



Into the Canyon

Newsletter of Friends of the Cheat

Summer 2009

FOC Purchases Riverfront Property Along the Cheat River Narrows

By Janet Lenox, Associate Director

In June, after years of fundraising and negotiating with Patriot Mining Company, a subsidiary of the International Coal Group (ICG), Friends of the Cheat finalized the purchase of the former Patriot Coal prep plant site. This land consists of approximately 17.5 acres in the community of Preston, along the Cheat River Narrows on Route 72 in Preston County.

The vision in purchasing this site was to provide public access to the river for fishermen and boaters, and a safe take out location for rafting companies. It would also provide access for hiking and biking on the proposed rail trail that runs from Kingwood to Rowlesburg. Long range plans include a green building that would serve as the FOC office, along with providing a public interpretive area with information on things like water restoration, history of the area, coal mining, lumbering, & early settlers.

To help assist Friends of the Cheat with their plans, ICG constructed a river access and provided designated parking spaces free of charge.

In January, a \$5,000 Focus WV Brownfields mini Grant was awarded to Friends of the Cheat for a phase 1 environmental assessment on this site. Friends of the Cheat were one of 15 grantees to receive this award. The objective of this award is to help communities cultivate & implement a redevelopment vision for Brownfield properties of strategic community interest (*Brownfield Properties consist of land that has been previously used for industrial or commercial purposes that may be contaminated by low concentrations of hazardous waste or pollution, but also has the potential to be reused once it is cleaned up*) Triad Engineering from Morgantown, WV offered to do this assessment free of charge, which they completed in late July. A limited phase II assessment is recommended to address Potential Environmental Concerns on the site.

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Martin Tingley, Summer Associate, giving an invasive species presentation during the Preston site vision session in August. Martin has worked 3 summers for FOC and we wish him the best in his future endeavors

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Friends of the Cheat

119 S.Price St., #206

Kingwood, WV 26537-1478

phone: 304-329-3621

fax: 304-329-3622

web: www.cheat.org

email: foc@cheat.org

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Working Upstream

By Keith Pitzer, Executive Director
Friends of the Cheat

The more things change, the more they stay the same. So it goes with the changing of the seasons. With fall and the cooler dryer days, the signs of fall remind us of the year's passing.

Along with these changes come some new faces at the Friends of the Cheat office. OSM/VISTA Josh Daniel completed his year of service with us at the end of August. We certainly wish him the best as he seeks a career in the conservation field. His fieldwork, background and appreciation will enrich him and serve him well.

Coming on board are Emily Perrotta and Andrew Miller as OSM/VISTAs. Their work will be split between water monitoring, landscape design work at our festival site and rail trail site along the Cheat Narrows, as well as working within the community for economic rejuvenation. The process of putting multiple tasks together within a defined whole such as these is fascinating at the least and valuable to many in the surrounding area. We are fortunate to find ourselves involved in such projects and to attract such talented young professionals in the process. The notion of Brownfields opens up new approaches to local challenges and opportunities for bringing resources to apply to community problems.

Acid mine drainage work continues, of course. Completed this year were projects on Pringle Run at Jessop Portals and Middle Fork of Greens Run as well as maintenance work on Morgan Run and Muddy Creek projects. The Dream Mountain project broke ground the first of September. Once implemented, this will improve water quality in about six tenths of a mile of Muddy Creek along Woolen Mill Rd. With a completion date of September 30, this project is fast tracked. Local contractor Bill Bolyard, Jr. was awarded the bid and Potesta and Associates were the engineering company. Another treatment project is yet to be designed on Glade Run as well, this also by Potesta and Associates.

With the summer came news of my own personal health challenges. I have persevered

through this and come to appreciate differently the mood, energy and attitude toward our days. I wholeheartedly thank my co-workers at the office and my Board of Directors for supporting and understanding my situation. Little did I realize the value of living here in these beautiful mountains and rivers before the experience was challenged by feeling badly. Suffice it to say the healing process is teaching me much as well and will hopefully deliver me to a better time and place in the near future. Toward this end I will be working upstream....

Endings & New beginnings

By Joshua Daniel

August 28, 2009 marks the end of my OSM/VISTA term with Friends of the Cheat. As such, I would like to take this opportunity to thank Friends of the Cheat & all the wonderful people I have had the good fortune to work with this year. Overall, my VISTA term has been a rewarding learning experience. My time here has made a lasting impression upon my professional career that I hope is also felt by FOC, Preston County, and the Cheat River. I will cherish the memories I have made and value the lessons I've learned.

Also, Martin Tingley is finishing his 3rd summer as the FOC- ACCWT Summer Associate. Martin has been instrumental in our water quality monitoring program, GIS mapping project, and the Japanese knotweed eradication campaign. Martin will be sorely missed. We wish him the best in his search for future employment.

Although my year is sadly coming to an end, two new VISTAs are embarking upon their terms. They are Andrew Miller and Emily Perrotta. Andrew is a graduate of WVU with a Bachelor's of Science degree in Landscape Architecture. He's also a Preston County native from the Bruceton Mills area and a seasoned volunteer with local watershed groups. Andrew is a "Recovery Act" VISTA and his position is allocated to FOC for one year.

Emily Perrotta hails from the Pittsburgh, PA area. She is a graduate of the University of Pittsburgh and her focus of study was nonprofit management. Emily will be the first VISTA in the newly formed Fickey Run Restoration Project, which will extend into 2012.



Jessica Zamias, FOC Mapping & Monitoring Coordinator, accepting one of three Awards we received from Patrick Kirby, Director of the Northern WV Brownfields Assistance Center, during the Grant Showcase event on 8-4-09

There was a Grant showcase event held on August 4th at the Erickson Alumni Center in Morgantown, WV. This event showcased all 15 grantee projects and the successes each have achieved. Friends of the Cheat won 3 out of the 7 awards given out during this showcase. These awards were as follows:

- 1. Greenest Vision:** The project with the most environmentally sustainable vision
- 2. Technical Resourcefulness:** The project that has leveraged the largest amount or variety of additional technical support
- 3. Financial Resourcefulness:** The project that has leveraged the largest amount or variety of additional financial support

A public site tour and vision session was held at the site on Saturday August 15th. Along with the tour & brief history of the area, Martin Tingley, Summer Associate, gave a presentation on invasive plant species that are present on the site which included Japanese Knotweed or Mexican Bamboo and Multiflora Rose. Joshua Daniel, OSM Vista, gave a presentation on invasive invertebrates that included the Gypsy Moth and the Emerald Ash Borer.

The vision session consisted of an exchange of ideas & concerns people have with the site and the proposed rail trail that runs through this property. Nearly unanimous in all of the comments, was the site's potential for trail development plus environmental and historical education. Devra Deems and Janice Hirst, two local school teachers, both envisioned being able to take their students to the site to access nature trails. Randy Robinson visualized a green building that housed an environmental education center as well as a museum focusing on the industrial, ecological and cultural history of the area. Randy also noted that there is plenty of parking area for buses. Other ideas included: fishing docks in the two

ponds on site, basketball and tennis courts, an area for skateboarding, and a restroom facility.

A concern voiced by two local residents was the potential loss of access to their property on the opposite side of the Cheat River via the CSX railroad bridge. Other residents were concerned with trash on site, as well as the potential for vandalism and trespassing.

Friends of the Cheat hired Chris Hirst, a WVU landscape architect student, as a summer intern to help create a preliminary design for the site as part of the \$5,000 focus grant. The plan is to have a completed draft by April 2010. Chris also designed and produced a display and brochure for the grant showcase which provided information about the site history, current condition, plant species, Phase I ESA results, and green building ideas. The brochure was a handout for the showcase and community outreach. Chris will be continuing to compile historical data from the early 1800's till its former use as a coal prep plant, along with completing an in depth inventory and analysis of the soil, slope, vegetation, and the hydrology of the site. The data collected will be used to develop his plan.

The final report for the Phase I \$5,000 focus grant was submitted on August 21st. Along with this submission, Friends of the Cheat submitted an application for the phase II \$12,000 Focus Grant. This grant would to be awarded to 5 out of the 15 grantees to be used for site implementation and marketing. On September 1st during the WV Brownfields conference held at the Waterfront Place Hotel in Morgantown, Friends of the Cheat was one of the 5 recipients that received this award. This award will go towards assessing the site for a green building and waste management. The other 4 recipients of this grant were Friends of the Deckers Creek for the old J&B filling station in Reedsville, Rowlesburg Revitalization Committee for the old Rowlesburg School (former Appalachian Wildwaters headquarters), Marion County Regional Development Corporation for the Owens Illinois Glass Factory, and the Brooke-Hancock Regional Planning & Development Council for the Weirton Rail Yard

History Surrounding the Community of Preston (Trowbridge)

While working on gathering information & history for the site, Keith Pitzer, FOC Executive Director, had mentioned there was once a ferry that operated near this site. It was that statement that sent me off on a history quest.



Despite the lack of clarity, this image needs to be part of this collection. The Trowbridge Ferry was a ferry across the Cheat River at Dunkard Bottom and dates from the late 1800s. Morton notes that Jesse Trowbridge, who built the ferry, came from the Shenandoah Valley in 1804. Among the cars is an unidentified man and Lulu Trowbridge, operator of the ferry.

In the book, *Images of America Preston County*, by Charles A. Thomas, I found a picture of the Trowbridge Ferry that mentions it had been built by Jess Trowbridge and operated back in the late 1800's on the Cheat River. As of this writing, I was not able to find any additional printed information on the Ferry other than in the Trowbridge family history that was written by Ronald N. Wall, dated August 24th, 2001. In this history it mentions that the community in which this ferry operated was known as Trowbridge. I found an old map in the Kingwood library that shows the name Trowbridge in the area which is now known as the community of Preston.

The following italicized text is taken from Wall's history. *There were three Trowbridge brothers, David, Jesse and Samuel Ruble Trowbridge who had moved to Monongalia County, VA (Present Day Preston County, WV) and settled on the Cheat River near Kingwood between 1804 & 1808. These three brothers became prominent and respected citizens of Preston County.*

In 1852 Samuel Ruble Trowbridge was one of the commissioners appointed by the general assembly of Virginia to lay off the eight magisterial districts of Preston County. He was elected president of the proceedings at a county convention held in favor of Virginia remaining in the Union in 1861 in Kingwood. Samuel died in Kingwood in 1864.

David Trowbridge had a farm near Kingwood adjoining his brothers Jesse & Samuel R. Trowbridge. David was a stonemason who also built a gristmill on the Cheat River near Kingwood. At various times between 1818 and 1852 David was a justice of peace in

Preston County and served one term as sheriff. At that time in Virginia, the Governor appointed county sheriffs for a term of two years. The governor usually appointed people of money and status, and the appointee paid a substantial fee for the privilege. Today the practice would be called bribery, but at that time, it was a politically accepted method of appointing certain officials. This practice, however dubious, seems to indicate that David Trowbridge and his family were well to do, at least in comparison with most of his neighbors in Preston County.

The residents of Kingwood organized the first Methodist Episcopal Society shortly before 1815. A log church was built one mile east of the village and David was one of the trustees to whom the building and property was deeded. David served as a local preacher in the church for more than sixty years and his name appeared in the window of the church that replaced the log building.

Oren F. Morton, author of "A History of Preston County West Virginia" (published in 1914) says, "David, a miller, was a man of great force of character. He was sheriff in 1828, a local preacher of the Methodist church for 60 years, and so uncompromising was his opposition to slavery that he was one of the corporal's guard of Prestonians who voted for Lincoln in 1860."

At the visioning session in mid August I found out from two local property owners, Bruce Wiley and Fred ShROUT, that there is more history to be uncovered surrounding the community of Preston, including the graves of Thomas & Jesse Trowbridge pictured below.



Left: Grave stone of Thomas Trowbridge
Below: Grave stone of Jesse Trowbridge



The Drop in The Bucket

By Jim Snyder

We just packed our daughter off to her first year of college (Warren Wilson College- Environmental Sciences- yea!) and Doris and I are about to become empty nesters. So lately I've been thinking a lot about what it means to leave a mark in this world.

Charlie Walbridge & myself are both inductees in the International Whitewater Hall of Fame so you could argue that our efforts have not gone unnoticed.

Charlie has achieved like no other in furthering the cause of safety in the whitewater sport, and I made significant design advancements in the distant past. Although it's more like I jiggered with the lock on the corral, and then all the young mustangs bolted for the distant horizons once they were set free. Somehow I get some small credit for their freedom-, but really anyone could have done what I did-, and would have in fact. Now all the young bucks and does are making their distant marks. All marks that will eventually be eaten by the murky depths of time.

Just after 9/11 my daughter, Amelia, and I departed for my annual trip to visit my friends in Japan. On the way home to Pittsburgh we flew over Shanksville, PA where Flight 93 impacted the earth. We could see the mark those people made in the world. It was small, but deep dark and profoundly sad. I thought of all that blood mingling in the bottom of that hole. Good guy's blood with bad guy's blood. All that love and hate buried for all time. If there is a heaven, I envisioned the entire crew emerging into God's love - together. The confused terrorists, praising Allah on their way-, must have been quite surprised to see that the infidels had not gone to hell. Perhaps instead of 40 virgins, they held hands with those they had killed and maybe everyone was filled indiscriminately with God's love. They would have had to drop their hate as extra baggage at the door, just like the disappointment of the innocent passengers would have to be abandoned. They all came together, and so were bonded that way. The terrorists were a vehicle for God's love in a confused



Picture of an eagle taken by Jim Snyder above St. George on the Cheat River

way. The innocents were torn from their loved ones, as we all must be someday. There was their sad dark mark aimed at the very heart of Mother Earth. It's a mark that will stand the test of time, maybe commemorating the infinite stupidity we humans seem to possess. It's a mark that will never be erased or made right.

I think about the mark the coal industry has made in our state. It's quite possible that in 200 years we will be known as the state with the flat mountains and 8 coal barons. They will have bus tours to see the 8 coal barons mansions (if they still live in the state by then). Beautiful ancient sacred mountains with fish filled streams and rivers will have passed by the wayside- and the coal barons will have nice boats to ride on the dammed up rivers. Our generation will have made its mark. We are responsible. We will be remembered. You know, coal is not about jobs. If you study the history of coal mining you will see that they have continued to get more coal with fewer miners as time passes by. Coal is about coal barons getting rich. The car stickers should read, "Friends of the Coal Baron" instead of "Friends of Coal". That would carry more weight anyway. Sure, we need the energy- we are addicted, but the economic drivers in the industry are all about making money-profit margins, in the face of an international market that doesn't give a sniff about water quality. "Clean coal" is a myth. It's like saying crack is a healthier way to do cocaine. So why introduce the concept of discretion? What good would that do? Make nicer scenery for the poor people left behind? Who cares? And so it's so easy to bypass details like what 'mark' is left behind. Flat mountains are

NOT an asset to those locals left behind when the big machines move on to the next mountain. Flat mountains are a scar you can see from space. We get the credit. I'm not trying to sugar this up any.

We have our own 'marks' from previous generations of mining that we live with here in Preston County. It's white, orange, and black marks left on the river rocks. It's river water that burns your eyes if you get splashed. I know the Cheat very well. I've been running it since 1969. It runs pristine and sweet for 100 miles before the pollution hits it. It tries to hold up to the degradation imposed on it by its neighbors. But finally by the Cheat Canyon, it is beat down pretty hard and carries tons of extra minerals. It's encumbered, tainted, and wounded and pretty much bug-free. But only when it is old and near it's end. Yeah- we've insulted something that's a lot cooler and more enduring than we are.

But Friends of the Cheat has left it's enduring mark also. It looks like a fish and an eagle and an otter. This June I found the first reported nesting eagle in the Cheat watershed- near St. George. Eagles eat fish. Fish eat bugs- the entire system is intact above the "Dirty Sisters"- the polluting streams. So- we are tasked with rehabilitating the Dirty Sisters. It makes me think of Mike Jenkins' "Aquafix" liming machines that run on stream power. Little ambassadors of rehabilitation which are now all over the world- making their mark in a quiet way. They are just a bit of persistent well-intended help. And that's the nature of good deeds. You have to be small to help. You have to be persistent.

And now- the Canyon is beginning to share in the glory of what Mother Nature intended. We are putting it back right. Run the Canyon in the summer. You'll see lots of fish and if you look closely, you'll see they are smiling. If you catch one and pull it in- it'll even be wagging its tail! It might not be much, but a passing fish's grin is our mark in time. It's a drop in the bucket of this world's challenges. But it means a lot.

FOC Receives Donation of Jeep Cherokee



In June, Friends of the Cheat received a donated 1998 Grand Cherokee. The vehicle was a donation from Charles and Viktoria Badger. The couple are outdoor enthusiasts from Richmond, Virginia. Their donation will go towards assisting FOC's monitoring and mapping program.

The core focus of the program is stream restoration from acid mine drainage pollution. FOC personnel and volunteers conduct field work in which they identify potential significant acid discharges, sample discharges for project design, and monitor post projects to determine project performance. Some of these sampling sites are off the beaten path, and not easily accessible, which makes the jeep a perfect fit. The vehicle's 4 WD capability allows field technicians to reach these areas and achieve their monitoring goals.

Another benefit of the vehicle is that it provides transportation to FOC staff during office hours. This will allow personnel to use public transportation as a means to get to work. In the past five years, FOC's AmeriCorps VISTAs have been located in Morgantown and commute daily to Kingwood. Since the increase in gas prices, VISTAs have definitely felt the sting in their budget. The Buckwheat Express, a local public transportation service, has a schedule that allows people to work full time. It only cost \$3.00 a day roundtrip to ride the bus from Morgantown to Kingwood. In addition to saving money, the bus reduces each individual's carbon footprint. So, FOC is not only promoting clean and healthy water, but air too!

Once again, FOC would like to extend its appreciation to the Badgers for their generous donation to the organization. We would like to thank the following local community business: T & T Enterprises for donating their title service, and Snyder Motors for donating their auto services. Thank you all for your contributions and support!



Jenkinsburg Update

Recent Vandalism Repaired

By Charlie Walbridge

The Jenkinsburg Access to the Cheat River canyon is a popular boating, fishing, and picnic access for thousands of local residents and visitors to the region. Four years ago, in response to persistent vandalism and damage to the property, Friends of the Cheat partnered with a local outfitter and American Whitewater to raise \$35,000 and supervise improvements to the property.

Our goal is to provide improved parking while controlling litter and reducing damage to the surrounding woodlands by off-road vehicles. We maintain a close watch on the property to discourage vandalism, and most of the time we just pick up trash. Occasionally we have to block those places where all-terrain vehicles have cut across property boundaries. These incursions, which often cross steep slopes and very rugged terrain, quickly become paths unless they are closed off.

In late July we experienced the most serious damage to date. Two men in a pickup truck attached chains to the large perimeter rocks and successfully dislodged three of them. This mindless vandalism was witnessed by several people who were using the area; they provided a description of the two men and a license plate number to local authorities. We hope that justice will be served, but we have found that the best way to discourage further activity is to repair the damage immediately.

A few days later FOC President Charlie Walbridge arrived with his neighbor, Greg Moran, Jr. Greg is a skilled tractor operator, and he skillfully pushed the giant stones back into place. Before doing this he dug trenches for each rock; they are now set into the earth and will be much harder to move. Afterwards, we spread three truckloads of gravel. The upper parking area was looking a bit worn, and this will keep it everything in first class shape.

The total cost, \$1600, will be paid from money left over from previous access projects which came in under budget. Many thanks to all our members who contributed; your money is always used carefully to maintain the river and surrounding land.



Greg Moran, Jr. working to repair vandalism at Jenkinsburg.

Friends of the Cheat would like to say Thank-You to all who help both financially and physically to clean both Jenkinsburg and the Big Sandy access sites, including the students from the WVU Adventure program that picked up 14 bags of garbage on Tuesday Sept. 22nd with Charlie Walbridge. We hope everyone that uses these areas will also do their part in helping us maintain them.

Thank You!



Cheat River Festival Reflection

By Janet Lenox, Associate Director

As I reflect on the past fifteen years of being a part of the Cheat River Festival, it was not until this year's festival that I truly realized not only how many months of preparation work goes into this one day event by staff & key volunteers, but there's a special magic that happens when you take a moment to watch what transpires during the week preceding and the day of the festival.

The magic begins with the kindness from businesses, vendors, sponsors and media who all donate food, services, auction items, and financial support. Then a harmony begins as over 100 volunteers, the back bone of the festival, including our key volunteers Kelli Geswein- Volunteer Coordinator, Joan Pitzer- Entertainment Coordinator, Karen Koehnlein-Hospitality, Amanda Lachowski-Kids Area plus fest poster/shirt design, Chip Medford-Fest Electricity, Gail Vincent Anderson – Art Market, Jim Snyder & Ralph Teter site prep & improvements, who all work together to compose a smooth event. This harmony continues throughout the day & evening with all the musicians who travel, some long distances, to donate their time & talents to perform for over 2,500 attendees.

The out pouring of support seems to be conveyed into the good karma that has an overwhelming presence at the festival. There is a camaraderie you see formed as people of all ages gather to enjoy a full day of entertainment. It also seems to be present in the weather, as last year during the early part of the festival we had a short episode of light rain, which was followed by a beautiful full rainbow & good weather. Then this year it rained before and after the festival, but remained dry during the festival hours. Granted we have had festivals that should

have been called mud fest, and things don't always go as planned, but despite any misfortunes that may occur, they are always complemented with the willingness of people to help out.

Friends of the Cheat would like to Thank all who support this event, our main fundraiser of the year which helps to cover payroll and office expenses. A special Thank-You goes out to our sponsors: Leading Sponsors -Allegheny Energy and Chesapeake Energy; Major Sponsor - Kayak 411; and other sponsors Aqua Fix, Microtel Inn & Suites, Adventures Edge, & Cheat River Outfitters. This year the festival generated a little over \$30,000. This annual support helps us to generate more AMD remediation projects, while also striving to provide educational & recreational opportunities to the community including the Outdoor Classroom, Rail Trails, River & future Rail Trail access points.

The 16th annual Cheat River Festival is scheduled for Saturday May 1st, 2010. If anyone would be interested in becoming a sponsor for this event, please contact Janet Lenox @ Friends of the Cheat (304) 329-3621 or email jlnox@cheat.org.



Request for Historic Photos

Friends of the Cheat is looking for historic photos of industries (lumbering & coal), communities (Preston/Trowbridge - Kingwood - Rowlesburg-Ruthbell), railroad depots, post offices, businesses, etc. that are associated with the Preston County rail corridors. These photos can be scanned and emailed to jlnox@cheat.org , or we can scan them and return your original. We would also be interested in historic photos associated with the lower Cheat River watershed (Rowlesburg to Jenkinsburg), and its tributaries. These photos maybe used for future publications.

Cheat River Festival 5K Results

By Emily Perrotta, OSM VISTA

The 2009 annual Cheat Fest 5-K was a wonderful success thanks to all the volunteers, race participants, and members of the Preston Rail Trail Committee (PRTC) that worked together to make the event possible. This year over 100 racers logged over 600 km during the run. PRTC and Friends of the Cheat (FOC) recruited over 13 volunteers that donated over 52 hours of their own time, and 18 donor/sponsors that donated a total of \$1600 dollars, and over \$1200 dollars worth of in-kind donations' (such as in the case of Dick Sporting Goods who donated \$300 worth of gift certificates). Without the support of those sponsors, volunteers, and race participants our event would not have been a success. Thank you!

PRTC and FOC would like to thank the following volunteers: Ben Mack, Lynn Mack, Josh Daniels, Ben Badger, Martha Ferris, Aaron Miller, Friday Zetty, Virginia Zetty, Shannon Waliser, Melanie Nichols, Chris Bouquot, Joe Kimmet, Carl Ervin, and Sarah Walters. Collectively, the volunteers donated over \$1053 dollars worth of their personal time ensuring the 5-K ran smoothly. This calculation is based on the national average of a volunteers' hourly pay at \$20.25/per hr.

FOC would like to thank the following sponsors: The Book Exchange, Kingwood Pharmacy, Black Bear Burritos, Lakeside Physical Therapy, Casteel and Poling, Country Road Cyclists, Alpine Lake, WesBanco, Road ID, Cliff Bars, Mettiki Coal, Dicks Sporting Goods, Runners World, Culligan, Preston County Club, Giant Eagle University, Foodland, and Highland Prospect.

UPDATE: Friends of the Cheat and the Preston Rail Trail Committee are working towards the acquisition of an 11 mile CSX corridor. It is our hope to create an environment where bikers, boaters, runners, and families alike will be able to enjoy spending time alongside the Cheat River's natural beauty. If you would like to donate to the acquisition of the 11-mile CSX corridor, please contact FOC office at 304-329-3621, or donate online at www.cheat.org.

Overall winners

Female:

1. Heather Parks of Bruceton Mills with a time of 19:55.2, 7th overall

2. Jen Sober of McHenry, MD with a time of 20:36.6, 11th overall

3. Debbie Conner of Dunbar, PA with a time of 21:05.0, 14th overall

Male:

1. Travis Merging of Aurora with a time of 17:11.6, 1st overall

2. Josh Weekly of West Union with a time of 17:48.8, 2nd overall

3. Peter Schwarzenber of Kingwood with a time of 17:54.2, 3rd overall



2009 Cheat Fest 5K Race at the Preston County Country Club - Photo courtesy of www.iplayoutside.com

Female Winners (By Age Categories)

Ages 1 to 14

1. Alexia Griffith, Madison, WV, 27:31.4, 57th overall
2. Lakisha Turner, Morgantown, 30:14.5, 71st overall

Ages 20 to 29

1. Kiristin Mccaskey, Oakland, MD, 24:12.4, 33rd overall
2. Whitney Hayes, Morgantown, 25:08.2, 37th overall
3. Julia Showalter, Morgantown, 27:36.9, 58th overall

Ages 30 to 39

1. Tammy Turner, Morgantown, 21:15.3, 17th overall
2. Shelly Work, Fairmont, WV, 22:58.3, 26th overall
3. Sara Lampo, Thomas, WV, 23:55.1, 30th overall
4. Sera Janson, Morgantown WV 24:10.5 32nd overall
(Sera works at the Northern WV Brownfields Center)

Ages 40 to 49

1. Kelly Keifer, Morgantown, 26:23.4, 49th overall
2. Anne Jones, Thomas, WV, 29:09.1, 66th overall
3. Dale Greenberg, Baltimore, MD, 32:37.4, 82nd overall

Ages 50 to 59

1. Lynne Ryan, Core, WV, 26:23.4, 43rd overall
2. Nancy Pope, Morgantown, 31:36.7, 77th overall
3. Gwen Baer, Fort Hill, PA, 32:31.0, 81st overall

Ages 60 to 69

1. Janet Hardesty, Mt. Lake Park, MD, 33:59.3, 84th overall

Ages 70 and over

1. Caroline Richmond, Kingwood, 39:48.5, 92nd overall
2. Shirley Burnside, Core, WV, 41:54.4, 94th overall

Male Winners (By Age Categories)

Ages 1 to 14

1. Noah Nichols, Bruceton Mills, 19:30.2, 56th overall
2. Ryan Daly, Scott Depot, WV, 30:05.9, 68th overall

Ages 15 to 19

1. Kyle Benson, Bruceton Mills, 19:30.2, 6th overall
2. Nick Robertson, Kingwood, 22:03.2, 22nd overall

Ages 20 to 29

1. Jim Wittenschaeger, Morgantown, 18:35.0, 4th overall

2. James Fogartie, 19:22.2, 5th overall
3. Brad Carey, Newland, NC, 20:08.2, 8th overall

Ages 30 to 39

1. Corey Wall, Morgantown, 21:10.2, 15th overall
2. Jason Sadlek, 22:52.0, 25th overall
3. Jason Freed, 22:59.3, 27th overall

Ages 40 to 49

1. Mark Tinsley, Morgantown, 20:25.0, 10th overall
2. James Work, Fairmont, WV, 20:48.8, 12th overall
3. Lew McGrath, Morgantown, 21:28.0, 18th overall

Ages 50 to 59

1. John Cuthbert, Morgantown, 20:53.4, 13th overall
2. Craig Baer, Fort Hill, PA, 22:53.4, 24th overall
3. Tom Pauly, Kingwood, 25:46.1, 46th overall

Ages 60 to 69

1. Richard Dey, Morgantown, 28:35.7, 60th overall
2. Neil Baker, Columbus, OH, 28:43.2, 62nd overall
3. Jack Kirby, West Milford, WV, 30:11.5, 69th overall



Sara Lampo and Anne Jones 5K race winners making Tie Dyes at the kids area during this year's Cheat Fest

Recycling in Preston County

By Sally Wilts, Administrative Assistant

Recycling is the remanufacturing of materials into useful products and saves tremendous amounts of energy as well as conserving the raw materials that are used to produce the products. Mining for metals is particularly damaging to the environment, and the use of petroleum for creating plastic is wasteful of an increasingly rare commodity.

Unlike more populated areas that mandate curbside recycling, rural Preston County has several different systems in place to encourage all residents to recycle. Many who move to the area from other locations are amazed that we can't offer curbside pickup throughout the county. The reasons are economic; many miles of roads with sparse population and uncertain markets for recycling make it too expensive for trash haulers to offer this additional service.

The Preston County Solid Waste Authority, in partnership with the town of Terra Alta, has a recycling facility in Terra Alta and an employee dedicated to handling recycling. George has a box truck that he takes to pickup sites around the county on a regular basis. Each Saturday of the month from 9 am till noon he picks up recycling from different towns in the county. He also picks up from several businesses, post offices and Rowlesburg School along with Camp Dawson.

Volunteers help to make the work of recycling easier and your help would be appreciated. You can call 789-2101 to volunteer. Tanya Myers helps out two days per month on Wed. door to door pick-ups, and Sandy Walters and others help at Rowlesburg. Lucky Lee and 4-H help at Bruceton Mills.

The Recycling Center in Terra Alta accepts drop-offs of allowed items. Plastics (#1 and #2), steel and aluminum cans, cardboard, newspaper, magazines, and office paper should all be sorted and clean when turned in. There is no market for glass and it is expensive to haul for disposal, so no glass is accepted. The town of Terra Alta has curbside pickup every two weeks.

Continued on page 12

Doug Ferris Outdoor Classroom & Eloise Milne Pavilion Update

By Emily Perrotta, OSM Vista



Pavilion Groundbreaking 8-26-09. Left: Janet Lenox, Melanie Nichols, Dave Milne, Keith Pitzer, Charlie Walbridge, Ralph Teter, Jake Pitzer. Front: Eloise Milne, Martha Ferris & Jim Snyder

FOC is pleased to announce that on August 26th, 2009 we officially broke ground on the Eloise Morgan Milne Pavilion, which will be part of the Doug Ferris Outdoor Classroom and Nature Learning Center . The foundation for the pavilion is currently being laid, and Kevan Damm with Big Sandy Timber Frames, LLC, should begin framing before winter.

In addition to beginning construction, FOC received a \$15,000 grant through the West Virginia DEP Nonpoint Source (NPS) water pollution program funded primarily by the Clean Water Act Section 319 grants. FOC plans to use the grant to create a wetland walk, identify and label local trees, and create additional learning stations within the Cheatfest site. For instance, located within this site is an open mine portal that will serve as a visual representation of a passive limestone treatment system. The portal will first drain into an open limestone channel and will then drain into a nearby wetland. The portal and future limestone system will be a great way for visitors, community members, and students alike to actually see how a passive limestone treatment system affects AMD.

FOC would like to Thank the following community members for their help in ensuring progress on both the Pavilion & Outdoor Classroom: Dave & Eloise Milne (Major benefactors), Jake Pitzer–Cohen Carpentry, Paul Schreiner – our concrete guru, and Ralph Teter & Jim Snyder for site maintenance and improvements.

A special Thank-You also goes out to Brad Durst with WVCA , Dave Sharp and Mike Lutman of Potesta and Associates Inc., Steve Buchanan of Alpha Associates, plus Dan Lenox & Troy Titchnell (FOC board members) for their technical assistance.



Jake Pitzer preparing for the pavilion foundation

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Preston County Recycling

The city of Kingwood also has curbside recycling and accepts the same items as above, except they don't accept any cardboard except corrugated cardboard. They also have drop-off bins at several locations in town. There is a recycling bin at Reedsville that residents can use.

Joy Recycling accepts metal for recycling. Any appliances that contain freon are to be emptied by a certified procedure to prevent the release of this gas into the atmosphere. Monongalia County Solid Waste Authority has information about this and other recycling information at www.moncoswa.org.



Sally Wilts, FOC Office Assistant, has been organizing recycling at Cheat Fest for about 10 years, with the great assistance from the WVU Sierra Student Coalition volunteers. Thank-You all for your hard work and support to Friends of the Cheat

Why Get Involved with the Friends of the Cheat?

From its headwaters in Pocahontas County, West Virginia, the Cheat River flows 157 miles to the Pennsylvania state line. In its lower 20 miles the river has been so severely polluted by acid mine drainage that it is effectively dead. Most of this damage is caused by underground and surface coal mines that were abandoned decades ago. The continuing legacy of this pollution has been the loss of fish and wildlife, aesthetic damage, degraded drinking water, and losses to the local economy from diminished recreation activities such as fishing and boating.

Our objective is to foster cooperative efforts by federal and state agencies, private industry, and local landowners to address the severe acid mine drainage problems that paint the Cheat Canyon orange and render it ecologically sterile. We need your support to create a new legacy for the Cheat River. Our membership includes fishermen, paddlers, guides and outfitters; land owners and renters; politicians and activists; geologists and biologists; small businesses and large industries; residents and folks from many states away. We are a diverse group with a common goal. Ours is a vision of a healthy river that provides multiple recreational opportunities and sustains viable local economies.

Help us make that vision a reality. Remember...Rivers carry the lifeblood of the planet... but they should not run red. Restore water quality on the Cheat!

Consider making a planned gift to Friends of the Cheat in your estate planning. Making us a beneficiary of a retirement plan, insurance policy or as a bequest can provide you or someone you designate with favorable financial or tax benefits.

Become a member by completing the form below or by visiting our website at www.cheat.org.

Yes, I Want to Be a Friend of the Cheat!

Membership and Donation Form All donations are tax-deductible

Membership includes our periodic newsletter Into the Canyon

Basic Membership

- Individual/family \$20
- Non-profit Organization \$50
- Business \$100

Want to do more? See the new contribution categories

Supporting Contributors

- Stream Steward* \$150 includes ball cap with FOC logo and choice of video
- Watershed Guardian* \$250 or more includes choice of T shirt and video

Cheat River Festival Sponsorships also Available

(Contact Friends of the Cheat for details)

Videos – *River of Promise-A Catalyst for Change* or *River of Promise – Price of a Legacy* \$15 each or 2 for \$25

T-shirt - \$20 (\$15 with \$50 or more donation) Size Medium Large XLarge XXLarge

Total amount enclosed: \$ _____ Payable to: Friends of the Cheat
119 S. Price Street, Suite 206
Kingwood, WV 26537

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CHANGE SERVICE REQUESTED

Members: The date on your address label shows when your membership expires. Renew to continue your support.



View from the new river access point located at Friends of the Cheat's Preston site along the Cheat River Narrows

