

Fifty years, fifty miles

Running helps Deel shed 60 pounds in 6 years

By Kate Long
Staff writer

At 6 a.m. on his 50th birthday Friday, Brad Deel started running in Huntington. "Four years ago, if you'd told me or any of my friends that I was going to run 50 miles on my 50th birthday, we all would have laughed," he said.

Seven hours and 50 miles later, he sprinted into the University of Charleston to the

cheers of about 40 of his students and friends. "I'm hoping a few people will think, well, shoot, if that guy can whip himself into shape, maybe I can too," he said, high-fiving his students.

Deel started running six years ago after he went to the store to buy pants and discovered his waistline had expanded to 42 inches. That

SEE **RUNNER, 7B**

A crowd of about 40 students and friends cheered for University of Charleston assistant professor Brad Deel as he crossed the finish line.

CHIP ELLIS | Sunday Gazette-Mail



I'm still working on that bestseller

AFTER spending many weekends during the past several years attempting to augment my long-frozen salary as a bush league reporter/columnist by cranking out bush league books, I may soon find myself with a little time on my hands.

"The Ultimate Book of West Virginia Lists" has just been released by Charleston's own Quarrier Press, and is already making its way into the better bookstores, truck stops and flea markets within the boundaries of its namesake state. Meanwhile, I am in the final editing phase of "It Happened in West Virginia," a collection of often offbeat historical vignettes covering several hundred years, yet condensed into only about 100 pages, due for release next year by Globe-Pequot Press.

The two books, plus 2010's "West Virginia Curiosities," have accounted for much of my free time in recent history, and I hope to reacquire myself soon with my former fall lineup of recreational activities — football, fishing and firewood.

A higher priority should go to the abundance of home and vehicle maintenance work I've neglected all this time. But I'm still holding on to the fantasy that earthbound space debris will pare down my "honey-do" list while the Compound is unoccupied, or that a winning lottery ticket will allow me to contract the work out.

I enjoyed doing the research for the books, but not so much the grunt work of organizing the material into words, sentences, paragraphs and chapters. As I frequently complained to Patty Vandergrift Tompkins, my former editor here at the Gazette, "This job would be great if we didn't have to write all these stories."

The same holds true for books. But it wasn't always thus.

When I first began working as a reporter, I was painfully shy — a trait that doesn't lend itself to forcing one's presence on those making news and encouraging them to talk to you. I couldn't wait to get interviews over with so I could get busy writing — an activity in which I felt much more comfortable and competent. These days, the interview's the fun part and the writing is the grunt work.

Early in my career, like many reporters, I daydreamed of writing a bestseller that would be my ticket to fame and fortune. These days, my book-writing daydreams reflect diminished expectations — a ticket to regular meals, or perhaps a long-delayed vacation.

But I've kind of developed a taste for writing projects in which I control the subject, pace and style, if not the income. In fact, I've got another book in mind, which I've already started to research.

Hope the compound holds together until I can get it done.

A SPICY RELATIONSHIP

Husband and wife battle for best chili

By Mackenzie Mays
Staff writer

Maureen Barrett likes to keep her competition close.

She and her husband Scott competed side-by-side at The World's Championship Chili Cook-off at Magic Island in Charleston on Saturday.

The Chicago couple has been married for nearly 30 years, and cooking chili for 16 of them.

"We have completely different recipes and different styles of cooking, but we both focus on studying our spices and using the right peppers," Maureen said.

"She's a little more precise than I am," Scott said.

"He just throws it all in there," Maureen said.

Maureen was named the world champ in 2009 for her red chili recipe. That's when she changed her name from "Maureen's almost famous chili" to "Maureen's now famous chili."

"If Scott ever tries to tweak my recipe, I can always remind him that I'm the world champ," she said.

"She's still talking about it," Scott said as he laughed and shook his head.

Hundreds of chili chefs from all over filled Magic Island over the weekend to compete for the \$25,000 grand prize for the best red chili, which will be announced today.

This is the second time the worldwide competition, hosted by the International Chili Society, has been held in Charleston, and will head to Palm Springs, Calif. next year.

"We love it here on the riverfront. We've made great friends," said George Lott, who made the trip from Pueblo, Colo. "We've been cooking with a lot of these people for years and years."

Lott says the secret to great chili is finding the right balance.

"You've got to kick it up a notch, but it can't be so hot that people can't eat them," he said.

Charleston native Phillip Majestro, who competed in the national competition for the first time this year, says



1: Husband and wife Scott and Maureen Barrett, of Chicago, are competing against each other in the World's Championship Chili Cook-off held in Charleston this year. Maureen was named the world champ in 2009.



2: Camron Nice, 2, and his sister Gwendolyn, 4, of South Charleston, play at the World's Championship Chili Cook-off.

3: Kim Graham, of Charleston, tries green chili Saturday afternoon at the World's Championship Chili Cook-off held on Magic Island.

his secret is quality ingredients.

"You've got to really dedicate some time to deciding what you put in your chili. I even order some ingredients online and have them shipped here," he said.

The cook off ends today at 5 p.m. Admission is \$5. Proceeds benefit HospiceCare.

Just down the road from the cook off, more than 800 vintage cars line Kanawha Boulevard as the annual Rod Run and Doo Wop also hit Charleston this weekend.

Paul Liptok, a two-time Rod Run trophy winner, showed off his 1967

"We have completely different recipes and different styles of cooking, but we both focus on studying our spices and using the right peppers."

MAUREEN BARRETT
2009 World Champion

Chevelle Convertible SS on Saturday and even shutdown offers to buy it. "I can't sell it. My dad traded it for

a mini bike and \$250 in the '80s, and we've spent a lifetime rebuilding it. It was pretty much junk," he said.

Three generations of Liptok men were at the car show on Saturday. Reese, 14, showed his 1994 Camaro.

"He enjoys it but he's not as crazy about it as me yet. I'm sure that'll change once he's old enough to drive," Liptok said about his son. "There is so much to see here. Anything you can dream up — it's here."

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KENNY KEMP | Sunday Gazette-Mail photos

CARS THAT GLEAM... AND EVEN A SCREAM



1: Cars line Kanawha Boulevard Saturday during the annual Rod Run and Doo Wop in Charleston.

2: Lilly, 7, and Ashley Sutherland of Charleston get a scare Saturday at the annual Rod Run and Doo Wop in Charleston when a spook rises up in the back of a car.

3: People stopped to take check out this pink 1960 Dodge Dart owned by Gary Harvey of Belva Saturday during the annual Rod Run and Doo Wop in Charleston.

KENNY KEMP | Sunday Gazette-Mail photos

RUNNER

FROM PAGE 1B

same week, he tried his first run. "I told myself, it's time to do something. No way was I letting it get to 44.

"I'd never played sports, and I'm uncoordinated, but I thought, well, maybe I could run."

On his first try, he made it about a half mile. "I was an overweight, chain-smoking couch potato, and there I was, puffing down the road, thinking, 'This is going to kill me.'"

But he stuck with it. In the past four years, he has dropped 60 pounds. He brought his total cholesterol down from 200 to 135. "He's a transformed person, physically and mentally," said his father, retired Methodist minister Bill Deel.

His resting heart rate is now 60, compared to 85 four years ago. He has qualified for next spring's Boston Marathon. "I'm living proof that an out-of-shape person can turn it around, even at this age," he said.

Deel grew up in Southern West Virginia "thin as a rail," he said, "but somewhere along the way, I ballooned up to 230."

Then he started running. "I got hooked on it," he said. "Now, when I miss a couple days, I get crabby. I'm itching to get out the door. My wife'll say, 'You need to go run.' Sometimes I run at 9 or 10 o'clock at night. It takes the edge off."

He quit eating Double Whoppers. "I eat pretty healthy food now," he said.

When he first started running, he injured himself. "I thought I should run harder and



CHIP ELLIS | Sunday Gazette-Mail

After University of Charleston's Brad Deel ran 50 miles to celebrate his 50th birthday, his 7-year-old daughter Arianna ran the last few hundred yards with him.

faster every time, so of course, I hurt myself and couldn't run for about four months." Beginners should check with

Thinking of taking up running?

Type "Highmark's Running 101 Program Introduction" into a search engine. The 53-segment "Running 101" program, narrated by a national 5K champion, offers solid advice a wide range of subjects, from pacing and nutrition to shoes.

The main message: Take it easy. Don't overdo it. Build up gradually. Walk. Run a little. Run a little more.

Highmark is formerly Mountain State Blue Cross/Blue Shield. Click on "53 videos" on the introduction page.

their doctor, he said. Ease into it, he advises. "Most runs should be done at a slow jog.

"Most days, I run between seven and 10 miles, but I start out slow. I also do one or two hard workouts a week. Last Saturday, for instance, I did hill sprints, where you find a steep hill and sprint up it for 8 to 10 seconds, then walk back down, then do it again."

Six years ago, a half-mile took him six minutes. Now he can run a mile in five and a half minutes.

"I sleep much better at night. I can keep up with my kids now. When I run, I can think for an hour with no interruption, and I come up with decent ideas. If I'm in a foul mood, I can blow off steam.

"You get addicted to running," he said. "I was addicted to cigarettes 30 years. Now I'm addicted to running. As addictions go, it's better for me.

'Charleston needs trails.'

Deel wants to see more running and walking addicts.

"Charleston could be a great running town, but Charleston needs trails," he said. He ran facing traffic on Route 60, but even the safest roads are more dangerous than trails, he said. "Almost every day, I run back streets in Kanawha City, but I'd rather run

trails." Kanawha State Forest is 20 minutes away, he noted.

A lawyer, he teaches constitutional law, debating and political science. Sometimes he has his students debate obesity. "It's an important question for the political system," he said. "Doctors say, if we don't get a handle on obesity, diabetes will overwhelm the health-care system 20 years from now," he said.

Running and other exercise can help with that, he said. "Government can encourage more people to get fit by adopting policies that encourage healthy behavior."

He likes it that Charleston City Council has committed to build 100 miles of trail. "Bike lanes on the Boulevard will be great," he said. "But why not have a nice, shaded trail running from Coonskin to downtown? I'd love to run across the South Side Bridge, head up the Elk River to Coonskin and back.

"Every other capital city I know of has a trail system. It's a quality of life issue, a health issue, and a business issue. Businesses look at that sort of thing when they're thinking of relocating."

Councilman Tom Lane would like to see Deel get his wish. He sponsored Charleston's "100 miles of trail" resolution. "I predict we'll have the Boulevard running and

biking lanes within the next five years," he said. "And people are working on a bicycle route on the Midland Trail, through Charleston and beyond."

"There's been a lot of discussion about a trail from Coonskin to Charleston," said former Council member Lewis Payne. "There's an old railroad trail that runs along the Elk and connects Capitol Market with Coonskin. Folks have tried, but the owners think they might use it for something else later."

"We definitely plan to develop a trail between the airport and Capitol Market, but the airport has a new construction project now, and they want to wait till that's done," he said.

A few years ago, Council created the Charleston Land Trust. The volunteer members are supposed to develop a city trail system, linking it to surrounding areas. But they have limitations: The trust has no staff and no money. So far, its volunteer members have secured private contributions to create trails on two South Hills properties, Payne said.

"We're talking about becoming a 501(c)3 so we can get grants and contributions," Lane said.

"If they build the trails, Deel will run on them. He plans to run, no matter what. "There are times when I look in my rear-view mirror and see that guy who was a 230-pound chain smoker," he said. "It would be real easy to be that person again, and I don't want to be. So yes, I'll keep running."

To see the trail plans of the Charleston Land Trust: <http://www.cityofcharleston.org/landtrust>.

Reach Kate Long at katelong@wvgazette.com or 304-348-1798.

Capitol Club raises \$257,165

United Way of Central West Virginia has a community campaign goal for 2012-2013 of \$2.3 million. Workplace campaigns and individual donations are crucial in reaching this goal. Currently, the campaign total stands at \$338,439.45. The Capitol Club leadership gives listed below account for \$257,165 of the total raised to date.

Ordre d'Egalite, with a gift of at least \$50,000: None.

Ordre de Liberte, with a gift of at least \$25,000: None.

Membres de la Societe, with a gift of at least \$10,000: Kathy and Marty Becker, Dwight A. Foley, Mr. and Mrs. L. Newton Thomas Jr., James R. Thomas II, D. Stephen and Diane H. Walker, William Maxwell Davis, Alex and Sue Parsons, Michael H. Wehrle, one anonymous donor.

Ambassadors, with a gift of at least \$7,500: Holmes and Antoinette Morrison.

Governors, with a gift of at least \$5,000: James and Phyllis Arnold, John M. and Victoria W. Ballengee, "In Honor of Edward Lipsett.

Chief Justices, with a gift of at least \$3,600: Joseph B. Cook, "Richard and Marion Sinclair, "Jay and Simone Thomas.

Justices, with a gift of at least \$2,400: Calvert and Ted Armbricht, Robert V.



Berthold Jr., Vann and Anne Carroll, Mr. and Mrs. Robert F. Goldsmith, Charles T. and Mary Ellen Jones, Rick Lehman, Angus M. Peyton, Sally and Don Richardson, Anne and Steve Roberts, Dr. and Mrs. Daniel Taylor, Gary and Eunice Beckett, "Judge and Mrs. John T. Copenhaver Jr., "John Finlayson, "David and Lisa Sayre.

Senate Presidents, with a gift of at least \$1,800: Mrs. Marion H. Baer, "Lee and Donna Edmonson, Bob and Susie Orders, Bill and Judy Pugh.

Senators, with a gift of at least \$1,300: Dell and Joan Binford, "Stephanie Cook, "Frank and Cindy DeChiassa, "Laura Ellis, "John and Pam Kuyke, Clifford and Barbara Lantz, Dan and Jeri Matheny, John and Kathleen Merrill, "In Jesus' Name," Mr. and Mrs. William Payne, "K. Douglas and Nancy Reed, "Rick and Wendy Rubin, Dr. and Mrs. James T. Smith, "Elizabeth Anne Smith, "Reed and Darlene Spangler, Chris and Lisa Turley, "Kenneth and Jane Wright, "Kevin Phillips.

Speakers of the House, with a gift of at least \$1,000: "Sheri Akhtar, "Fred and Carolyn Carte, Elizabeth Early Chilton, "David and Donna Houchins, "Lisa Hudnall, "Stan

and Jan Johnson, "William and Mary Kidd, Charlie and Sally Love, William H. McKee Jr., "Allan and Debbie McVey, Dr. Joseph V. Rice, Erica Shalhoup Paterno, Gary and Kathy Swingle, Andy and Margo Teeler, "Lynn Thompson, "Rebecca and Tom Tindler, Florian and Axson Ceperely, Sen. and Mrs. John D. Rockefeller IV, 3 anonymous donors.

Delegates, with a gift of at least \$700: "Joe and Betty Beeson, Kathryn W. Burgess, Andrew R. Ceperly, Bill and Jean Crum, "Ian C. Flores, Sami Ghareeb, "Kim and Marty Good, "Mendi Harkins, Thomas A. Heywood and Melody A. Simpson, Mike and Lisa Holtscaw, "Dennie and Kim Love, "Andrew Paterno, Uma and Palle Reddy, "Karen Rhinehart, "Lisa Seabolt, "Art and Janice Standish, "Tim and Jennifer Stevens, Bob and Ruth Tinney, George and Sue Zaldivar.

Congressional Society, with a gift of at least \$500: J. Mark Bias, "John T. Burke, "Janice Chapman, "Debra Dutton, Sam Flournoy, Randy and Judy Fox, "Mary and Tim Halen, "Michele Hatfield, Sonya Haynes, "Teresa Higginbotham, "Paul and Connie Hill, "Patti Houchens, Terence Johnson, Louis A. Kapicak, Elizabeth D. Keightley, Brian Kraus, "Marlo Long, Pam and David McFarland, "Lori McGuire, "Marshall and Debra Murphy, "Ralph and Jennifer Parsons, "Linda Pezzuto-Lemon, Anna Potter, "Kimeca L. Pratt, Chad and Melissa Price, Alice and Tim Ruhke, Lynn Sizemore, Jim and Doris Smith, "Beth Spradling, "Tramela Trump, "Mary Ann Walker, Bob and Janet Simpson, 10 anonymous donors.

Note: * denotes increased pledge

COAL

FROM PAGE 1B

mand for coal low. It faces growing competition from cheap, abundant natural gas. And it was struggling with the Environmental Protection Agency's crackdown on permitting for mountaintop removal mines and tougher clean-water standards.

Then old, inefficient power plants started shutting down, too, cutting off a traditional market for Appalachian steam coal.

Operators had to adjust, and that translated to layoffs — 800 alone last month when Alpha Natural Resources shut down eight Appalachian mines. That means fewer working miners, spending less in stores, giving less to relatives in need and struggling to find new jobs.

"I'm not a very political person," says Miller, who's planning to take her 5- and 10-year-old children to the demonstration. "I don't want this prayer chain to turn into politics. But the EPA has absolutely destroyed our way of life."

She and other organizers are expecting a huge turnout from people who feel the same.

Jesse Bowling, tourism director for the city of Pikeville,

says his town of 6,900 is hosting a free concert for the miners and preparing for a crowd of as many as 50,000.

"It's to help them and show them we're proud of them and we care about them and we support them," he says. "And we'll continue to do so."

Unlike many coal demonstrations, this one isn't orchestrated by companies or trade associations. United for Coal is a grass-roots initiative, promoted largely on Facebook by people who are directly affected.

"In Washington, that gets lost in translation sometimes. These layoffs affect families — wives, mothers, grandmothers, kids, grandkids," says Jesse Salyer, the 52-year-old president of a Pikeville energy company that leases land and mineral rights to coal operators.

"It's just a real miserable time here in the coalfields. "Ninety-five percent of the people doing this have not met each other, don't know each other and are just doing this to — for at least one day — give some attention to the miners."

The idea started with Allen Gibson, a 60-year-old disabled surface miner from Elkhorn City, Ky.

An elderly woman who lives on \$205 a month in Social Security income told him she'd always gotten by, thanks to sup-

port from five sons who were coal miners. Now, four are unemployed.

"She wasn't complaining that she couldn't get the medicines she needed," Gibson says. "She was worried about her sons. She said, 'If the coal jobs run out, they won't have jobs, and they won't be able to support their children.'"

"This is not a Democrat or a Republican thing," he says. "It's a moral thing."

But there is little doubt that United for Coal is also a political event. Posts on every state's page are heavy with anti-Obama sentiment.

Gibson says state and federal governments have failed the coalfields, and he blames politicians at every level for the failure to bring economic diversity to the region.

"They have ignored us," he says. "And we are going to be a voice. Even if we have to take everyone in this lineup to Washington, we are going to be a voice."

United for Coal, he says, has the potential to become a national movement.

"If the politicians want us to stay off their backs, then they better get off their hind ends and do something," Gibson says. "It's not going to end with a bunch of people standing on the side of the road."

To place a classified ad in the Sunday Gazette-Mail, call 304-348-4848.