



THE BIG 12 OPENER

A look ahead at Saturday's conference debut
SPORTS, 1B

the **Charleston Gazette**

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REGISTER TO VOTE

West Virginians have until Oct. 16 to register for the November election

CAPITOL STREET SHOOTING

Bar closes, loses license

Mayor Jones supports further crackdowns on liquor permits

By Lori Kersey
Staff writer

Charleston Mayor Danny Jones said he supports the state Alcohol Beverage Control Administration's decision to pull the liquor license for Sky Lounge after three bar patrons were shot early Saturday morning.

"I think that if you cannot con-

tain what goes on in your place well enough to prevent people from shooting each other, you shouldn't have a license," Jones said during a news conference outside the Capitol Street bar Sunday afternoon.

Police responded to the shooting at about 2:25 a.m. Saturday to

SEE **CRACKDOWN, 13A**

Sky Lounge owner Morgan Pauley, 27, addresses reporters Sunday afternoon. Police said three Sky Lounge patrons were shot early Saturday morning following an argument inside the Capitol Street bar.

KENNY KEMP | Gazette



ELEMENTARY OVERCROWDING

Officials consider redistricting South Hills schools

By Mackenzie Mays
Staff writer

Elementary schools in South Hills could soon face redistricting for the first time in more than 20 years.

Parents of Overbrook Elementary students complained at last month's Kanawha County Board of Education meeting that children are sharing text-

books, facing longer lunch lines and shorter recess breaks and are more prone to health and safety risks because of overpopulated classrooms.

Overbrook has a total of 479 students, while most neighboring elementary schools have fewer than 300. Kenna Ele-

SEE **SCHOOLS, 13A**

THE MAKING OF A DWARF



KENNY KEMP | Gazette

Robert Haddy, former Capital High School teacher and finalist on the TV show "Face Off," gives tips Sunday to 10th-grader Hope Peters, 15, on how to improve her mask. Haddy led a Special Effects/Mask Making Workshop during the weekend for the school's Oct. 18-20 production of "Snow White and the Seven Dwarfs."

2012 HUNTING SEASON

Urban deer hunt off to a fast start

By Jim Balow
Staff writer

Charleston's annual urban deer hunt is barely under way, but bow hunters have already killed 20 deer, City Manager David Molgaard said.

That equals the number that hunters killed — or "harvested," as Molgaard likes to say — in 2006, the first full season of the city deer hunt. Even better, all but one were fertile females.

Then again, only 35 hunters registered in 2006. More than 100 each year have taken to the tree stands ever since.

Following some initial tweaking of the rules — cutting registration fees and the minimum tract size for hunting — and a major increase in bag limits in 2009, management of the annual hunt has become just another job for Molgaard and his assistant, Caroline Keeney.

"Routine," he said. "Caroline does a very nice job of being organized."

Hunting rules and registration forms are posted each year on the city's website at city-of-charleston.org/residents-0.

Then in August, a few weeks before the season opens, Keeney starts taking applications from hunters and property owners.

Folks who open their property for hunting tend to be the same from year to year, in part because of the 5-acre minimum size. Of the 19 sites registered this year, for example, all but one registered last year, too. Keeney sent reminders and

INSIDE: See a map of Charleston's available urban deer hunting sites **13A**

short renewal forms to all previously registered owners last month.

The sites are concentrated in two general areas — the West Side and South Hills/Loudon Heights — with a handful of tracts in other neighborhoods.

Two of the largest sites — Cato Park and an 80-acre tract off Pacific Street — are owned by the city. The Cato site includes the woods above the Cato golf course and a large wooded tract on the Garrison Avenue side of the Edgewood hill, behind the swimming pool.

The number of registered hunters — 106 so far — is down from 136 last year; way down from the peak of 184 in 2009 and the lowest of any year since 2006.

"We could still have people come in, obviously," Molgaard said. "We haven't shut off applications."

Prospective hunters must first get permission from a landowner, however, and that could prove tricky. Nearly all the owners listed on the city website say they're not accepting new hunters.

"The [hunting] permits are site-specific," Molgaard said. "It's not just a general permit that can be used anywhere."

"We have already closed off

SEE **HUNT, 13A**

Reviving an old art

In central W.Va., 52 percent more moms nurse babies for six months

More tips and information about breastfeeding at www.wvgazette.com/theshapewerein.



THE SHAPE WE'RE IN

By Kate Long
Staff writer

SUMMERSVILLE — Swaying in a rocker at the WIC office, Webster County mom Sarah Selman breastfed 1-year-old Daniel as she chatted about the tomatoes, sausage and peppers she'd been canning. Daniel waved his hand and grabbed her finger.

"I almost gave up on trying to nurse him," Selman said. "Now look at him!"

"Other babies his age get chest colds and earaches all the time, but he just hasn't gotten sick," she said with a big smile. "He got his first cold on his first birthday."

SEE **BABIES, 14A**

After a year of mom's milk only, Daniel Selman is starting to eat other foods. "He's off to a good start," Sarah Selman said. "It's been a wonderful experience."

KATE LONG | Gazette



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INSIDE **Detailed index on 2A**

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BABIES

FROM PAGE 1A

She looked around the Women Infants and Children office at toys and pictures of nursing mothers. "I can't prove it, but I think it's the breastfeeding," she said. "I owe that to WIC."

On cue, Daniel raised his head and beamed.

Whatever the Central West Virginia WIC program is doing, it's working. Since 2008, in their six counties (Clay, Nicholas, Webster, Pocahontas, Greenbrier, Calhoun), the percentage of mothers who breastfeed for at least six months has jumped 52 percent.

Almost one in three central West Virginia mothers now breastfeed their babies six months, compared with one in five statewide and one in 10 in the southern coalfields, the state's lowest rate.

"If the whole state could do that, we'd have less childhood obesity," said Jenny Morris of the Kanawha Valley WIC.

Children who are breastfed get fewer costly illnesses, from asthma and diabetes to leukemia and sudden infant death syndrome, 20 years of research shows. They are also less likely to be obese. "They have fewer doctor and hospital visits," Morris said.

WIC is a federal nutrition program for mothers and babies. In 2011, seven out of 10 West Virginia newborns — 14,000 of 20,000 — were enrolled in WIC. So WIC is influential where West Virginia babies are concerned.

The American Medical Association and national pediatrician, obstetrician and dietician associations now urge mothers to breastfeed six months if they can. The national WIC program is trying hard to raise the number of women who do.

Posters like "101 Reasons to Breastfeed" cover Summersville WIC's walls. Higher-income moms are more likely to breastfeed, studies show. "We want our babies to have those protections too," said Brenda Young, Central WIC's breastfeeding coordinator.

'I wanted that for my baby.'

"Nobody should think it's easy for every mother to breastfeed six months," Young said. "Many mothers have a lot to deal with. Maybe their boss won't let them pump milk at work. Maybe they don't make enough at a part-time job to pay rent and utilities. Maybe the car broke down."

A medical problem almost stopped Sarah Selman.

Last year, she was laid off from her computer-processing job. Her husband works construction. At home with the baby, she was determined to breastfeed.

"The week he came home from the hospital, I took him to the pediatrician because he wasn't latching. The doctor looked at him and told me I must not have enough milk, and I should quit trying to breastfeed."

She went out to the car and cried. "My husband and I both knew this was something good we could give him. My mother-in-law breastfed both boys, and neither one ever had health problems or got overweight. I really wanted that for my baby."

A few hours after she saw the doctor, she had her first WIC appointment. She burst out crying again when Young asked if she planned to breastfeed. Young, a nurse, asked her to pump her milk. "I got eight ounces, so my milk wasn't the problem," she said.

Checking Daniel's mouth, Young found that a little skin flap held his tongue down, a common newborn problem. He was tongue-tied.

She made an appointment in Charleston. The next day, Daniel's tongue was freed. "It took 10 minutes," Selman said. "He's nursed like a champ ever since."

"I feel like I've done something for him that will help him his whole life," Selman said. "But if it hadn't been for WIC, I would've given up."

"Different mothers have different roadblocks," Young said. Sarah has support at home, "but if you don't have that support, it

"I feel like I've done something for him that will help him his whole life. But if it hadn't been for WIC, I would've given up."

SARAH SELMAN
on breastfeeding her son, Daniel

can be hard. Around here, most new mothers don't have mothers or grandmothers who breastfed. That wasn't recommended when they had their babies."

So "some young mothers run into real resistance if they say they want to breastfeed," she said. "The older generation still feels breastfeeding means you're too poor to buy formula. Then there's the belief that a fat baby is a healthy baby."

If a mom decides to bottle-feed, WIC supplies formula, food vouchers, bottle-feeding advice and support. "We know there are lots of reasons why moms decide not to breastfeed," Young said, "and formula is a lot more nutritious than something like Gatorade or sugar water."

How are they raising the numbers?

Four years ago, one in five Central West Virginia mothers breastfed six months. Now it's almost one in three, compared to one in five statewide. How did they do that?

"We train every staff person as a peer counselor," including clerks and receptionist, Young said. Each staffer also breastfed, so "when a mom chats with the receptionist, she gets real mom-to-mom encouragement. That helps," she said.

Selman stops by for that boost when she drives into Summersville to shop. "I like to talk with other moms," she said.

"A lot of young mothers, when they come to us, think bottle-feeding and breastfeeding are equal, that one's no better than the other," said lab assistant/counselor Kay Groves. "But when they hear what breastfeeding can do, many say, 'I want that for my baby.'"

"They also like it that breastfeeding helps them lose weight and gives them breast cancer protection," she said.

Summersville's 29 percent already beats the statewide 20 percent average. "We can do better," Young said. She's concentrating on the workplace now.

"A lot of mothers quit when they go back to work, because their employers won't let them pump their milk during work time," she said. To keep milk flowing, a woman must nurse or pump milk every few hours.

The health-reform law says companies with more than 50 employees must provide a place to pump and let women take breaks, starting in 2013. But most West Virginians work at smaller businesses, Young said.

"We're trying everything we can think of to eliminate barriers," Young said.

- They loan breast pumps and teach working mothers how to pump and store their milk.

- They are encouraging local employers to allow pumping. Breastfed children get sick less often, they show them, so their mothers are absent less often.

- They give breastfeeding mothers their cellphone numbers, "so they can call or text 24/7."

- They connect moms with the state's Right from the Start program, which provides substantial help with pregnancy, child care, transportation, cribs and other needs.

- They invite grandmas and mothers of young mothers to appointments.

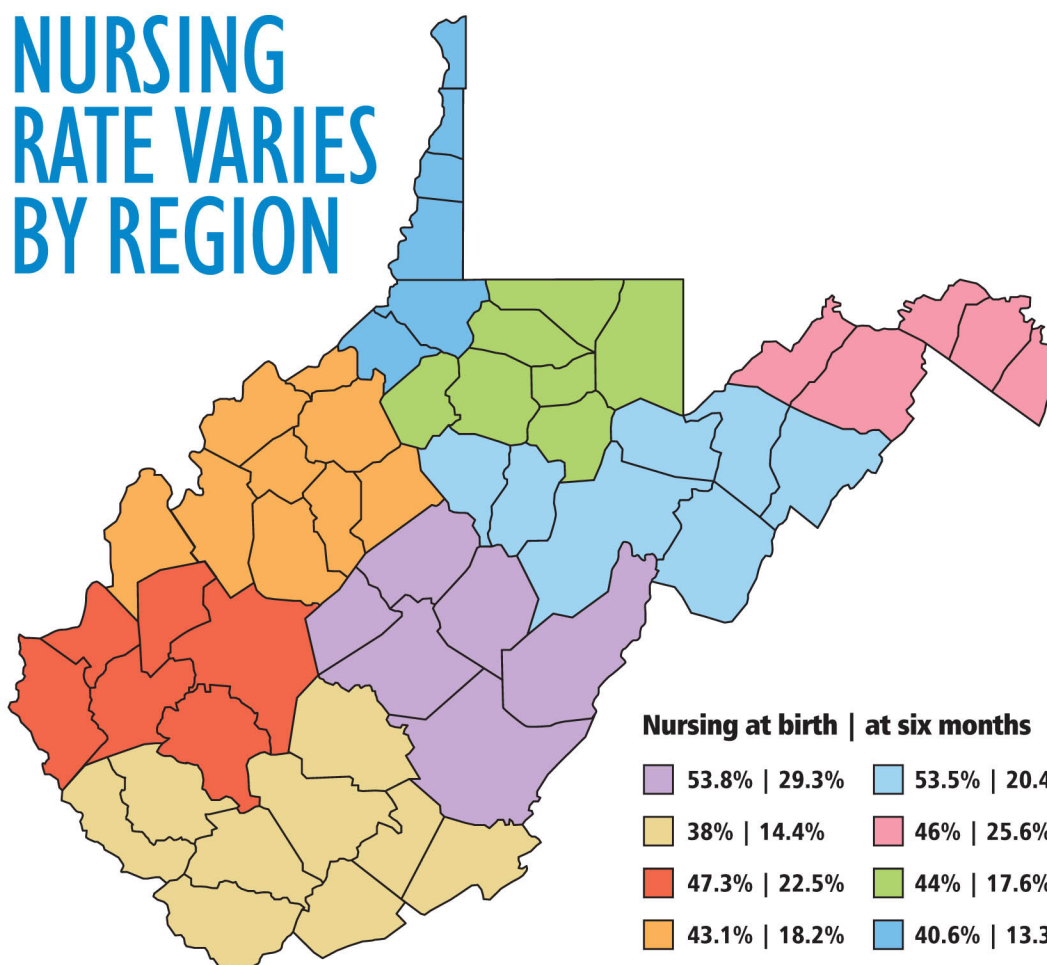
- They organized a local breastfeeding coalition, including pediatricians and obstetricians, that brings in speakers and raised money to train a hospital nurse as a breastfeeding specialist.

- They visit breastfeeding mothers in area hospitals to help them start smoothly.

- They are asking area businesses to set up areas where mothers can nurse.

- The Greenbrier Valley Hospital consultant set up a Face-

NURSING RATE VARIES BY REGION



Women are more likely to nurse their babies in some regions of West Virginia than others. Women who live in central West Virginia, the Randolph/Elkins area and the eastern panhandle are most likely to nurse. Women who live in the coalfields or the Wheeling-Ohio regions are least likely to nurse. Child obesity and adult chronic disease are generally more prevalent in the "least likely" counties.

KYLE SLAGLE | Gazette graphic
SOURCE: West Virginia Women Infants and Children program, West Virginia University CARDIAC program, WV Behavioral Risk Factor Survey System.

book support group.

- They give breastfeeding mothers more food vouchers, nationwide.

In August, the Central WIC office launched an innovative collaboration with the Summersville Pediatric Practice. In an office inside that practice, a WIC breastfeeding counselor now sees patients, WIC or not. Obstetricians can send pregnant patients down the hall to see her.

The practice sees thousands of patients. The doctors recommend breastfeeding to all new mothers, said Joyce McClung, practice manager, "but don't have time to give the how-to details. They love it that we have a counselor now."

"Things are gradually changing," Young said. "Over time, our best advertisement will be the babies and moms themselves," Young said.

Sarah Selman agrees. In Webster County, "everyone knows I breastfed Daniel. They see how healthy he is, that he's not overweight, and they're interested. I really encourage them because it's worked out so well for us."

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