEW UMSTEAD
matthewu@herald-mail.com

MARTINSBURG, W.Va. - A nonprofit organization's paper recycling program is producing enough revenue to support Shepherd University students studying environmental studies with a scholarship and to provide tuition for middle school students to attend a state-sponsored conservation camp.

Berkeley Community Pride Inc. has collected more than 370,000 pounds of shredable paper since the group first launched a one-day paper drive as a United Way Day of Caring project in September 2004, according to president Bill Klingelsmith.

The sale of the recyclable paper has generated about $19,000, Klingelsmith said last week after the organization's partnership with Shepherd University Foundation was announced.

"It's been a nice revenue stream for us at BCP," Klingelsmith said. "It keeps a lot of our programs solvent."

The paper drive is held the second Saturday of every other month from 8 a.m. until noon at the Quad/Graphics plant near Martinsburg. The next event will be in January. Temporary signs are put up to direct participants to the drop-off location at the plant off Caperton Boulevard.

Newspapers, magazines, phone books, loose leaf paper and clean cardboard that is free of metal are accepted.

BCP board member Ron Gunderson, credited the organization's "strong partnership" with Quad/Graphics for making the program possible. The paper is chipped and baled, then sold on the paper market, and 100 percent of the proceeds are returned to BCP, according to Klingelsmith, a member of the company's management team.

Established as an anti-litter group in 2001, BCP became a nonprofit organization in February 2003 and has since broadened its mission to encourage environmental stewardship, said Gunderson, who stepped down as president last year.

With the addition of the Shepherd University Foundation partnership, Klingelsmith said BCP now is engaged in education programs from elementary school level through college. The $500 Shepherd University scholarship will be awarded each spring to an Eastern Panhandle student who majors in environmental studies, maintains a minimum GPA of 2.5, and participates in community and/or campus service. Shepherd University junior Jessica Curtis of Martinsburg was the first scholarship recipient.

Last month, BCP board members voted to sponsor up to seven Berkeley County middle school students to attend the West Virginia State Conservation Camp, which is supported by an array of state and federal agencies, including the National Park Service, state Division of Natural Resources and Department of Environmental Protection.
Klingelsmith said students will be chosen through a competitive process. The camp offers students the opportunity to meet with Natural Resource professionals, explore potential careers, learn new skills and meet lifelong friends from across the state.

The scholarship and conservation camp award programs join the organization’s ongoing support of the Berkeley County Science Fair, where students with the top placing environmental projects receive cash prizes from BCP, Gunderson said.

In the spring, elementary students take part in a grocery bag art program. Paper grocery bags are donated from area stores and distributed to third- and fourth-grade classrooms, where students decorate the bags with anti-litter-related art. The bags are sent back to the stores, where they are distributed to customers who choose paper over plastic.

"Some of them are very inventive," said Berkeley County Commissioner William L. "Bill" Stubblefield, who founded BCP.

Aside from education initiatives, the paper drive revenue also helped BCP purchase paper collection boxes for schools in the county and for participants of the paper drive, Gunderson said.

For more information about the Shepherd University Foundation-BCP scholarship, individuals may contact Monica Lingenfelter at the Foundation at 304-876-5397 or send e-mail to mlingenf@shepherd.edu.
Professor receives grant for physics department

BY ERIENNE GREENE
JOURNAL STAFF WRITER

SHEPHERDSTOWN — Dr. Jeff Groff, assistant professor of physics at Shepherd University, has been awarded a West Virginia EPSCoR Innovation Grant.

EPSCoR, which stands for the experimental program to stimulate competitive research, is designed to fulfill the National Science Foundation’s mandate to promote scientific progress nationwide.

It is directed at those jurisdictions that have historically received lesser amounts of NSF Research and Development funding.

Groff received the grant in the amount of $72,000.

The money will be used for expanding the current physics curriculum as well as developing new hands-on laboratory exercises and demonstrations in biophysics.

It also will provide new student research opportunities and expand current physics outreach efforts in the public schools and the broader community.

“This award is important for Shepherd University because cutting-edge science is increasingly happening at the interface of traditionally compartmentalized scientific disciplines,” Groff said.

He said adding biophysics content to the physics program at Shepherd will “expose students to emerging graduate and career opportunities at the interface of the physical and biological sciences.”

This is the third West Virginia EPSCoR Innovation Grant to be awarded to a Shepherd University faculty member, with all three being in the Institute for Environmental Studies.

The first Innovation Grant was awarded to Dr. Jason Best in 2004 and funded the Shepherd University Observatory. In 2005, Dr. Ed Snyder and Dr. Clarissa Mathews received an Innovation Grant to establish the Shepherd University Renewable Energy Demonstration Zone.

— Staff writer Erienne Greene can be reached at (304) 263-8931, ext. 183, or egreene@journal-news.net
Justin Namolik, head coach for the men’s basketball team, had a desire to get his team involved in the community.

Last summer, he met with the director of the Boys and Girls Club in Martinsburg to team up with the club to provide tutoring and mentoring services to students after school.

Since then, an average of three team members go to the Boys and Girls Club once a week during the fall semester of the academic year to help the students with homework.

Namolik said that if there is no homework on that particular day, team members hang out in the recreation room and also to play basketball with them in the center’s gymnasium.

This past spring, team members also helped the club with the basketball clinic, helping to retrieve the teams.

“It’s good for the guys,” Namolik said. “It gets them off campus and gives them a different perspective and allows them to give back to the community.”

Namolik said in the process, a relationship has formed with the club.

Brantley Osborne, a freshman shooting guard from Sunbury, Pennsylvania, said that the kids are always really excited when they know the team members are coming.

“We play ball with the kids,” Osborne said. “They enjoy it.”

Tucker Lucas, a sophomore point guard from Hermann, Virginia, has been going to the club for the past two seasons.

“I like playing with the kids and getting involved,” Lucas said.

“It gives them someone to look up to,” Justin Bryan, a freshman forward for the Rams and native of Charles Town, said that it’s a good influence for the kids and it’s good teambuilding exercise among the team members.

Stefan Pearson, of Baltimore, Maryland, is a freshman guard for the Rams.

“It’s good to give back to the community and it’s been good to build relationships with them each week.”

Amber Glennon, director at the Boys and Girls Club in Martinsburg, said it has been a great partnership to have with Shepherd.

“The kids get to interact with the players and it’s rare to see college athletes here,” Glennon said. “It’s nice to see them giving back to the community.”

Glennon said that not only is it good to have role models for the kids to look up to, it gives them extra hands at the club to help with tutoring and mentoring.

“The boys especially relate well to (seeing the athletes come in),” Glennon said. “It sets a good example.”

Glennon said that it’s hard to predict what role the athletes’ impact will have on the students, but worthwhile in the realm that it could inspire just one student.
Title IX admissions review includes area

The U.S. Commission on Civil Rights has announced that the
admissions records of 19
Washington, D.C., area
colleges will be reviewed
as part of a Title IX
review of undergraduate
admissions policies.

The decision factor
in the selection of the institu-
tions in the Title IX
compliance audit is that
all are located within a
100-mile radius of
Washington, D.C., the
commission’s headquar-
ters.

The broad range of
colleges and universities,
representing public, pri-
vate, religious, and his-
torically black institu-
tions, includes two
schools from Virginia,
six from Maryland, five
from Pennsylvania, three
from Washington, D.C.,
two from Delaware, and
one from West Virginia.

Shepherd University,
Shepherd, West
Virginia’s public liberal
arts university, was iden-
tified for inclusion in the
commission’s review
because Shepherd is a
moderately selective
public university.

"Shepherd University
is committed to equal
opportunity and that
extends to our admis-
sions policies," said
Shepherd President
Suzanne Shipley. "The
commission has played
an important role in
advancing civil rights
causes, and we welcome
its review of this impor-
tant issue in higher edu-
cation." Shephard’s current
undergraduate student
body is comprised of
1,566 male and 2,121
female students, a split
of 42.5 percent male to
57.5 percent female. Of
3,183 undergraduate
applicants for the fall
2009 semester, 2,338
were accepted of which
44.2 percent were male
and 55.8 percent were
female.

"We are confident
that our admissions data
will show that Shepherd
University doesn’t
attempt to shape the
gender composition of
its student body through
admissions policies,"
said Kimberly Scranage,
vice president for en-
rollment management. "Our
ratio of male to female
students reflects the
national college atten-
dance of men and
women."

According to Lenore
Ostrowsky, acting chief
of the public affairs unit
of the U.S. Commission
on Civil Rights, the Title
IX Project report should
be finished by June 2010.
Real judicial reform? Yes? No? Maybe?

By Delegate John Doyle

The Doyle Report

The Judicial Reform Commission established by Governor Joe Manchin has come to its conclusions. Pardon me if I'm not overwhelmed. The Commission held three public hearings. I testified at one. I believe I ended up being the only member of the State Legislature to testify.

Former US Supreme Court Justice Sandra Day O'Connor was persuaded by Governor Manchin to be Honorary Chair of the Commission. She did West Virginia a great honor by agreeing to serve, but I fear we may have wasted her time.

Justice O'Connor made an impassioned plea for West Virginia to do away with its present system of selecting its judiciary. We are one of only a handful of states that choose our arbiters of justice by partisan election.

She argued forcefully and persuasively I thought, for West Virginia to change to a system whereby justices, judges and magistrates are appointed by the governor with what is called a "retention" election following shorty. The governors' selections would come from recommendations made by the state bar.

Failing that, she said we should at the very least make the elections non-partisan. The Commission recommended neither. I'm quite disappointed.

I'm also disappointed that the Judicial Reform Commission did not recommend our state bring the judicial system's budget under the appropriating authority of the Legislature. The American doctrine of Separation of Powers, enshrined in the United States Constitution, gives the legislative branch the sole authority to appropriate money for the operation of itself and of the other two branches, the executive and the judicial.

That's the "hammer" the legislative branch has to hold over the other two. The judicial branch's "hammers" is the ability to declare laws passed by the legislature and actions taken by the governor unconstitutional. The governor has the power of the veto and the power to appoint judges and justices (except in those states, like ours, where the governor lacks that power).

The United States Congress has the power and responsibility to appropriate the money with which the federal court system operates. So do the legislatures of all 49 of our sister states. In West Virginia, the legislature must give the judicial system every penny the State Supreme Court demands. No justification is necessary. I think that's appalling.

The Commission did recommend some worthwhile changes in our judicial structure. Two stand out.

Our judiciary has three levels. On the first level are magistrate courts and family courts. Magistrates adjudicate small claims and conduct preliminary hearings in criminal cases. Family court judges hear cases regarding divorce and child custody.

Circuit courts are the second level. They are the courts of original jurisdiction ("trial courts") for all criminal and civil cases. The State Supreme Court of Appeals is the only appellate court. Appeals to this court are not guaranteed – whether or not an appeal is granted is completely up to that court's five justices.

That's been a bone of contention for years. Most states have an intermediate appeals court, to which appeals are automatically granted. The theory (to which I subscribe) is that everybody deserves the opportunity for a second opinion. In our state, if you lose at the circuit court level and the Supreme Court says "no appeal," you're up the proverbial creek without a paddle.

The Reform Commission did recommend that West Virginia establish such an intermediate appeals court. I wholeheartedly agree.

The Commission also recommended that our state begin to experiment with public financing for judicial elections. I've been a supporter of public financing of all elections for many years, so I welcome that recommendation.

But even with that good work, I think the Judicial Reform Commission fell far short of what it could have and should have done.
Jim Auxer: A quiet leader

When Professor Harold Goldberg wrote "D Day in the Pacific," critics said he gave us one of the best accounts of the battle of Saipan ever. D Day in the Pacific sites act of bravery so profound it's hard to believe they're non-fiction. One such recent was about a very young marine, one Arthur James Auxer Jr.

Auxer was stationed on a ship in the Pacific near Pearl Harbor. The documented incident took place after the Dec. 7 attack. One night, for no explicable reason a fire broke out on board and spread wildly and with deadly speed. Auxer plunged into the Pacific again and again to rescue brothers who had jumped to extinguish flames already eating away at their bodies. Auxer was recognized as a hero for his selflessness and would go on to receive many decorations for meritorious service during World War II. To this day, no one is more proud of this marine than is the Mayor of Shepherdstown Arthur James Auxer III. Jim Auxer grew up in Harrisburg, Pa. He was the older of Ruth and Arthur's two sons. Little brother Jeffrey completed the family where life was good. "My parents were always supportive of my brother and me. We had a wonderful childhood." When Arthur Jr. died he left his family with great memories, but Ruth, at age 94, just retired from teaching in the school her son's attended: Central Dolphin High School. Jim starred on the football field at Central Dolphin. He didn't say he starred for he's a modest man but he was captain and all-state defensive; so "star-ting" was a good guess. "My parents saw all our games. My friends loved them and still go to see my mom." Jim's high school buddies don't just make a pass by at Ruth Auxer's either. They mow the lawn and shovel the snow, because "My mom is the nicest and best person I know."

The Auxers got involved in scouting where Jim was a Life Scout. Order of the Arrow and he remembers camping and trips to Dewey Beach, Del. And loving it. To this day a family trip to Dewey Beach is summer tradition. It was the 1960s and college wasn't something that was a given for a lot of high school graduates. The cost of college was beyond the reach of many, unless they came looking for you. Jim Auxer was the first in his family to go to college. He had been noticed on the football field and several colleges were interested but when it came time to choose, he chose Shepherd College. The recruiting network that came into play included Roscoe Warner, coach at Harrisburg Susquehanna who spent summers coaching training camp at Shepherd and Jesse Riggelman, Roscoe's good friend and Central Dolphin Coach. Jesse showed Roscoe game film, a dazzled Roscoe reports back to Shepherd and the rest is history. Now at Shepherd College football was big, the school could pick and choose. Shepherd wanted Jim Auxer. The lad loved football but he also loved history, and Shepherdstown was a great recruiting tool. Jim realized that Shepherdstown would feed his love of history.

See Auxer —— page 23
Axsor from page 7

"If only those old homes could talk." Jim played for the Rams for four years, lettering four times, and was chosen all-conference two years running. He pledged Tau Kappa Epsilon, managed Sara Cree, made lifelong friends and got good grades.

"My parents enjoyed my college education almost as much as I did. They became involved, enjoyed my friends and my friends families. My father loved watching me play ball." Today, Jim gives Shepherd College credit for helping him build the foundation for his life. In 1969 he graduated with a BA in History and Elementary Education (with an emphasis on Physical Education). His first job out was at Sally Elementary in Sterling, Va., teaching 4th grade. He was also the football coach at Broadman High School where he worked with Shepherd alumnus: Lynn Carr and Ronnie Pyles. From there he became a graduate assistant at Shippensburg University in the Rowland Lab for MIE counseling and discovered his passion and talent as a counselor. "I liked to listen and help to resolve issues." In 1972 Jim finally got an opportunity to work in the major league of tough cases when he became a counselor at Camp Hill State Prison in Harrisburg.

He soon headed up the mental health unit. He also volunteered at Catholic Social Services and provided counseling for unwed mothers. Eventually he had responsibility for 250 inmates and 70 officers at Camp Hill. Jim does not minimize this experience, nor does he exaggerate. He just tells it like it was. There was a riot in 1989 though that he wouldn't discuss. He said, "It's not like you see on TV." Miraculously, this well-documented riot resulted in no deaths despite the three-day hostage situation and $200 million in damages.

The 80s had brought all kinds of change for Jim Axsor. One fine day, Dawn Fye, an eye-catching resident in the Harrisburg neighborhood was out renovating her home. "I think Dawn was hoping I'd offer to do the work for her," Jim laughed. "I didn't... but I did lend her some tools and took her out for dinner." Apparently dinnner went well and Jim and Dawn were married in 1986. Five years later, Dawn, with a Masters Degree in industrial psychology and a prestigious career in government, decided to give it up for the world of the stay at home mom and she's never looked back.

Joselyn Axsor was born in 1991 and by this time the Axsor's had bought a home on New Street in Shepherdstown. "We were looking for a place where we felt most comfortable."

Eighteen years later, the Axsor home, now with kittens Chief and Teke, is still that wonderful place on New Street. There was a time when Jim owned a horse stable and showed jumpers: Bernie and Airport. Though Jim has had little time to ride lately. Bernie at 28 is still around, just not in the New Street house. The fair Joselyn is in Jefferson High School Class of 2010. And, an AP scholar to boot. Joselyn's been fielding calls from some big name colleges in New England. Jim finds it difficult to even think about her leaving and said wisely that parents do at this time. "I taught her how to ride her bike," Then, "My wife and daughter are wonderful. I'm very proud of what Joselyn has done. But... it was Dawn who drove her to practice at the crack of dawn and to swim meets around the state every weekend. I'm very proud of Joselyn and I'm very proud of her mother. We're a close family."

Back to 1999 — After 29 years at Camp Hill State Prison, Jim decided it was time to go and joined the staff of Eastern Regional Jail as Vice President of Prime Care. Jim usually works on holidays and today is no exception. "Dawn, Joselyn and I will open gifts and celebrate a little in the morning and then I'll go to work." Why does the boss work holidays? "When you lead you have to be willing to show your people you're willing to do whatever they have to do. As for the rest need to be there... These men need counseling at Christmas more than any other time. They're messed up their lives and they're locked up. They need to talk and have someone listen. That's what I do. I provide counseling, solve problems and help the jail run better. I do what I can."

In 2000 Jim Axsor decided to run for mayor of Shepherdstown. "NO, I didn't expect to win," he laughed. "No one thought I was going to win." Well he did win and began immediately working on Shepherdstown infrastucture. "Infrastructure is my thing." First the septic systems hook-up for the End East that had been promised in 1980 was completed and then the sewer plant started, and then another election and another mayor. Not to be discouraged and. "There was still a lot of work to do" Jim ran again, and in 2007 he won again.

You have to be in hibernation not to notice the changes that have taken place since Jim came to office two years ago. Changes for the better. He gives credit to the Town Council. He has nothing but praise for Meredith Wait, president of the SBA, and Dr. Suzanne Shipley for willingly and regularly sitting down with him to bring Shepherd University, the business community and the town government all under one tent for the betterment of Shepherdstown. "It's the only way to learn and rectify situations." And "Yes it looks like there's going to be a Shepherd parking garage."

The Mayor arrives at Town Hall at 6:30 a.m. on weekday mornings. And hour later he's at the Wellness Center which he calls "A great recruiting tool for Shepherd." He's out on the street by 8:45 and on any given day is listening to man who stop him to talk. He's back in the office from 9:30 to noon taking care of business and then he goes to work... at Eastern Regional. He supports town events, school events, and goes to ALL Rams football games. He's the recipient of awards and honors such as 2009 SU Alumni of the Year and takes it all in with humility.

Jim Axsor is an interesting guy. At first glance he's a beast of a man, serious and a little gruff. But then you listen to his soft spoken way with a rational explanation or you sit in a single issue Town Hall meeting and watch him listen intently and respectfully to anyone who has something to say, and a different picture emerges. Here is a gentle man, one who feels so deeply about this town that he's willing to make the tough decisions, take ultimate responsibility, and then step up for the adherent slings and arrows. Here is a picture of a true leader.

Proving once again the apple doesn't fall far from the tree.
— Sue Kennedy is a former public relations executive and Emmy Award winning screenplay writer.
Annexation of dorms raises ‘grave’ questions
By Richard A. Zigler
Charles Town:

I have grave concerns about the annexation of Shepherd University dormitories to Shepherdstown.

Yes, the additional live bodies would raise the population of Shepherdstown so they can receive more of the funds from the racetrack, but is this move legal?

Most universities belong to the state in which they are chartered. If this is the case, then they are a state facility and must have the blessing of the state of West Virginia, without which the dorms ... cannot be annexed any more than the Homeland Security facility near Harpers Ferry could be annexed into Bolivar without consulting the federal government.

Next, we have the fact that the student population does not have Shepherd University as a permanent residence. The billing for tuition generally goes to their parents. They have listed at the college a permanent address for purposes of billing and sending grades. How in the wildest imagination can a bona fide resident of California, Maryland or Florida also have a permanent Shepherdstown residence?

Permanent residence is, or should be, defined as to whom they, or whomever claims them as dependents, list as their address on federal tax returns. This is most important because they may temporarily reside in a dormitory for as little as a month to five months per semester, up to two semesters per year. Yes, they may be long-term students who go home for the summer, spring break or the holiday season, but that is my point. They go home.

I also am concerned about their voting status. For the most part, they do not have a permanent stake in our county, nor the municipality of Shepherdstown’s politics, any more than a transient, undocumented foreign national, or for those who are not politically correct, an illegal alien (would).

If they are to be included in the population of Shepherdstown, will they be required to pay county and municipal taxes? If they, or their landlord from whom they rent living space (i.e. Shepherd University), are required to pay property taxes, then I think that they should have a say in what goes on in the county and then may be included. Property taxes also include all highway-use motor vehicles that must be registered in West Virginia and be assessed in the county. Will they be required to do this also, and who will enforce this?

This country fought to free itself from the tyranny of England under the premise of “no taxation without representation.” How can it be fair or legal to have “representation without taxation?”
Local fitness specials available to help jump-start your resolutions for 2010

BY ANDREW R. PELTZ
SPECIAL TO THE JOURNAL

MARTINSBURG — New Year's resolutions usually are filled with promises: Promises that people want to quit smoking, reduce their stress levels or even save money. But statistics show that the No. 1 resolution is to lose weight and get into shape.

Gold's Gym of Martinsburg, Clarksburg and Hagerstown, Md., reports that 40 percent of Americans are overweight and 30 percent are obese.

In West Virginia, researchers estimate that the direct health care cost of obesity for the state is $364 million, according to www.americashealthiest.org. It has West Virginia ranked in 48 out of 50 in terms of having the highest prevalence of obesity among residents. That equates to 31.9 percent of the population.

Local health officials report that these numbers aren't new news, but they continue to dole along with the health of those who live in the Mountain State. That is why many are looking at this new decade as an opportunity to promote healthy living.

Gold's Gym is offering a free workout weekend this holiday from New Year's Day through Monday in a way to help kickstart a new exercise plan for those interested in making commitments to fitness.

Gold's Gym is encouraging the public to start their 2010 fitness resolutions off on the right foot with free workouts and wellness advice. Health and fitness experts will be at the local facilities to offer on-site assistance and tips on how to set realistic resolutions that stick and maintain a fitness program throughout the year.

“IT'S the perfect time for a fresh start,” Brent Garrett, manager, WVU-East's Wellness Center, said at a recent meeting of the Martinsburg Gold's Gym.

WVU-East's Wellness Center

WVU-East’s Wellness Center also is committed to staffing people with their fitness goals.

Garrett, the wellness center's manager, said his facility, located in Martinsburg with the McGar- rick Center on City Hospital’s campus, is the first in the area to offer the Technogym system. It also is the only hospital-based fitness center locally.

“It’s the perfect time for a fresh start,” Garrett said of the new year.

In addition, every staff member at the wellness center has a bachelor's degree in the field and is certified to provide each client with a customized exercise plan. A full-service center along with specific personalization helps set the wellness center apart, Garrett said, inviting the public to explore any one of the many programs that are available there.

More information is available online at www.wvu-east.wvu.edu/wes-wellness-center or by phone at 304-293-4100.

Jeffrey S. Cramm, Shepherd University interim president, said Shepherd is stepping up to try and assist local residents with their new fitness goals. The Shepherd University Wellness Center promotes healthy living by providing its patients with recreational programming, safe exercise environment and professional services, according to its Web site.

On the Net: log on to www.journal.com for its online New Year’s Resolution Builder.

Resolution

From Page B1

Top 10 HINTS TO ACHIEVE SUCCESS WITH YOUR WEIGHT-LOSS GOALS

1. VISUALIZE YOUR END RESULT.

2. GET A FITNESS ASSESSMENT TO FIGURE OUT YOUR STARTING POINT AND LEARN YOUR STRONGS AND WEAKS.

3. GOING FORWARD, COMMIT TO FITNESS REAPMENT EVERY HOUR TO 12 WEEKS TO TRACK PROGRESS.

4. SET SMALL, ACHIEVABLE GOALS THAT BUILD MOMENTUM. LONG-TERM GOALS ARE IMPORTANT, BUT SHORT-TERM GOALS PROVIDE BURST OF MOTIVATION WITH EACH MILE STONE.

5. CREATE A SCHEDULE TO KEEP YOURSELF CONSISTENT. CONSISTENCY REALLY DOES MATTER.

6. JOURNAL YOUR EXERCISE AND DIETARY INTAKE ON A DAILY BASIS.

7. CHANGE UP YOUR EXERCISE ROUTINE EVERY FOUR TO SIX WEEKS. STEVE FOR CONTINUOUS PROGRESSION IN YOUR PROGRAM SO THAT EVERY WORKOUT IS A CHALLENGE.

8. TROUBLESHOOT YOUR EXERCISES. WRITE THEM DOWN, THEN ASK YOURSELF, "HOW WOULD OTHERS RESPOND TO THIS?" YOU'LL BE SURPRISED AT HOW IMPACTFUL BEING IN THEIR SHOES CAN BE.

9. WHEN IT COMES TO SEEING RESULTS, BE PATIENT.

10. TELL YOUR FRIENDS ABOUT YOUR GOALS. THIS WILL ENSURE A SUPPORT SYSTEM AND MAKE YOU ACCOUNTABLE TO SOMEONE, SO YOU'LL BE LESS LIKELY TO STOP WORKING OUT.
Masterworks Chorale sets Requiem auditions

The Masterworks Chorale, the Eastern Panhandle’s premiere vocal ensemble, under the direction of Dr. Erik Reid Jones, will be holding auditions for the great masterpiece of choral literature of the Romantic era, A German Requiem by Johannes Brahms, to be performed in May 2010. Auditions are open to everyone, and consist of vocal exercises. Singers are not required to prepare a piece in advance.

The Masterworks Chorale meets Monday evenings at 7:30 p.m. in the Frank Arts Center rehearsal hall. The 100-member vocal ensemble, comprised of Shepherd University vocal students and members from the surrounding community, presents two full-length concerts per year of great masterpieces from the choral literature as well as appearances at the Annual Holiday Gala and Family Concert. The first concert of the season, Wolfgang Amadeus Mozart’s Requiem Mass in D minor, with full orchestra and soloists, was performed this past November at the Frank Arts Center Theater in Shepherdstown as part of the Friends of Music Concert Series as well as at St. James Catholic Church in Charles Town.

The Chorale also appeared at the recent Annual Holiday Gala Concert at the Frank Arts Center on December 5th and 6th. On Saturday, May 1 at 8:00 p.m. the Masterworks Chorale will perform A German Requiem by Johannes Brahms, with full orchestra and guest soloists at St. James Catholic Church in Charles Town, and on Sunday, May 2 at 7:00 p.m. at the Frank Arts Center Theater as part of the Friends of Music Concert Series.

Music director, Dr. Erik Reid Jones, is the Director of Choral and Vocal Activities at Shepherd University in Shepherdstown, West Virginia, and founder and artistic director of the Master Singers of Virginia. He received his Bachelor of Music degree summa cum laude in vocal music education at the University of Massachusetts at Amherst, his Master of Music degree in choral conducting at the University of Cincinnati, and his doctoral degree in choral conducting at the University of Maryland at College Park. Locally, he has taught at Shenandoah Conservatory, Harford Community College, and the University of Maryland. While his conducting takes him all over the Washington, DC region performing music from medieval times onward, he has a particular love for a cappella choral music of the 20th and 21st centuries. Dr. Jones is a published author and an avid choral composer, with over twenty works to his credit, most of which have been premiered by the Master Singers.

Anyone interested in being part of the group should attend the rehearsal of the ensemble on Monday, January 11th at 7:30 p.m. in the Rehearsal Hall in the Frank Arts Center. For more information or to schedule an audition, contact Dr. Erik Reid Jones at 304-876-5371 or email ejones04@shepherd.edu.
Shepherd professor wins state innovation grant

Dr. Jeff Groff, assistant professor of physics at Shepherd University, has been awarded a West Virginia EPSCoR Innovation Grant. The $72,000 grant will be used for expanding the current physics curriculum as well as developing new hands-on laboratory exercises and demonstrations in biophysics.

The grant will also provide new student research opportunities, and expand current physics outreach efforts in the public schools and the broader community.

“This award is important for Shepherd University because cutting-edge science is increasingly happening at the interface of traditionally compartmentalized scientific disciplines,” said Dr. Groff. “Adding biophysics content to the physics program at Shepherd will expose students to emerging graduate and career opportunities at the interface of the physical and biological sciences.”

This is the third West Virginia EPSCoR Innovation Grant to be awarded to a Shepherd University faculty member; all three being in the Institute for Environmental Studies.

The first Innovation Grant was awarded to Dr. Jason Best in 2004 and funded the Shepherd University Observatory. In 2005, Dr. Ed Snyder and Dr. Clarissa Mathews received an Innovation Grant to establish the Shepherd University Renewable Energy Demonstration Zone.
Why it takes so long to clear snow

The Doyle Report

By Delegate John Doyle

The blizzard that hit our region December 19 produced for many mountains and phone calls in subsequent days. Lots of citizens wanted to know why it took so long to get the snow off the roads. Several factors contributed.

The West Virginia Division of Highways (DOH) kept crews on the roads up to the limit of human endurance. I very much appreciate their dedication. Why, then, did it take so long?

Part of the explanation is the situation in which the Eastern Panhandle finds itself vis-à-vis state government. Snow removal is but one of many examples of how Charleston misapplies what it calls the “Far East.”

Most discussions in the local media about “locality” pay for public employees focus on public school teachers. But the DOH takes more time than it should to clear the roads is partly a result of West Virginia refusing to adopt locality pay.

Locality pay is tantamount to the cost of living in a given locality. The federal government has locality pay, as do many states. West Virginia does not. The Eastern Panhandle delegation to the State Legislature has tried for many years to get some form of locality pay, be it a salary adjustment, housing allowance or some other version for state workers and public school employees. Legislators from other parts of the state refuse, saying this amounts to “special treatment” for the Eastern Panhandle. I say it would amount to “fair treatment.”

The Jefferson County headquarters of the DOH is short of its allotted complement of employees by about a third. Were that headquarters at full strength, the roads would have been cleared much earlier.

Another problem is shortage of equipment at the Jefferson County headquarters. For example, snow that has been packed by vehicles before road crews can get to the location cannot always be completely removed by plows on the front of trucks. Removing that packed snow requires road graders. Jefferson County is assigned two graders, and one of them broke down during the blizzard. I think a county the size of Jefferson should have more than two graders. Consistent shortage of equipment is yet another manifestation of Charleston’s attitude toward the Eastern Panhandle.

A few years ago, State Senator John Unger, Chair of the Senate Transportation Committee, persuaded the DOH to institute locality pay administratively. The resulting firestorm from state road workers over the rest of West Virginia produced an even more intense negative reaction in the Legislature than had previously been the case. As a result, salaries here have not been raised enough to do any good. 20-20 hindsight, I think the only way to make locality pay work is to persuade the Legislature to bless it by passing a law.

Jefferson County has one of only four states that has no “county” road system. The others are Virginia, North Carolina, and Delaware. West Virginia does have roads that are called “county” roads, but the state maintains them. The lack of a county road system in West Virginia is a direct result of the Great Depression of 1929-1940. Many counties were about to go bankrupt. The state took over the responsibility of maintaining all public roads in the state outside municipalities to keep counties solvent. I don’t know the history of this issue in the other three states, but I suspect it might be the same story in one or more of them.

The idea of returning the secondary and tertiary roads to county responsibility is periodically advanced in the Legislature. A formula would be worked out to let counties have some of the money that now goes to the state to maintain roads. Presently the State Road Fund gets its money primarily from gasoline taxes and automobile license fees. I think this idea would certainly benefit the Eastern Panhandle. No longer would the portion of our taxes that pay for secondary road maintenance go to Charleston (with less than our fair share returned to us). County commissioners around the state are terrified by this proposal. They don’t want the responsibility of maintaining secondary and tertiary roads. I don’t know how Eastern Panhandle county commissioners view this idea, but I hope they see its benefit.

Municipal governments have the responsibility of maintaining city streets (homeowners’ associations have the same responsibility for streets of residential subdivisions). The state has the responsibility of maintaining state highways that are also city streets, like Washington Street in Bel Air and Hagers Ferry and Duke Street (as well as parts of German Street and Princess Street) in Shepherdstown. Some municipal governments (Shepherdstown is an example) prefer to do their own snow removal on streets that are also state highways. There’s a good reason for this. When the state plows a road, it just blasts through and clears the roadway. Any vehicle or parking space the plow passes will have the snow removed from the road added to whatever snow is already on it. City governments prefer to use front end loaders to remove the snow from parking spaces and around cars as well as from the roadway itself. This takes longer than simply running a plow through.

I hope this answers at least some of the questions you have about snow removal.

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Don’t forget our “town meeting” on January 7, 7:30-9pm at the Robert C. Byrd Center for Legislative Studies on the campus of Shepherd University. We’ll talk about the issues that are likely to take center stage during the upcoming 2019 Regular Session of the State Legislature.

State Delegate John Doyle, D-Jefferson, represents the 57th District in the West Virginia House of Delegates.
Dates: January 1, 2010

Publication: The Shepherdstown Chronicle

SU Masterworks opens auditions

The Masterworks Chorale, the Eastern Panhandle's premiere vocal ensemble, under the direction of Dr. Erik Red Jones, will be holding auditions for the great masterpieces of choral literature of the Sacred Era. A German Requiem by Johannes Brahms, to be performed in May 2010. Auditions are open to everyone, and consist of vocal exercises. Singers are not required to prepare a piece in advance.

The Masterworks Chorale meets Monday evenings at 7:30 p.m. in the Frank Arts Center choral hall. The 100-member vocal ensemble, comprised of Shepherd University vocal students and members from the surrounding community, performs two full-length concerts per year of great masterpieces from the choral literature as well as appearances at the Annual Holiday Gala and Family Concert.

and members from the surrounding community presents two full-length concerts per year of great masterpieces from the choral literature as well as appearances at the Annual Holiday Gala and Family Concert. The first concert of the season, Amadeus Mozart's Requiem Mass in D minor, with full orchestra and guest soloists, was premiered this past November at the Frank Arts Center Theater in Shepherdstown as part of the Friends of Music Concert Series as well as at St. James Catholic Church in Charles Town. The Chorale also appeared at the recent Annual Holiday Gala Concert at the Frank Arts Center on December 5th and 6th. On Sunday, May 2, at 7 p.m. the Masterworks Chorale will perform a German Requiem by Johannes Brahms, with full orchestra and guest soloists at St. James Catholic Church in Charles Town, and on Sunday, May 8, at 7 p.m. at the Frank Arts Center Theater as part of the Friends of Music Concert Series.

Music director, Dr. Erik Red Jones, is the Director of Choral and Vocal Activities at Shepherd University in Shepherdstown, West Virginia, and founder and artistic director of the Master Singers of Virginia. He received his Bachelor of Music degree summa cum laude in vocal music education at the University of Cincinnati, and his doctoral degree in choral conducting at the University of Maryland at College Park. Locally, he has taught at Shenandoah Conservatory, Harford Community College, and the University of Maryland. While his conducting takes him all over the Washington, DC region performing music from medieval times onward, he has a particular love for a cappella choral music of the 16th, 17th, and 20th centuries. Dr. Jones is a published author and an avid choral composer, with over twenty works to his credit, most of which have been premiered by the Master Singers.

Anyone interested in being part of the group should attend the rehearsal of the ensemble on Wednesday, Jan. 11, at 7:30 p.m. in the Rehearsal Hall in the Frank Arts Center. For more information or to schedule an audition, contact Dr. Erik Red Jones at (304) 876-5171 or email ejones@shepherd.edu.
SU to host Uptown Vocal Jazz group

The Uptown Vocal Jazz Quartet has shared the international stage with Tony Bennett, Nancy Wilson, Sonny Rollins, the Mingus Big Band, the Neville Brothers, Chris Botti, Ahmad Jamal, the Four Freshmen and many other jazz greats. On Friday, Jan. 22, 2010 the Uptown Vocal Jazz Quartet will be in concert at the Frank Center on the campus of Shepherd University. Sponsored by Jack and Helen Saum, this event is the first in the Friends of Music 2010 concert series.

"Friends of Music is kicking off the new year with another stellar line up," said Dr. Mark McCoy, chairman of the Shepherd University Department of Music. "This great evening of vocal jazz brings a new style of music to the series and I am thankful to FOM for making such a much great music happen."

The Uptown Vocal Jazz Quartet has been captivating audiences worldwide with their tightly harmonized renditions of classic jazz, vocal jazz, big band and American Songbook standards. The Jan. 22 program will feature jazz and American popular music by Count Basie, Duke Ellington, Cole Porter, Sammy Fain, Antonio Carlos Jobim, Dizzy Gillespie, Alan Bergman and other greats.

"The Uptown Vocal Jazz Quartet ranks in skill and sparkle with New York Voices and Manhattan Transfer." Said FOM President, Dr. Rob Northrup. "The concert promises to be a stunning and sophisticated evening of the best of the American songbook."

The curtain goes up at 8 p.m. For ticket information and to learn more about the Friends of Music concert series please visit or call (304) 876-5765.

The Friends of Music is a non-profit organization that supports musical excellence at Shepherd University bringing world-class music and a thriving music program to the community.
PATH: What is the real story (this week)

The Doyle Report

By Delegate John Doyle

Shepherd University

Dates: January 8, 2010
Publication: The Shepherdstown Chronicle

Allegany Power announced last week that it was withdrawing its application to build a 765 megawatt powerline through a portion of Virginia. This application had been pending with the Virginia State Corporation Commission, the regulatory body that governs that state's utilities. Allegany said that new forecasts for electric use in the next few years had made the Potomac Appalachian Transmission Highline (PATH) unnecessary for the foreseeable future.

However, Allegany subsequently announced that it was not withdrawing its application to build the portion of the line in West Virginia (the bulk of the distance), saying that PATH would "definitely be needed." Allegany further said it was not going to shift the route of PATH to avoid Virginia. What in blazes is going on here?

This is yet another example of Allegany Power's forked tongue when it speaks to policymakers in West Virginia, Virginia, and Maryland (the other state where it has sometimes had an application and sometimes not).

A bill to apply an extra tax on high voltage transmission powerlines was defeated in last year's legislative session. I opposed that bill because I think that proposal is designed to make the idea of a high voltage powerline more acceptable to the communities through which it would go. However, if the powerline were to be built, that bill would surely be introduced again, and I will oppose it again.

Here's the list and a brief rundown. I will not give the bill numbers because some might change (I expect them all to be introduced again).

The most important bill to pass, to my mind, is one that would direct the West Virginia Public Service Commission (PSC) to balance the question of "need" among applicants, consumers, and the environment. I am a proponent of this bill. Presently, "need" is defined only in terms of the market for electricity. This bill would also mandate that both the "direct" and "indirect" impacts of a line be considered. Currently, only the "direct" effect is to be considered. This means that you get compensated if the power company building a line takes all or part of your property (or an easement on it) to build the line, but you get nothing if it just comes near you but still damages the value of your property.

Another bill which I regard as good but largely irrelevant to the PATH question is one that would mandate energy efficiency of 15 percent by 2015. Laudable, but PATH is not intended to serve any West Virginia customers, so this bill would not affect the construction of the line.

Two bills would affect the structure of the PSC. One would require three members to be elected, rather than appointed by the governor. The other would provide the commission with three members to five, and require them to be from the same congressional district. I oppose the first and support the second with one reservation.

We already have too many public officials in West Virginia. The more officials who are elected by the people, the less attention a voter can devote to the election for a given office.

Three is the worst number of people to have on a governing body of any kind. This is true of the PSC, the West Virginia Racing Commission, a county commission or any other body. It has all the disadvantages of a legislative body and none of the advantages, and it has all the disadvantages of an executive and none of the advantages. It's the old Russian "troika," which was designed to make sure nothing progressive ever happened. A three-member commission succeeds admirably at that.

It's a good idea to make sure the members are geographically dispersed, but I don't think dividing by congressional districts gets the job done. Many statewide boards and commissions have this rule, and it needs to be used. When West Virginia had more than three members of the US House of Representatives (we had six until 1960), & then we dropped to three congresspeople in 1990) converge near Charleston, so its easy to appoint whoever many people need and have them all come from near Charleston.

Plus, we're going to lose another congressional person in 2023. I think we need to start mandating that not more than one person on any statewide board or commission can come from any state senatorial district (we have 17 of these).

I was the lead sponsor of a bill which would mandate that property taken from private hands by condemnation for transfer to other private hands must be paid for at 25 percent above "market value." Under current law, all condemnations call for compensation of "market value," whether the property taken is to be for a public school or a shopping mall. I think a taking for the former should require only market value, but a taking for the latter should require a payment of much more.

This bill would affect far more activity than the construction of a powerline. I think it's important to pass, but I do not see it as an alternative to the first bill on this list.
Till story retold at MLK scholarship event

BY EDWARD MARSHALL
JOURNAL STAFF WRITER

MARTINSBURG — The story of the brutal murder of 14-year-old Emmett Till, who was killed for whistling at a white woman in Mississippi in 1955, and its often overlooked connections to the Montgomery Bus Boycott that would thrust a young preacher onto the world stage was recalled Sunday during the 32nd Annual Martin Luther King Jr. Scholarship Banquet in Martinsburg.

Donations separate from the annual dinner are used to award five $1,000 scholarships to deserving high school seniors in the Eastern Panhandle.

To date, more than 140 scholarships have been awarded.

“I would like to thank all of you who care enough about this program to come out,” Rosabelle Roman, president of the scholarship committee, said to the packed crowd in attendance.

“I appreciate what you do for this program. We would not be able to continue without your help.”

As is tradition, a past recipient of the scholarship is given a chance each year to remark on how it helped that person with individual life pursuits.

This year, fellow scholarships committee member Michael Ferguson was given that chance after the planned speaker fell ill. Ferguson received the scholarship in 1988 and went on to attend Shepherd University, where he earned his bachelor’s degree in chemistry. He would later go on to work for Coca-Cola, Dupont and now works for Ecolab.

“The scholarship affords committed individuals an opportunity to further their education. For me, exposure to higher education led to a life-long commitment to learning,” Ferguson said.

They keynote speaker for Sunday night’s banquet was award-winning author Devery S. Anderson, who travelled from Salt Lake City to attend.

A graduate of Utah University, he is an independent historian specializing in Mormon history and the Civil Rights Movement. He spoke of a recent trip to the National Civil Rights Museum, the site of the former Lorraine Hotel where King was shot and killed in April 1968.

“The assassin who was trying to put out that light only made it shine brighter in the end because of the legacy he has left,” he said of King. “...We mourn that loss, but at the same time we honor someone who was remarkable, who was able to take a people at their darkest time and turn them into a people that acted.”

In his freshman year of college, Anderson was moved by the PBS documentary series “Eyes on the Prize” — the acclaimed chronology of the civil rights struggle in America. The documentary inspired Anderson to explore the circumstances surrounding the murder of Emmett Till, who was kidnapped, beaten, tortured and shot for whistling at a white woman in Mississippi in 1955.

Till, whose neck was tethered by barb wire to a cotton gin fan, was thrown into the Tallahassee River after his murder, and his body was found three days later on Aug. 28, 1955.

The subsequent acquittal of the murderers by an all-white, all-male jury became a national and international story. The two men responsible for Till’s murder would later sell their story to Look magazine. In the story, they confessed to killing Till.

After Till’s death, his mother placed his body on public display to show what had happened to her 14-year-old son. His mutilated body was viewed by more than 100,000 people.

Anderson, after learning of Till’s story in college, was inspired to launch his own investigation that would last the next 15 years. He is co-editor of two published books and two that are forthcoming, as well as several articles.

His article “A Wallet, a White Woman, and a Whistle: Fact and Fiction in Emmett Till’s Encounter in Money, Mississippi” was published in the Southern Quarterly in the summer of 2008.

During his research, Anderson has interviewed most living witnesses to Till’s kidnapping and murder trial and has come to know Till’s mother, Mamie Till-Mobley, over the years.

He is currently writing the first comprehensive book on the case, tentatively titled “The Boy Who Never Died: The Saga of the Emmett Till Murder,” and has spoken about the Till case in schools and colleges across the country.

Of particular note to Devery was a protest held on Nov. 27, 1955, at the Dexter Avenue Baptist Church in Montgomery, Ala., after Till’s death.

King had just recently become a pastor at the church, and among those in the audience that night was Rosa Parks. Just days later she would refuse to give up her seat on a bus, which would lead to the Montgomery Bus Boycott.

“A movement at the grassroots can change the world. In this case that’s what happened with Dr. Martin Luther King, and it all started in Montgomery,” Devery said.

“This is really where he emerged on the public scene, on the world stage I should say, because of his ability to move the masses.”

In keeping with Sunday’s theme, both Taylor Perry and of the Berkeley County Chapter of the NAACP, as well as Roman, announced that they plan to formally protest the use of the N-word in an upcoming musical to be performed at Shepherd University in February.

The musical, called “Big River,” will use the N-word 13 times, Perry said.

“That’s too many times to be using the N-word today. I see no use, no value, in having a play and using the N-word 13 times,” Perry said.

“Four hundred years of the N-word is enough. We do not need it in a play,” Roman later added.
Shepherd’s wireless network available beyond campus

SHEPHERDSTOWN, W.Va. — Through a partnership with Frontier Communications, the Shepherd University wireless network is now available throughout areas covered by the Shepherdstown Frontier Citywide wireless network, the university announced Monday in a new release.

The expanded coverage for Shepherd network users includes the area from the Bavarian Inn in the north, along the Potomac River in the east, to Shepherdstown Elementary School in the south and west to the intersection of West German Street and West Campus Drive.

“Our students, faculty, and staff will be able to access Shepherd’s wireless network while patronizing downtown businesses and restaurants,” University President Suzanne Shipley said in the release.

“Shepherd’s partnership with Frontier benefits our students as well as the local business community,” she said.
Shepherd Expands Wireless Network

By Hans Foote on January 12th, 2010

Through a partnership with Frontier Communications, the Shepherd University wireless network is now available throughout areas covered by the Shepherdstown Frontier Citywide wireless network. The expanded coverage for Shepherd network users includes the area from the Bavarian Inn in the north, along the Potomac River in the east, to Shepherdstown Elementary School in the south, and west to the intersection of West German St. and West Campus Dr. Shepherd University President Suzanne Shipley said in a press release the University is pleased that the network will be available throughout the corporation of Shepherdstown and that students, faculty, and staff will be able to access the network while patronizing downtown businesses and restaurants. She says the partnership with Frontier benefits students as well as the local business community.