



'They keep an old man young'
At 85, announcer indulges lifelong love for radio **INNERVIEWS | 5A**

BRITISH OPEN

Els wins on Scott collapse **SPORTS | 1B**



FINAL EDITION 50 CENTS

JULY 23, 2012 CHARLESTON, WEST VIRGINIA

HOT AND HUMID HIGH: 90 LOW: 71



DETAILS, 11A

MONDAY



the **Charleston Gazette**

THE STATE NEWSPAPER — OUR 138TH YEAR

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Hearing today for Colo. rampage suspect

By **Nicholas Riccardi and Gillian Flaccus**
The Associated Press

AURORA, Colo. — University of Colorado officials were looking Sunday into whether James Holmes used his position in a graduate program to collect haz-

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ardous materials.

Law enforcement officials also revealed that Holmes, 24, has not been cooperating with them and that it could take months to learn what prompted the attack early Friday on a packed theater

of moviegoers watching the premiere of the latest Batman movie. The assault killed 12 and left 58 wounded.

Holmes was being held in solitary confinement at a Denver-area county detention facility, Aurora Police Chief Dan Oates said, and is "lawyered

up." "He's not talking to us," the chief said. He is scheduled for an initial hearing today at 9:30 a.m., and has been assigned a public defender.

Investigators found a Batman mask inside Holmes' apartment

SEE **COLORADO, 11A**

NATIONAL ALLIANCE

Hate group irrelevant, SPLC says

Alliance founder, 'Turner Diaries' author Pierce died 10 years ago

By **Paul J. Nyden**
Staff writer

Since William Luther Pierce died 10 years ago, on July 23, 2002, his National Alliance has collapsed from being one of the nation's largest, most influential right-wing hate groups into increasing irrelevancy.

Mark Potok, a senior fellow at the Southern Poverty Law Center in Montgomery, Ala., is releasing "Shipwreck," an analysis of the group's recent history, today. His article is published in the group's Intelligence Report, which he edits.

"The Alliance has been transformed from the nation's radical-right powerhouse into a tiny band of small-time propagandists, criminal thugs and attention-seeking losers," Potok writes.

Pierce, founder of the National Alliance, lived in Hillsboro in Pocahontas County on a compound larger than 300

acres, from which he ran his nationwide organization. The Alliance distributed neo-Nazi messages through books, music recordings, radio broadcasts and the Internet.

Resistance Records was the National Alliance's main source of income when Pierce died. Membership dues and the income from selling records were bringing the group nearly \$1 million a year.

Pierce's books, written under the name Andrew Macdonald, include "The Turner Diaries" and "Hunter." Both promote extreme anti-Semitism and racism, glorifying the killing of "inferior" Jews and non-white people.

White people who voluntarily associate with black people away from their jobs, Pierce adds, also deserve to be killed.

Pierce gained national pub-

SEE **HATE, 11A**

'A MIDDLE-AGED GUY TRYING TO STAY FIT'



KATE LONG | Gazette

Wyoming County clerk "Bugs" Stover pedaled his mountain bike from Wyoming County to Charleston to attend today's "Healthy Counties" conference. "If we want people to bike, we need to think about our roads," he said. The stretch behind him, with a level space beside the road, is unusual, he said. "Anytime they pave from guard rail to guard rail, that really helps cyclists," he said.

Wyoming clerk says roads can fight disease

By **Kate Long**
Staff writer

Wyoming County clerk David "Bugs" Stover rode his mountain bike about 85 miles this weekend, from Mullens to Charleston, to attend the West Virginia Association of Counties' "Healthy Counties" conference that starts today.

"I'm 57 years old, carrying a bunch of extra pounds, but I'm still plugging away and enjoying myself," he said. "I'm

coming to a Healthy Counties conference, so why not come in a healthy way?"

He covered the hard part of his trip Friday. Pedaling up a steep Wyoming County mountainside on narrow, winding Route 54, he sometimes had the road to himself, sometimes not. Often he hugged the edge as logging trucks, FedEx trucks, coal trucks and SUVs whizzed by.

"The law says I have the right to occupy the lane, same

road, same rights, but I'm not crazy, and I'm not unreasonable," he said. "I let cars and trucks go by in a friendly way. But that often makes it hard to ride."

Off the hard road, he has to contend with rocks, holes and the ditch and loses uphill momentum. "A professional mountain biker might not be bothered by that, but I'm just a middle-aged guy trying to stay fit," he said.

There's a point to be made

here, he said. "As we try to encourage West Virginians like me to get more healthy and fit, to fight our obesity epidemic, biking is a natural possibility. It's a good way to get around every day. It's cheap. It keeps you in shape. The ride's often beautiful. And we can encourage that as we plan roads."

If West Virginia is to lower its high blood pressure, dia-

SEE **WYOMING, 11A**

W.Va. not alone in Medicaid dilemma

By **Lawrence Messina**
The Associated Press

Expanding Medicaid may help more West Virginians with their heart disease, diabetes and other chronic ailments highly that are prevalent in the state. But the health-care program is already a budgetary burden that threatens to outstrip available state revenues, Gov. Earl Ray Tomblin argued in his letter on the topic last week.

Tomblin outlined the quandary the state faces when he wrote to Health and Human Resources Secretary Kathleen Sebelius on Thursday, seeking additional details about the Medicaid provision and other aspects of the recently upheld

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federal health-care law.

The overhaul calls on states to expand Medicaid starting in 2014 to cover people with unadjusted annual household incomes of up to 138 percent of the federal poverty level. That's around \$31,800 for a family of four. West Virginia now restricts the program to households with children at up to 35 percent of the poverty line, or \$8,068 for a four-person family.

But in upholding the law in late June, the U.S. Supreme Court also ruled that states that don't expand coverage cannot lose their existing share

SEE **MEDICAID, 3A**

City native, comedy writer husband co-author nutrition book

By **Alison Matas**
Staff writer

When Steve Roth married a nutritionist, he stopped eating cereal for breakfast.

He also dropped a few pants sizes, watched the bald spot on his head grow hair, and gained energy.

Now, he wants to help other men do the same by sharing what he's learned. Roth, a former television writer for shows such as "Designing Women" and Nickelodeon's "Hey Dude," and his wife, Charleston native and holistic nutritionist Karen Roth, have co-authored a book about nutrition, geared toward the av-

"Most nutritionist books are just slap-in-your-face and tell you everything you're doing wrong and everything that's going to kill you and don't really make anything fun."

KAREN ROTH

erage man.

"I Married a Nutritionist: Things I've Learned that Every Guy Should Know" published this year and is a product of a blog Steve started that had the same title. After seeing its popularity, he and Karen compiled material from his site and information from her video blogs

to produce the book.

Karen said she thinks Steve grew such a large following because people liked his humor.

"Most nutritionist books are just slap-in-your-face and tell you everything you're doing wrong and everything that's going to kill you and don't really make anything fun," Karen said.

True to Steve's background, the book is written script-style, with back-and-forth dialogue from the Roths. Steve wrote the first draft of the book, and Karen helped rewrite and fact-check.

The book has short chapters "that any guy can read in the bathroom in the morning," Steve said, "just like People magazine."

Section titles include "If You Cantaloupe, May as Well Have a Wedding," "Shish Kabobs-Stick 'em and Lick 'em" and "Headline: Killer Artie Chokes Three for a Dollar." The Roths wrap up each with a "bottom line" for guys, reiterating the message of the section in a few sentences.

While the book's humor is geared toward men, specifically the "potty jokes" and innuendos, Karen said, there are lessons for everyone.

The Roths easily list off what they consider to be the simpler takeaways from the book: Artificial sweeteners and soy can be harmful; charring meat when grilling it puts carcinogens on the meat; pineapple can help food digest; and vitamin D reduces the risk of cancer.

"I want to educate people, but I don't want to scare them and tell them they have no other choices," Karen said.

SEE **NUTRITION, 3A**



KENNY KEMP | Gazette

Steve Roth, a former TV comedy writer, and city native and holistic nutritionist Karen Roth wrote a book about developing a more nutritious lifestyle.

WYOMING

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betes, heart disease and obesity numbers, he said, "we've got to think ahead in many areas of life, including roadways." He knows the state is creating a state biking plan, but so far, not much planned for the coalfields. In many areas, he knows, bikers can avoid roads entirely by riding on former railroad beds. West Virginia now has more than 375 miles of rail trails, and it's possible, for instance, to bike from Parkersburg to Clarksburg or Elkins to Parsons on them. "We're hoping to get something like that in the coalfields," he said, "but railroads are tough to negotiate with."

"A few years back, Joe Manchin had the Department of Transportation pave roads from guardrail to guardrail. That was great for bikes," he said. "If they keep doing that, it could cure 80 percent of the biking problems in the state."

"I don't know if Manchin was thinking about bikes when he did it, but now Wyoming County has 18 beautiful miles between Pineville and Twin Falls State Park that are safe to bike."

Stover rode those 18 miles daily for months earlier this year while working on a Twin Falls project. He has five heart stents, "and I'm knocking on the door of diabetes, so I've changed my lifestyle," he said. "I spent 30 years being around 140 pounds, then spent the last 27 trying to get under 200 pounds after I maxed out at 273."

"My doctors told me, 'You have heart trouble. The more you exercise, the better it is. It will keep you from getting diabetes. But don't be an idiot. Pace yourself.' So I take frequent breaks as I ride."

A teacher for 28 years and a local historian, volunteer, and storyteller, he is the first Republican to be elected to Wyoming County public office in 30 years. "Republican or Democrat, we have to be concerned about this epidemic of weight and diabetes," he said. "As an elected official, I try to set an example. People see me struggle with my weight. They see me riding my bike."

Stover is no stranger to expressing himself by walking or biking. Last year, he protested the legislature's redistricting plan by walking to Charleston. He walked from Wyoming County to Washington to protest the Kyoto Global Warming Treaty. "Bad for coal," he said.

He worries about his county's health. In 2009, 31 percent of Wyoming County fifth-graders already had high blood pressure, as measured by West Virginia University, compared with an already-alarming 24 percent statewide. About 28 percent were obese. And 37 percent of Wyoming County adults had high blood pressure, according to the Centers for Disease Control.



KATE LONG | Gazette

"If I hear a big truck, I get off the road or hug the edge," Stover said. "Sometimes there's room for me to ride beside the road, but often not."

"It's gotten to the point where it's no longer just a concern for doctors," he said. "We want to make this a healthier county. We've set up five 5K races a year and one 10K, underwritten by the Visitors Bureau and the County Commission. And there are at least 40 walking and riding trails in Twin Falls State Forest alone. We get more than 200 runners at most races. More local people are taking part every year, and that's exciting."

"Now the question is, how do we get more people out walking and biking all year, not just for special events? How do we get them to see that can prevent diabetes and heart attacks?"

"We need to target young people," he said. "We've added track and cross country to both high schools in the past five years. That's going to make a difference."

As he rode, he thought of ways to get people to bike. "We could get bike racks around town — at groceries and so on, for instance," he said.

"My dad and grandparents were coal miners, and my mother's family were lumberjacks," he said. "We live in an extractive industry state, and the unfortunate fact is, extractive industries are not necessarily good for your health. But that doesn't mean you have to make bad health choices for yourself. Maybe I live near a slate pile, but that doesn't mean I have to smoke. If I walk up a nice holler that's not so nice anymore, it doesn't mean I have to be 80 pounds overweight."

"There's another way to get people out: friendly competition," he said.

"Maybe involve the churches in walking

W.Va. no longer last in bike friendliness

In 2008, West Virginia ranked dead last in the League of American Bicyclists' ranking of state bicycle-"friendliness." In 2009, the state rose to 42nd after attention to bicycle/pedestrian issues. But other states are working on bike-friendliness too, and some raced ahead. In the 2012 rankings, West Virginia dropped to 48th. But the state's ranking is likely to improve:

■ The state Department of Transportation held statewide meetings this spring to gather suggestions for routes that could be turned into safe biking roads. They plan to publish final route recommendations soon. For information: <http://www.transportation.wv.gov/highways/programplanning/planning/statewide/Pages/StatewideBicycleConnectivityPlan.aspx>

■ The state now has more than 375 miles of railroad beds converted to biking / walking paths. Bicyclists can pedal from Elkins to Parsons or Clarksburg to Parkersburg, for instance, on a rail trail, avoiding the hard road. More are planned.

■ The West Virginia Mountain Biking Association is mapping trails off the hard road. The association is also working on mountain bike high school racing network as their top 2012 priority. More information: <http://theopam.com/providers/74-west-virginia-mountain-bike-association>. Click on "Events" for an impressive list of races.

or biking teams."

"The man is constantly trying to think of things that will make life better in his county," said Patti Hamilton, director of the West Virginia Association of Counties, sponsor of today's conference.

Stover walked his bike along Raleigh County's Coalfields Expressway ("no way am I trying to ride on that"), then cut off on Paint Creek Road, which he took into Charleston. "From there on, it's smooth sailing, with very few cars," he said. "I've never biked inside Charleston itself before," he said. "I hear it may not be entirely easy."

He looks forward to Chris Danley's conference session. Danley, CEO of Vitruvian Planning in Idaho, will discuss ways cities and counties can encourage citizens to walk, bike and move more.

"I'm ready to learn," Stover said. "I'm looking for ideas."

The Healthy Counties conference starts at 11 A.M. at the Embassy Suites and continues through noon Tuesday. For information, see www.wvcounties.org.

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