Upshur County Commission
Agenda

Location of Meeting: Upshur County Courthouse Annex
Date of Meeting: April 19, 2018

9:00 a.m. Moment of Silent Meditation --- Pledge of Allegiance
Approval of Minutes:
• April 12, 2018
• April 16, 2018 – Emergency Meeting
• April 17, 2019 – Special Meeting

1:00 p.m. Supervisor Meeting

2:00 p.m. Policy Board Meeting

3:00 p.m. Court Security Meeting

Items for Discussion / Action / Approval:

1. Approval of Early Voting Poll Workers for the May 2018 Primary Election.* Page 4

2. Correspondence from the Lewis-Upshur Animal Control Facility in conjunction with Claws & Whiskers Rescue Foundation requesting the donation of pool passes for a benefit bingo scheduled to take place on April 22, 2018. All proceeds will go directly towards the facility animals.* Page 5

3. Approval and signature of a Permit to Enter Upon, Under, Over or Across the State Roads of the State of WV and an Application for WVDOH D-7 Encroachment Permit. Upon approval by the WVDOH, this permit will allow the County Maintenance Department to remove two pavilions located at the Pringle Tree overlook.* Page 6-7

4. Correspondence from Laura B. Meadows, Executive Director of the Upshur County Convention & Visitors Bureau, requesting the reappointment of Jonathon Teets to the CVB Board of Directors as the tourism representative, effective July 1, 2018 through June 30, 2021.* Page 8

5. Correspondence from Cpl. Rodney S. Rolenson requesting reappointment to the Enhanced Emergency Telephone Advisory Board. Cpl. Rolenson’s current term expires on June 30, 2018 and he serves as the law enforcement representative. Upon approval, Cpl. Rolenson’s term will expire on June 30, 2021.* Page 9

6. Correspondence from Kimbra L. Wachob, Upshur County Emergency Communications Center Assistant to the Director, requesting the employment of William Nick Wilfong as full-time telecommunicator, effective April 23, 2018. Upon approval, Mr. Wilfong’s rate of pay will be $11.00 per hour.* Page 10

7. Approve Invoices for Payment, Purchase Card Invoices for Payment, Budget Revisions / Financial Reports or Information, Correction of Erroneous Assessments, Exonerations/Refunds, Grant Updates / Requests for Reimbursements, Final Settlements, Vacation Orders, Consolidation of Land Tracts, Facility Maintenance Concerns or Updates, Road Name Requests, Project Reports / Updates, Request to Attend Meetings, Request for Day(s) Off.
For Your Information:
(Certain Items May Require Discussion, Action and/or Approval by the Commission)

1. Lewis-Upshur Animal Control Facility Adoption Financial Transactions – March 2018

2. Lewis-Upshur Animal Control Facility Cat Report for the month of March 2018

3. Upshur County Mileage Reports – March 2018
   - Upshur 911
   - Maintenance
   - Emergency Management
   - Sheriff
   - Addressing and Mapping
   - Community Corrections
   - Dog Pound

4. Newsletters and/or Event Notifications:
   - Upshur-Buckhannon Health Department Newsletter for April – June 2018
   - James W. Curry Public Library Calendar of Events for the month of May 2018

5. Agendas and/or Notice of Meetings:
   - Buckhannon-Upshur Airport Authority
     April 17, 2018
   - Wes-Mon-Ty RC&D Board of Directors
     April 17, 2018
   - City Council of Buckhannon
     April 19, 2018

6. Meeting Minutes:

7. Meetings:
   - 05/01/18  5:30 p.m.  Elkins Road PSD
   - 05/01/18  4:00 p.m.  Hodgesville PSD
   - 05/03/18  7:00 p.m.  Banks District VFD
   - 05/03/18  7:00 p.m.  Selbyville VFD
   - 04/09/18 12:00 p.m. Upshur County Family Resource Network
   - 04/09/18  4:30 p.m. Upshur County Solid Waste Authority
   - 04/09/18  5:30 p.m. Buckhannon-Upshur Recreational Park Advisory Board
   - 05/07/18  6:00 p.m. Lewis-Upshur Community Corrections Board-Lewis County
   - 04/10/18  7:30 p.m. Adrian VFD
   - 05/03/18  6:00 p.m. Buckhannon-Upshur Board of Health
   - 04/18/18  7:00 a.m. Upshur County Development Authority – Executive Board
   - 04/11/18  12:00 p.m. Upshur County Senior Center Board
   - 04/12/18  3:00 p.m. Upshur County Conventions & Visitors Bureau
   - 04/11/18  6:00 p.m. Upshur County Citizens Corp – CERT
   - 04/11/18  7:30 p.m. Warren District VFD
   - 04/12/18 10:00 a.m. Adrian PSD
   - 04/11/18  3:00 p.m. Tennerton PSD
   - 04/12/18  4:00 p.m. Upshur County Safe Sites & Structures Ordinance Board
   - 04/12/18  7:30 p.m. Buckhannon VFD
• 04/12/18 4:00 p.m. Buckhannon Upshur Airport Authority
• 04/19/18 6:30 p.m. Upshur County Youth Camp Board – Selbyville
• 04/15/18 6:00 p.m. Washington District VFD
• 04/16/18 12:00 p.m. Buckhannon-Upshur Chamber of Commerce
• 05/09/18 4:00 p.m. Upshur County Public Library Board -- Special Meeting
• 04/17/18 10:00 a.m. Wes-Mon-Ty Resource Conservation & Development Council
• 04/17/18 6:30 p.m. Upshur County Fire Board, Inc.
• 04/17/18 5:00 p.m. UC Enhanced Emergency Telephone Advisory Board
• 04/11/18 7:00 p.m. Ellamore VFD
• 04/18/18 12:00 p.m. Lewis Upshur LEPC --- Upshur location
• 04/19/18 2:00 p.m. Upshur County Farmland Protection Board – CANCELLED
• 05/17/18 2:00 p.m. Upshur County Farmland Protection Board
• 04/25/18 10:00 a.m. James W. Curry Advisory Board
• 04/30/18 6:00 p.m. Upshur County Fire Fighters Association
• 04/11/18 7:00 p.m. Buckhannon River Watershed Association - Board of Directors

8. Appointments Needed or Upcoming:
• Upshur County Safe Structures and Sites Enforcement Board (unexpired term- June 30, 2018) – Community Member

Tabled Items
(Certain Items May Require Discussion, Action and/or Approval by the Commission)

Next Regular Meeting of the Upshur County Commission
April 26, 2018 --- 9:00 a.m.
Upshur County Courthouse Annex

*There will be a Special Commission Meeting held in the County Clerk area and the Upshur County Administrative Annex on Friday, April 20, 2018 at 9 a.m. & 2 p.m. respectively *

*There will be a Special Commission Meeting held at the Upshur County Administrative Annex on Wednesday, April 25, 2018 at 9:00 a.m. *
April 19, 2018

County Commission of Upshur County
Administrative Annex
91 West Main Street, Suite 101
Buckhannon, WV 26201

Dear Honorable Commissioners:

Please approve the hiring of Early Voting Clerks, John Barnes, Loretta Dawson, Anita Delahunt, Catherine Frye, Betty Heavner, Hallie Hurst, Eileen Johnston, Ann Mickle, Margaret Neely, Lisa Owens, Beulah Riffe, William Shannon, Catherine Vance, James Vance, Margaret Wilcher, Delores Wilson and Janet Kay Wilson for the May 8, 2018 Primary Election. The positions are temporary, starting on April 25, 2018 and ending on May 5, 2018, at the rate of $8.75 per hour.

Thank you for your consideration.

Sincerely,

Carol J. Smith
Upshur County Clerk
Lewis-Upshur Animal Control Facility

In Conjunction with

Claws & Whiskers Rescue Foundation

318 Mud Lick Road

Buckhannon WV 26201

(304) 472-3865

The Lewis-Upshur Animal Control Facility is a small sixteen kennel run facility that operates for both Lewis and Upshur Counties and houses both dogs and cats. We work with several rescue groups throughout West Virginia and the surrounding states and have now branched out to several other states and their rescue groups thanks in large part to our partnerships with two different small plane rescue transporters. We offer area pet owners a low cost spay/neuter opportunity once a month during the months of April-December by running transportation down to Barboursville, WV to the Help For Animals Clinic. We host various fundraisers and adoption events throughout the year as well as work with individuals who although they cannot own an animal, sponsor the spay or neuter of some of our shelter animals in the hopes of finding them a new home more quickly. Our next fundraiser is a benefit purse bingo to be held on April 22, 2018 at 1:00PM at the Buckhannon Moose Lodge. It is being hosted in partnership with the Claws & Whiskers Rescue Foundation which is a 501c3 non-profit organization and consists of local animal lovers/supporters of our facility. All proceeds will go directly towards the facility animals. We are in the process of collecting donations to fill our purses, as well as offer Chinese and/or silent auction items for this event. We will be offering a 50/50 drawing, a special raffle for those who bring any cat or dog item for donation, and a variety of food and drinks to choose from. We also have several vendors who are setting up a table such as Pampered Chef, Thirty-One, and Origami Owl. We would love to see each and every one of you there and would like to express our sincere gratitude for considering our animal facility’s fundraiser as a recipient of your tax-deductible donation.
PERMIT TO ENTER UPON, UNDER, OVER OR ACROSS THE STATE ROADS OF THE STATE OF WEST VIRGINIA, AS PROVIDED FOR IN SECTION 6, ARTICLE 16, CHAPTER 17; SECTION 9, ARTICLE 16, CHAPTER 17; SECTION 8, ARTICLE 4, CHAPTER 17, WEST VIRGINIA CODE, 1931, AS AMENDED.

THIS PERMIT, Made this ______ day of ___________ 20 ______, between the WEST VIRGINIA DEPARTMENT OF TRANSPORTATION, DIVISION OF HIGHWAYS, a statutory corporation hereinafter called DIVISION and the Upshur County Commission, hereinafter called APPLICANT.

Address: 211 W Main St, Ste 101, Buckhannon, WV Phone No: 304-472-0535

WITNESSETH

In consideration of the hereinafter set out covenants and in accordance with Section 6, Article 16, Chapter 17; or Section 9, Article 16, Chapter 17; or Section 8, Article 4, Chapter 17, of the Official Code of West Virginia, 1931, as amended, and the rules and regulations promulgated thereunder, APPLICANT does hereby apply to enter

Route Type & No. DOH Project No. (if applicable); at Pringle Tree Park on Route 30 in Upshur County, for the purposes hereinafter set forth and in accordance with the plans and specifications which are attached hereto and made a part hereof:

Roadside pavilions at Pringle Tree Park that are unsafe.

APPLICANT further agrees to accept the conditions hereinafter set forth:

1. APPLICANT shall deposit with DIVISION the sum of $______ in the form of an official, certified or cashier's check, or executed bond with surety satisfactory to DIVISION to cover any damage and inspection costs DIVISION may sustain by reason of the granting of this permit, including any expense incurred in restoring said highway to its original condition or the proper repair of any and all damages that may result within one (1) year from the date of the completion of said work.

2. APPLICANT agrees to reimburse DIVISION for inspection costs as follows:
   A. For any inspection costs incurred under this permit.
   B. At $______ per linear foot for _______ feet of water line installed under this permit.
   C. At $______ per linear foot for _______ feet of sewer line installed under this permit.

3. APPLICANT shall notify DIVISION at least 48 hours in advance of the date the work will begin. Failure to comply will be cause for cancellation of this permit.

4. APPLICANT agrees to protect its employees, equipment and users of the highway at all times in accordance with the current Division of Highways manual "Traffic Control For Street and Highway Construction and Maintenance Operations".

5. APPLICANT agrees to comply with all applicable state and federal laws in the performance of work under this permit.

6. Supplementary conditions cited on the reverse side of this permit are understood and agreed to be a part hereof.

7. The work authorized under this permit shall be completed on or before (Date):

Applicant's signature on this permit affirms that all text herein is a verbatim reproduction of The West Virginia Division of Highways Encroachment Permit Form MM-109, revision date May 19, 2005. All attachments are inclusive to this permit.

RECOMMENDED:

Title

BOND REQUIREMENT:

<table>
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<tr>
<th>Attached</th>
<th>On File</th>
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INSPECTION: Owner/Consultant

Fall Time Part Time

Periodic Reimbursable No Cost

AUTHORIZED NO:

Signature and Title of Applicant

APPROVED:

Title

West Virginia Division of Highways

PERMIT NO:
WVDOH D-7 ENCROACHMENT PERMIT INFORMATION

All applications are field inspected. The following information is necessary to help our personnel locate the Encroachment site and expedite the permit process.

PLEASE PRINT OR CIRCLE ALL ANSWERS

<table>
<thead>
<tr>
<th>NAME</th>
<th>Upshur County Commission</th>
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MAILING ADDRESS: 91 W-Main St, Stcl 101 CITY Buckhannon STATE WV ZIP 26201

How can we contact you from 7:30 AM to 3:30 PM? (phone) 304-472-6535 x.2

SITE ADDRESS: County Upshur Route Number

(How to find the encroachment location) 3 1/4 miles (N), (S), (E), (W) of CR on WV 26.

or road name Go North on WV 26 approximately 3 1/4 miles. N of US 33 on WV 20 Pringle Tree Park overlook

(use back of form to draw a diagram if needed)

TYPE OF ENCROACHMENT: (circle one) PRIVATE APPROACH, COMMERCIAL APPROACH, LOGGING APPROACH, BEAUTIFICATION, BANNER or other Dismantling 2 pavilions due to safety Commercial Approaches must include: Plan view and profile view of the driveway with name and type of business the approach will service

THE APPROACH MUST BE STAKED OR CLEARLY MARKED ON BOTH SIDES OF APPROACH BEFORE AN INSPECTOR CAN REVIEW THE SITE. (how marked)

<table>
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<th>DESCRIPTION OF APPROACH</th>
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<td>Private Width ________ 12’min to 20’ max Surface type ________</td>
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<tr>
<td>Commercial Width ________ 30’-50’ max Surface type ________</td>
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<tr>
<td>Logging Width ________ 30’ Max Surface type ________</td>
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(30’ for one way use and 50’ for two-way use)

All logging approaches are temporary. When work is completed, shoulders and ditch line must be restored to original or better condition. If the property owner wants the approach to remain for private use, they must submit an application in their name for review and approval.

The installation of culvert pipes is authorized only by a DOH permit. If a pipe is installed without a permit and deemed an obstruction to the ditch line, it must be removed by the applicant and the ditch line restored to its original condition.

DETACH HERE

APPLICANT: PLEASE REMOVE THIS PORTION OF APPLICATION AND CALL 304-269-8948 WHEN YOU HAVE MARKED THE LOCATION AND ARE READY FOR THE SITE TO BE REVIEWED.
April 17, 2018

Upshur County Commission
37 West Main Street
Buckhannon, WV 26201

RE: Commission Appointment to the Upshur County CVB Board of Directors

Dear Commissioners,

The Upshur County Commission appoints a tourism representative to the Upshur County CVB Board of Directors. Jonathon Teets currently serves as the tourism representative, and his 1st term is set to expire June, 2018.

We respectfully request that Mr. Jonathon Teets be selected to serve a 2nd term, effective July 1, 2018 – June 30, 2021.

Please indicate the Commission’s decision in the space below, by May 30, 2018.

Re-Appoint Jonathon Teets as a Tourism Representative: __________________________

Appoint the following as a Tourism Representative: __________________________

Should you have any questions, please contact our office at any time.

Sincerely,

Laura B. Meadows
Executive Director
PO Box 817 | 14 E. Main Street
Buckhannon, WV 26201
304.473.1400
lmeadows@VisitBuckhannon.org
Upshur County Commission

April 17, 2018

My appointment on the EETAB board expires at the end of June and I am requesting reappointment to the board.

Thank you,

Rodney S. Rolenson
Dear Honorable Commissioners:

Upon successfully completing pre-screening testing and completion of interviews for the position of Emergency Telecommunicator, the Upshur County Emergency Communications Center (E911). The Director (Doyle Cutch right) and I would like to recommend the following candidate for employment consideration:

William Nick Wilfong    Start Date: 04/23/18    Pay Rate: $11.00/hr

Respectfully,

Kimbra Wachob
Assistant Director
Upshur County Emergency Communications Center
## Adoption Financial Transactions

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## Adoption Financial Transactions

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**Total Received:** $678.00  
**Deposit Returned:** $800.00

---

### Main Menu

- **Adoption:** $300
- **Board/Rescue:** $110
- **Upshur:** $50
- **Lewis:** $0
- **Donations:** $313.75

**Total:** $773.75

---

http://upshuranimalcontrol.org/admin/ADOPTF.html  
3/30/2018
To: Upshur County Commission
From: Janella Cochran Supervisor of Animal Services
Subject: Report of Cats

The Following Is an Account of Cats in the Lewis-Upshur Animal Control Facility During

The Month of March 2018

<table>
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<tr>
<th>Description</th>
<th>Number</th>
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<tr>
<td>Number of Cats brought in by Buckhannon City Trapper</td>
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<tr>
<td>Number of Cats brought in by Weston City Trapper</td>
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<tr>
<td>Number of Cats Brought in By John for Lewis County</td>
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<td>Number of Cats Brought in By Dustin for Upshur County</td>
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<td>Number of Cats Brought in By Law Enforcement</td>
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<td>Number of Cats Brought in By Lewis County Residence</td>
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<tr>
<td>Number of Cats Dropped Off by Upshur County Residence</td>
<td><em>23</em></td>
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<td>Number of Cats Quarantined</td>
<td><em>0</em> (0) Upshur (0) Lewis</td>
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<tr>
<td>Number of Cats in Holding Box</td>
<td><em>2</em></td>
</tr>
<tr>
<td>Number of Cats Adopted (Upshur)</td>
<td><em>8</em> (5) Upshur (3) Lewis</td>
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<tr>
<td>Number of Cats Returned to Owner</td>
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<tr>
<td>Number of Cats/Kittens Rescued</td>
<td><em>21</em> (21) Upshur (0) was Lewis</td>
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Number of Cats Euthanized 11 (7) Upshur (4) of these were Lewis

Number of Euthanized Cats Picked up by Lab _0_
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MONTH / YEAR: February/March 2018

MONTHLY MILEAGE LOG

UPSHUR COUNTY COMMISSION

UPSHUR COUNTY, WEST VIRGINIA

DEPARTMENT: Uphur 911

Employee: Doyle Currihfer II

Vehicle Description: 2005 Chevy Equinox

VIN: SCNL73F5S61660712

Total Mileage: 65603

End Mileage: 65603

Start Mileage: 65521

Fuel: 3.38

Date: 02/03/2018
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<tr>
<td>2000 Toyota Camry</td>
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Additional Vehicles:
- 2009 Ford F-150
- 2008 Chevrolet Equinox
- 2006 Ford F-150
- 2004 Ford F-150
- 2003 Ford Taurus
- 2002 Ford Explorer
- 2001 Ford Escape
- 2000 Toyota Corolla
- 2000 Honda Civic
- 2000 Toyota Tacoma

UPSHUR COUNTY SHERIFF - MILEAGE AND FUEL
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MONTHLY MILEAGE LOG

UPSHUR COUNTY COMMISSION

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**UPSHUR COUNTY COMMISSION**

**MONTHLY MILEAGE LOG**

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Month/Year: March 2018
Department: Dog Pound

Upshur County Commission
<table>
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<th>VIN</th>
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NEWSLETTER
April – June 2018
UPSHUR-BUCKHANNON HEALTH DEPARTMENT
15 North Locust Street, Buckhannon, WV 26201
(304)472-2810

VISION: ENSURE A SAFE, HEALTHY ENVIRONMENT FOR ALL WHO LIVE, WORK AND PLAY IN USPHUR COUNTY.

MISSION: PROVIDE QUALITY HEALTH, ENVIRONMENTAL AND THREAT PREPAREDNESS SERVICES THAT ARE ACCESSIBLE TO ALL BY PARTNERING WITH OUR COMMUNITY.

FROM THE DESK OF SUSAN MCKISIC, RN

Clean Air Month 2018

Supported by the American Lung Association, Clean Air Month educates people about the impact clean air can have on their lives.

Poor quality air can harm the environment and can affect us all.

Toxic air pollution is linked to serious conditions such as cancer and chronic bronchitis. Air pollution can exacerbate pre-existing conditions such as asthma.

Air pollution can also harm the environment. The burning of fossil fuels (often for transport or electricity generation) releases high levels of sulfur dioxide and nitrogen oxide into the atmosphere. These gases react with other gases and water to create rain which is acidic.

Acid rain raises the acid levels of water and disrupts the natural balance of life in lakes and rivers; acid rain can also damage plants and trees.

Pollutants Which Can Affect Clean Air & The Environment Include:

- Acid Rain
- Ozone
- Toxic Air Pollution
- Lead
- Sulfur Dioxide
- Particulate Soot
- Carbon Monoxide

We can all make positive steps to improve the quality of our air. Ways we can improve air quality are often based around reducing our use of electricity and using transport more efficiently. We can also support legislation which improves air quality.

FROM THE DESK OF CHRIS GARRETT, REGISTERED SANITARIAN

Help Eliminate Mosquitoes and Protect Yourself from Mosquito-Borne Diseases

Warmer weather will soon be here! Unfortunately, the warm weather also brings out summer pests. None are more annoying than mosquitoes. The problem with mosquitoes is they can spread disease to humans. The most common mosquitoes-borne diseases in West Virginia are La Crosse...
Encephalitis and West Nile Virus. However, there are additional disease that can be spread from the bite of a mosquito such as Zika virus.

So, while you are enjoying the warmer weather and the outdoors, take the time to practice the following tips to protect you and your family from mosquito-borne diseases:

1. Help reduce the number of mosquitoes around your home by emptying standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and bird baths on a regular basis.
2. Use insect repellents when you go outdoors. Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-methane-diol products provide longer-lasting protection. To optimize safety and effectiveness, repellents should be used according to the label instructions.
3. Take extra care during peak mosquito biting hours of 5:00 p.m. to dusk. Take extra care to use repellent and protective clothing from dusk to dawn or consider avoiding outdoor activities during these times.

For more information on how and where to dispose of the solid waste that may harbor mosquitoes, contact the Upshur County Solid Waste Authority at 304-472-7916.

For more information about preventing mosquito-borne diseases, contact Chris Garrett at the Upshur-Buckhannon Health Department at william.c.garrett@wv.gov. More information can be found on the internet by visiting the WV Division of Infectious Disease website, www.dide.wv.gov or by visiting www.cdc.gov/westnile/index.html.

FROM THE DESK OF CHRISTI EICHER, RN

Asthma and Allergy Awareness Month 2018

People who suffer from asthma and allergies often experience noticeable physical symptoms during this month.

In the US, approximately 25 million people have asthma of which almost 7 million are children.

Asthma symptoms include coughing, wheezing, shortness of breath, and a tightness in the chest. Symptoms of allergies can vary in severity. Mild allergy symptoms include congestion, skin rash, and itchy water eyes. Moderate symptoms include difficulty in breathing, and itchiness.

Severe asthma symptoms can begin with itching of the eyes and face, but soon progress to swelling, causing breathing difficulties, cramps, diarrhea, and vomiting. Confusion and dizziness are further symptoms of asthma.

What Causes or Triggers Asthma?

People with asthma have inflamed airways which are sensitive to things which may not bother other people. These things are "triggers."

Common allergens that causes allergic asthma include:

- dust mites
- cockroach
- pollens
- molds
- pet dander
- rodents
Irritants in the environment can also bring on an asthma episode. Although people are not allergic to these items, they can bother inflamed, sensitive airways:

- smoke from cigarettes
- air pollution such as smog, ozone, and others
- wood fires
- charcoal grills
- strong fumes, vapors, or odors (such as paint, gasoline, perfumes and scented soaps)
- dusts and particles in the air
- chemicals

**Respiratory Illness**

- colds
- flu (influenza)
- sore throats
- sinus infections
- pneumonia

**Weather**

Dry wind, cold air or sudden changes in weather can sometimes bring on an asthma episode.

Talk to your health care provider about your asthma and your triggers.

**FROM THE DESK OF MELISSA PARSONS, OFFICE ASSISTANT**

**7 Simple Ways to Spring Forward into Fitness**

1. **IDENTIFY THE "WHY"**
   Getting in shape does not always mean losing weight. Perhaps you just want to feel better about yourself, have more energy and know that you’re doing something good for your body. If you identify why you want to get fit, it will help you power through a tough workout or give you the willpower to say “no thanks” to the bagels your co-worker brought to the office.

2. **FIND A WAY (OR A FEW WAYS) TO BE ACTIVE EVERY DAY**
   If you find activities that you truly love, you will find joy in being active every day, even if it’s just going for a walk in your favorite place. Anything you can do to get your body moving will put you in a better place mentally and is better than being completely stationary.

3. **EAT REAL, WHOLE FOOD**
   Forget counting carbs and calories; instead, focus on fueling your body. If you are eating nutritious foods with as few ingredients as possible — fresh fruits and vegetables, whole grains, healthy and clean proteins — you’re treating your body well.

4. **DON’T THINK OF HEALTH AS A PUNISHMENT**
   Find physical activities and nutritious meals and snacks that feel like you’re giving yourself a reward. This is exactly what your health should be — a gift, something that makes you feel healthy and happy.
5. DON'T SKIMP ON SLEEP
Easier said than done, I know. In our hectic, overscheduled lives, sleep often gets pushed to the back burner. But sufficient rest should be one of your top priorities.

6. HYDRATE
Drinking more water is one of the simplest ways to achieve a healthier you. Proper hydration aids in digestion, refuels our bodies, boosts energy, nourishes the skin... the list of benefits goes on and on.

7. ENLIST A BUDDY
Being vocal about your goals to get in shape can be a powerful motivator and may even inspire a friend or coworker to join you.

There is no “right” way to get in shape and maintain a healthy lifestyle; there is only what works for you. Realistic tweaks to your routine are the first steps to a lasting habit. Don’t overwhelm yourself by taking on too many ambitious goals at once; instead, stick to the basics. And remember: Being healthy should feel fun and be something you look forward to every day.

FROM THE DESK OF SUZI TALBOTT, RN
May
National High Blood Pressure Education Month 2018

Written as two figures, blood pressure is measured as the pressure when the heart has pumped (systolic) and when the heart is in between beats (diastolic).

<table>
<thead>
<tr>
<th>Normal Blood Pressure Levels:</th>
<th>Systolic&lt;120 mmHg</th>
<th>Diastolic&gt;80mmHg</th>
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<td>At Risk Blood Pressure Levels:</td>
<td>Systolic 120-139mmHg</td>
<td>Diastolic 80-89mmHg</td>
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<tr>
<td>High Blood Pressure Levels:</td>
<td>Systolic 140mmHg or higher</td>
<td>Diastolic 90mmHg</td>
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Confirming High Blood Pressure:
- Don’t drink coffee or smoke cigarettes for 30 minutes prior to the test.
- Go to the bathroom before the test.
- Sit for 5 minutes before the test.

PRIMARY HIGH BLOOD PRESSURE
Primary or essential high blood pressure is the most common type of high blood pressure. This type of high blood pressure tends to develop over years as a person ages.

SECONDARY HIGH BLOOD PRESSURE
Secondary high blood pressure is caused by another medical condition or use of certain medicines. This type usually resolves after the cause is treated or removed.

Maintaining a healthy body weight, regular exercise, quitting smoking and following a healthy low sodium diet rich in fruit and vegetables.

What you don’t know about high blood pressure could hurt you. High blood pressure affects one in three Americans yet many people with the condition don’t know they have it. Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States. Fortunately, high blood pressure is treatable and preventable. Get your blood pressure checked regularly.

1. High blood pressure may be linked to dementia.
2. Young people can have high blood pressure too.
3. High blood pressure usually doesn’t have any symptoms. “Silent killer.”
4. Many people who have high blood pressure don’t know it.
5. Women and minorities face unique risks when it comes to high blood pressure.

Women with high blood pressure who become pregnant are more likely to have complications during pregnancy than those with normal blood pressure. High blood pressure can harm a mother’s kidneys and other organs, and it can cause low birth weight and early delivery. Certain types of birth control can also raise a woman’s risk for high blood pressure.

African American men and women are more likely to be hospitalized.

A healthy lifestyle includes:
- Eating a healthy diet
- Maintaining a healthy weight
- Not smoking
- Limiting alcohol use. Learn more about steps you can take to prevent high blood pressure.

FROM THE DESK OF DR. JOSEPH REED, MD

Smoking: cost

$6.50 per pkg. (20 cig.) 1 year = $2,007.50x 40
years=$80,300

$13.25 (society cost) per pkg. $4836.25
$193,450.

Average smoker dies 14 years sooner!

Society cost is purchase price, lost time, smoke breaks, loss of wages, Health care costs

Drug deaths in U.S. per year from overdoses 68,000
in WV 747? Average death 40 years early

Deaths in U.S. per year related to tobacco use 480,000
Average death 10-14 years early

Deaths in U.S. per year related to Alcohol abuse 88,000
Average alcohol abuser dies 30 years sooner

If 24% of 1.8 million West Virginians smoke a pkg. a day
for a year, at $13.25 a pkg., that would cost
$2,089,260,000 a year (that is 2 BILLION)

FROM THE DESK OF ARLENE HARPER, OFFICE ASSISTANT

Memorial Day in the United States

Memorial Day is observed on the last Monday of May. It was formerly known as Decoration Day and commemorates all men and women who have died in military service for the United States. Many people visit cemeteries and memorials on Memorial Day and it is traditionally seen as the start of the summer season.

It is traditional to fly the flag of the United States at half-staff from dawn until noon. Many volunteers place an American flag on each grave in national cemeteries. Memorial Day is combined with Jefferson Davis’ Birthday in Mississippi.
Public Life
Memorial Day is a federal holiday. All non-essential Government offices are closed, as are schools, businesses and other organizations. Most public transit systems do not run on their regular schedule. Many people see Memorial Day weekend as an opportunity to go on a short vacation or visit family or friends. This can cause some congestion on highways and at airports.

Background
Memorial Day started as an event to honor Union soldiers who had died during the American Civil War. It was inspired by the way people in the Southern states honored their dead. After World War I, it was extended to include all men and women who died in any war or military action.
Memorial Day was originally known as Decoration Day. The current name for this day did not come into use until after World War II. Decoration Day and then Memorial Day used to be held on May 30, regardless of the day of the week, on which it fell. In 1968, the Uniform Holidays Bill was passed as part of a move to use federal holidays to create three-day weekends. This meant that that, from 1971, Memorial Day holiday has been officially observed on the last Monday in May. However, it took a longer period for all American states to recognize the new date.

Our Office Hours are 8:30 am to 4:30 pm Monday through Friday. We are closed on all legal holidays. Please call (304) 472-2810 to verify nurse availability before coming into the office.
Contact information for our employees:
Susan H. McKisic, Nurse Director – susan.h.mckisic@wv.gov
Arlene F. Harper, OA – arlene.f.harper@wv.gov
Melissa A. Parsons, OA – melissa.a.parsons@wv.gov
Chris Garrett, Registered Sanitarian – william.c.garrett@wv.gov
Christi Eicher, Staff Nurse – christi.r.eicher@wv.gov
Patty Thrasher, Threat Preparedness Coordinator – patty.a.thrasher@wv.gov
Suzi K. Talbott, RN – suzi.k.talbott@wv.gov

Our Board of Directors consists of: Charliena Fubank, Larry Carpenter, Amy Rohr-Queen, Michael Livesay, and Teresa Kee. The Medical Director for the agency is Dr. Joseph B. Reed.
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**May**

- **Monday**: Summer Reading Program, Preschool Program, Art and Craft Activity, Reading, Co-ops, Social Events, and Events at Brooks Hill CB
- **Tuesday**: Meeting
- **Wednesday**: Meeting
- **Thursday**: Meeting, Lego Board Raffle
- **Friday**: Meeting
- **Saturday**: Meeting
Buckhannon-Upshur Airport Authority Agenda
Buckhannon-Upshur Airport Authority–Upshur County Development Office
Tuesday, April 17, 2018 at 4:00 pm

A. Call to order
B. Recognized guests and public comment period
C. Officer/Committee/Consultant Reports:
   - President’s Report – Bill Thomas, President
   - Treasurer’s Report – Phil Lofts, Treasurer
     - Approval of Authority to transfer funds from general fund account to payroll account as required (estimated at $7,500.00) for payroll expenses between 4/16/2018 and the next regularly scheduled authority meeting on 5/10/2018
     - Approval to extend deadline for consideration of financial services proposals by two weeks.
   - Secretary’s Report – Rich Clemens, Secretary
   - Engineering Reports – Chapman/Technical
     - Grant No. 31
     - FAA Reimbursement Request No. 5
     - WVAC Reimbursement Request No. 4
   - Operations – Jamie Wilt, Jennifer Powers
     - Fuel Prices/Inventory
D. Consent Agenda:
   - Approval of Minutes
   - Approval of Treasurer’s Report
   - Authorization for payment of the bills
E. Items Removed from the Consent Agenda for discussion and vote:
F. Old Business:
   - New hangar space requests/applications/updates
G. New Business:
H. Board Member Comments and Announcements
I. Adjournment

Printed on April 12, 2018 10:59 AM
AGENDA

Call to Order – vice-president Utterback
Pledge of Allegiance - Jim Foster
Approval of Agenda -
Devotions – host
Introduction of Guests –
Report on Board Members -
Minutes of 3-20-18 – Bill Coffindaffer
Treasurer’s Report – Bob True
Correspondence – Salem Elementary School; Bank Statements

Committee Reports
By-Laws Committee
Audit Committee

Old Business
• 2018 Goals and Objectives/December Meetings
• 319 project planning
• RC&D membership review
• FY-18 WVCA Projects
• Fundraising

New Business
• Nominating Committee

Coordinator’s Report
• 2016 – USDA-NRCS Conservation Innovation Grant – Seed delivered. Reimbursement received $655.01. Delivering seed to 8 farms and taking before pictures.
• National Fish and Wildlife Foundation- “Pulling it Together” Grant – final reports completed and submitted. Final reimbursement $130 requested.
• USDA – NRCS- Video Demonstrations –
• Barbour County Fairgrounds Project – June 9, 2018. Purchased wild animal footprint stamps and supplies for hiking trail event.

Agency and Organization Reports
• Grassland Committee Report – Bill Coffindaffer
• Grange Report - Jim Foster
• WV Association of Conservation Districts Report – Jim Foster
• NACD, WV RC&D Association, Legislative and Budget Update - Joe Gumm, Don Headley
• Solid Waste Management/Recycling – Joe Gumm, Jim McDonald

Open Discussion
Next Meeting
City Council of Buckhannon – 7:00 pm in Council Chambers
Meeting Agenda for Thursday, April 19, 2018

A. Call to Order
   A.1 Moment of Silence
   A.2 Pledge to the Flag of the United States of America
   A.3 Mayor's Greetings

B. Recognized Guests
   B.1 Fire Department Official Oath & Pinning of Probationary Fire Fighter Ethan Smith

C. Department & Board Reports
   C.1 Information Coordinator/Grant Researcher- Callie Cronin Sams
   C.2 Public Works Director - Jerry Arnold
   C.3 Finance Director- Amberlee Jenkins
   C.4 Police Chief-Matthew Gregory
   C.5 City Attorney- Tom O'Neil

D. Correspondence & Information
   D.1 Letter to FirstEnergy Foundation re: Updates on Colonial Theatre Project
   D.2 Press Release WVWC Students Presentation for City Projects
   D.3 FRN Proclamations re: Child Abuse Prevention & Awareness
   D.4 COB Volunteer Center Coordinator Announcement
   D.5 Letter to Suddenlink re: City Partnership at Stockert Youth & Community Center
   D.6 Press Release City Partnership with Suddenlink reaps laptops & tech deal for SYCC
   D.7 Thank you Letters re: Gift Supporting Projects
   D.8 BU Pool Rental Contract Re: UCARE & National Night Out

E. Consent Agenda
   E.1 Approval of Minutes-Regular 04/05/18 & Special 04/05/18 & 04/17/18
   E.2 Approval of Building and Wiring Permits
   E.3 Approval of Payment of the Bills

F. Strategic Issues for Discussion and/or Vote
   F.1 Creation of Municipal Complete Count Committee Re: US Census Bureau
   F.2 Recommendation from Façade Comm. to approve grant expenditures for Warehouse Gym
   F.3 Discussion for Draft Ordinance Amendment Animal Care & Control Re: Tethering of Dogs/ Temperature Guideline
   F.4 City Council meeting date of May 17th rescheduled for Tuesday, May 15, 2018 due to WVSF Events
   F.5 Request Proposal for Zoning Change of 1 Armory Road From C2 to Industrial District to Recommend to Planning Commission
   F.6 Discussion Health Insurance Renewal
   F.7 Resolution 2018-06 GF Budget Revision
   F.8 Resolution 2018-07 Opioid Crisis as a Public Nuisance
   F.9 Representation Agreement COB & The Webb Law Centre, PLLC re: Claims against Prescription Drug Distributors

G. Comments and Announcements
   G.1 Mary Albaugh
   G.2 Pamela Cuppari
   G.3 C J Rylands
   G.4 Robby Skinner
   G.5 David Thomas
   G.6 Susan Aloi

H. Mayor’s Comments and Announcements
   H.1 Mayor’s 2018 Strawberry Welcome
   H.2 2nd Annual Wilbert Grubb Day May 16, 2018 at 3pm at PSC
   H.3 11th Annual Service to Youth Champion Award May 17, 2018 at 3pm at SYCC
   H.4 12th Annual Friendly Way Day Celebration May 18, 2018 at 3pm at PSC
   H.5 Arbor Day & Friday Night Lights-Light up the Marquee at the Colonial Theatre 04/27/18 8pm

I. Adjournment