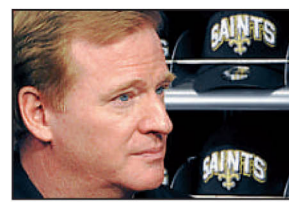




'LET HIM HEAR'

Church's system helps hearing-impaired 5A



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the Charleston Gazette

THE STATE NEWSPAPER — OUR 138TH YEAR

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Court suspends magistrate



Fouty

By Travis Crum
Staff writer

Kanawha County Magistrate Carol Fouty has been suspended by the state Supreme Court amid an investigation into alleged ethical misconduct.

The court ordered Fouty sus-

pending on Friday without pay, pending the outcome of the investigation.

"There is probable cause to believe [Fouty] has engaged or is currently engaged in a serious violation of the Code of Judicial Conduct," according to the court's order.

State Supreme Court Adminis-

trator Steve Canterbury filed a complaint with the state Judicial Investigation Commission late last month against Fouty.

Fouty has been under scrutiny since early March, when Melea Dawn Fisher, 30, was pulled over driving Fouty's car. Fisher was charged with driving under the in-

fluence of a controlled substance and possession of marijuana.

It was later revealed that Fouty had previously dismissed a drug citation against Fisher, apparently without the knowledge or approval of county prosecutors. Others have

SEE FOUTY, 2A

Agency forwards project without comment

By Eric Eyre
Staff writer

Charleston developer Doug Pauley had hoped to secure a regional agency's support for his plans to build a low-income housing complex along Knollwood Drive north of Charleston, but Pauley's proposal was passed along without a recommendation.



Pauley

The South Charleston-based Regional Intergovernmental Council recently forwarded Pauley's application to the U.S. Department of Agriculture. The council didn't vote to approve or take a position on Pauley's proposed 32-unit apartment complex for low-income elderly and disabled residents in the Knollwood area.

Pauley has said he needed the council's approval before he could secure a federally guaranteed USDA loan.

Instead, the Intergovernmental Council — which represents local municipalities in Boone, Clay, Kanawha and Putnam counties — passed along letters and emails from Knollwood Drive homeowners who oppose Pauley's project. Kanawha County Commission President Kent Carper and the Kanawha County Planning Commission also have criticized Pauley's plans.

"I just forwarded those comments to the USDA," said Mark Felton, the council's executive director. "What they'll do with it, I don't know."

On Monday, Carper criticized Pauley for trying to bypass the county commission and take his proposal to another agency in hopes of getting a better reception.

"The RIC is an excellent organization, and I have great confidence in them, but they

SEE PAULEY, 2A

GETTING PUMPED UP AT SACRED HEART



KENNY KEMP | Gazette

Workers with Jarrett Construction Services use a concrete pumper to pour concrete inside foam wall molds at the site of the gymnasium and day care center being built by Sacred Heart Co-Cathedral in downtown Charleston.

Loaves and Fishes camp offers magical entertainment



Send-A-Child-To-Camp Fund
Donation form 13A

By Megan Workman
Staff writer

The kids who attend Catholic Charities' Loaves and Fishes camp will have a magical opportunity to learn self-expression this year.

Glenn Singer has performed his visual comedy acts, using humorous optical illusions, across the nation. One of his acts includes spoofing a circus horse act — where he simulta-

neously portrays both the horse and rider.

Singer will join local musician Ron Sowell as the camp's evening program entertainer during the weeklong camp.

Both Singer and Sowell involve the kids as "assistants" in their performances.

The camp for boys and girls ages 6 to 11 offers activities including nature walks, archery and crafts.

Kids also become very close

with their counselors, who travel from Loyola Academy in Chicago. Because each counselor is assigned to a small group of about three campers, the counselors keep in touch with the kids after the camp ends. The counselors send birthday and Christmas cards to their campers — a rewarding relationship for both.

Nearly all of the students qualify for full scholarships to attend Loaves and Fishes camp

in Summers County because they come from low-income families.

That's where the Gazette Charities Send-A-Child-To-Camp Fund can help. Loaves and Fishes is one of the camps sponsored by the fund. Reader donations to the fund go to the camp to help kids afford to attend.

More than 75 percent of the

SEE CAMP, 13A



'They're focusing better in class'

Mingo County stages breakfast revolution in schools

By Kate Long
Staff writer

KERMIT — On a chilly morning, at 8:20 a.m., coal trucks rumbled past Mingo County's Kermit K-8 School. Inside, a cook was starting to sear 60 pounds of beef for homemade beef stew for lunch. Another was stirring cornbread batter for 342 kids. A third was starting crust for enormous berry



THE SHAPE WE'RE IN

an head cook Lena Lackey. Mingo is one of the state's least prosperous counties, yet all Mingo schools are making food from scratch, five days a week, serving meals free to all children, as part of a seven-county pilot project.

cobblers.

"We're cooking for a lot more kids this year," said veteran

Yes, Lackey said, it's more work than heat-and-serve, "but it's the only solid meals some kids get."

At 8:35 a.m., the seventh and eighth-graders came rolling through the breakfast line, laughing and jostling, sticking items in paper bags — yogurt, oranges or apples, cereal, milk, cheese bread. Not a Pop-tart or doughnut in

SEE MINGO, 13A

The number of Mingo County students who eat breakfast has more than doubled and the lunch count is significantly up since the county started serving from-scratch meals for free to all students.

KATE LONG | Gazette

sight.

The kindergartners ate in the cafeteria. The seventh and eighth-graders took their sacks back to their classrooms, “grab-n-go” style.

“A lot more kids eat, now that we serve breakfast later, after first period,” said Principal Dora Chaffin. “When we served it before school, a lot skipped it because they like to socialize then.”

The percent of Mingo students eating breakfast has more than doubled this year, from 36 percent to 78 percent. Lunch eaters have jumped from 68 percent to 75 percent.

How do the schools pay for it? With more kids eating, the county brings in more federal reimbursement dollars. Cooking from scratch also costs less than processed food does, said Kay Maynard, Mingo child nutrition director. “That pays for the extra food,” she said.

Nationwide, schools that serve breakfast free to all children report greater attention in class, fewer discipline problems, and fewer absent or tardy children. People who eat a regular, healthy breakfast concentrate better and are less likely to be obese, research shows, partly because they don’t overeat as much later.

Mingo County schools has compelling reasons to get kids eating and improve nutrition:

- Seventy percent of Mingo children qualify for free or reduced lunch.

- In 2009-10, West Virginia University found that 28 percent of Mingo fifth-graders have high blood pressure and 36 percent — more than one in three — are obese.

- There is not one grocery store in the entire county.

- One in five West Virginia homes sometimes didn’t have enough food in 2011, according to a new report from the Food Research & Action Center study.

Down the hall, breakfast was being delivered to the fifth-grade classroom. Aides rolled a cart into the classroom, packed with breakfast choices.

All the children ate. A visitor asked, “How many of you would not have eaten breakfast if you weren’t eating at school?” All but two raised their hands.

“The kids are focusing better during lessons since this started,” their teacher, Annette Martin, said. “They aren’t sitting there thinking about food.”

More meals, more money

In August, state Schools Superintendent Jorea Marple challenged all school systems to try at least one new way to get more kids to eat breakfast. Forty-five counties pledged to try. “It

What are they eating?

On Tuesday, Lincoln County students will be served for breakfast:

- Sausage biscuit
- Fresh orange
- Fresh fruit or chilled fruit juice
- Milk (1 percent white, chocolate, strawberry or skim)
- Water

And for lunch:

- Grilled chicken filet on a whole grain bun
- Romaine lettuce and tomato slice
- Peach crisp
- Quick baked potato
- Fresh fruit
- Salad bar
- Milk (1 percent white, chocolate, strawberry or skim)
- Water

Older students can also choose school-made pizza in the “grab ‘n’ go” line. For breakfast, students can also choose yogurt and cereal.

The flavored milk and cereal have less sugar than commercial brands.

just makes sense,” Marple said.

Mingo also is managing to cook less fattening meals five days a week from fresh ingredients. “In the coalfields, it’s not always possible to get all the fresh ingredients,” Maynard said, “but we’re managing to have fresh fruits and vegetables every day.”

“We want to educate these children to live a healthy lifestyle, not just teach them math and reading. I think we’re making a little progress.”

The federal government reimburses the county \$2.51 for lunch if a child is eligible for free meals, \$2.11 for reduced-price meals, and 28 cents for the other lunches served.

The more money that comes in from the federal government, the less the county has to pay.

In the first four months, Mingo County brought in \$186,000 extra federal dollars. “Most counties can make universal breakfast break even,” said Rick Goff, state child nutrition director.

‘We were all on board’

Before making the meal changes, Mingo Superintendent Randy Keathley, a Williamson native, proposed them to principals and teachers. He asked them “to reflect on the fact that, if you have hungry children in the classroom starting the day, you’re more apt to have kids who are disengaged, sleepy, hungry, irritable and so forth.

“I wanted to talk it over with them first. If they were not receptive, I would not have wanted to try to force it on them. They had to support the benefit to the children, for this to work.



KATE LONG | Gazette

Older students at Kermit K-8 who used to skip breakfast to socialize before school now eat in high numbers in “grab ‘n’ go” style after first period. They choose from a main offering of cheese toast, fruit, cereal, yogurt and milk.



“Most West Virginia counties can make universal breakfast work.”

RICK GOFF

Director, West Virginia Office of Child Nutrition

“We discussed all the possible complications. And when we finished, 100 percent of the participants had bought in.”

They like the afternoon snack program, too, he said. Every afternoon, all Mingo elementary and middle-grade children get a snack through the federally-funded Fresh Fruit and Vegetable program.

“The kids love it,” Maynard said. “Sometimes they are things they’ve never seen, like star fruit and red bananas. The USDA sends information, so each day is a little nutrition lesson.

“I can definitely tell you that the snack makes them much more willing to try fruits and vegetables at lunch and breakfast,” she said.

Learning to like brown bread

In October, as Kermit kindergartners filed through the breakfast line, picking up items, a teacher stood at the end, encouraging them to try new things, offering fruit, apples and oranges.

At the tables, most ate the fruit. Many ate the cheese on the cheese toast, but left the “brown bread,” whole wheat bread, on their tray. “We’ve got white bread at home,” one child said disdainfully.

The child sitting next to her said, “I think brown bread is good.”

The first child looked at the brown bread, picked it up and took a bite.

Five months later, “a lot of them eat the wheat bread,” Chaffin said. “Over time, they got used to it. The fourth grade did a survey, and the kids said the food tastes better.

“We used to have a parade of parents coming in at lunch

Breakfast lowers obesity, increases concentration

Research shows that, if people eat a healthy breakfast — not Pop-Tarts or doughnuts — they are less likely to become obese, because they are less likely to snack and overeat at lunch. A protein-rich breakfast increases a person’s ability to focus and concentrate. Some examples of the research:

- People who usually eat breakfast are 35 to 50 percent less likely to be obese and diabetic than those who usually do not. About 47 percent of white Americans and 22 percent of black Americans say they eat breakfast. CARDIA study, about 3,000 participants, 2003.

- In a 15,000-participant study, the risk of becoming obese was shown to be 34 percent greater for those who skip breakfast. The International Journal of Obesity, 2010.

- Impulse Research Service found that 85 percent of Americans agree eating breakfast is important, but increasing numbers of Americans say it is hard to find time.

- Tufts University study shows increase in attention and memory retention in schoolchildren who eat a regular, protein-rich breakfast, particularly eggs and oatmeal.

- National study published by the Indian government shows regular breakfast increases concentration, attention in schoolchildren.

For a more detailed list and URLs, go to www.wvgazette.com/theshapewerein.

bringing the kids sandwiches from Pizza Hut and Dairy Queen,” she said. “They don’t come anymore.”

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