DEP’s Junior Conservation Camp celebrating 35 years
by Jake Glance

It was the summer of 1980. Jimmy Carter was wrapping up (unbeknownst to him) his one term as president of the United States. One gallon of regular unleaded gasoline cost $1.25. The number one song was “Coming Up” by Paul McCartney. And no one was sure if Darth Vader really was Luke Skywalker’s father.

It was also in 1980 the Division of Natural Resources (DNR) began a summer camp for the youth of the Mountain State called “Junior Conservation Camp.”

Diana Haid took the camp over in 1982, and has been its director every year since. Until 2005, the Junior Conservation Camp was a DNR project, when Diana came to DEP with Youth Environmental Project (YEP) and Rehabilitation Environmental Action Plan (REAP) staff.

The camp began in Cedar Lakes in Jackson County since it began, and the facility will host more than 150 children ages 11-14 from June 15-19 this year. The overall goal of Junior Conservation Camp - to get young people outside to experience nature - has remained the same since day one, says Diana.

“The first thing we do when they arrive at camp is get them engaged,” she said. “There’s an assembly that has no chairs, and we play games that help the campers open up and speak to each other.”

The camp has staff from DEP, the Division of Forestry, DNR, and WVU Extension Service teaching classes.

See CAMP, Page 7

2015 summer interns learning the ropes at DEP
by Caroline Mitchell

Two dozen interns are learning the ropes at DEP this summer. While most of the interns will be working at the agency headquarters in Kanawha City, a few will be working out of field offices in Logan and Philippi.

See INTERNS, Page 6

ATTENTION SUPERVISORS!

Employee Performance Appraisals are due by Aug. 10

The online Employee Performance Appraisal training is available here

Questions? Contact Cher Szerokman at ext. 1555

- CLICK HERE to follow the DEP’s YouTube channel.
- CLICK HERE to follow the DEP on Twitter.
- CLICK HERE to follow the DEP on Google+.
- CLICK HERE to follow Adopt-A-Highway on Facebook.
- CLICK HERE to follow WV Project WET on Facebook.
- CLICK HERE to follow WV Nonpoint Source Program on Facebook.
- CLICK HERE to follow the DEP’s HR group on Facebook.
- CLICK HERE to follow the Youth Environmental Program on Facebook.
How well do you know your West Virginia history?

The state of West Virginia turns 152 years old on June 20. The names of some of those associated with our statehood are known also a pastor and author who has been ombudsman for the past 13 years, he is. In addition to serving as the DEP ombudsman within DEP that is there to help businesses." Terry said. "The ombudsman does," Terry said. "The ombudsman, doesn’t get offended when short definition of what an ombudsman does," Terry said. "The ombudsman is an independent and confidential office within DEP that is there to help mom and pop businesses all the way up to multinational, multibillion dollar businesses."

After all, a single word like "ombudsman" is not what defines him. In addition to serving as the DEP ombudsman for the past 13 years, he is also a pastor and author who has been published. In Terry’s words, “30 or 40 times.” He just completed his first book, called “The Hidden Hand of Management.”

“It combines concepts taught in a masters of business administration class, on topics like leadership and motivation, to the best management book that has ever been written, The Bible.”

He says a lot of his book has to do with pistos (πίστος) and agape (αγάπη) two Greek words that Terry said don’t have a good translation into English. Pistos is the concept of being trustworthy and faithful, or a trait of someone who shows himself or herself to be reliable in the transaction of business. Agape (pronounced uh-GAHP-pay) translates as love in the form of compassion, forgiveness and charity.

Terry, because of his multiple higher education degrees, also has a lot of letters after his name in his email signature: DM, MBA, PE and QEP.

During a recent permitting workshop at the Advanced Technology Center in South Charleston, an event coordinated by the WVU Extension Service, Terry helped businesses learn what permits they need from the DEP to stay on the right side of the law.

Representatives from companies based all over West Virginia came, mostly with questions regarding aboveground storage tanks, and DEP had several people there who were able to talk either to the group or one-on-one to address concerns and answer specific questions.

“One of the best things about what I get to do every day is speak with people who want to do the right thing and follow the law. If you printed out some code sections, the stack of paper would be taller than me. Sometimes, people are afraid to ask questions, and events like this give them the opportunity to learn.”

It’s all Greek to DEP Ombudsman

Terry Polen, and that’s a good thing

by Jake Glance

Terry Polen, the DEP ombudsman, doesn’t get offended when people ask him what exactly an ombudsman does. He hears that question pretty often.

“I help people, that’s the shortest definition of what an ombudsman does,” Terry said. “The ombudsman is an independent and confidential office within DEP that is there to help mom and pop businesses all the way up to multinational, multibillion dollar businesses.”

A. “The division of a state is dreaded as a precedent. But a measure made expedient by a war, is no precedent for times of peace. It is said the admission of West Virginia is secession, and tolerated only because it is our secession. Well, if we can call it by that name, there is still difference enough between secession against the Constitution, and secession in favor of the Constitution.”

B. “We thus took our position with our eyes open; knowing what civil war had been, and what it could only be again if once commenced; and we have not been deceived. Our state has been invaded by traitors in arms against the best government that a kind and beneficent God ever inspired man to make.”

C. “Cut the knot (with Virginia) now! Cut it now! Apply the knife!”

D. “It is a very easy matter to pull down a house, but a difficult matter to build it up. It is easy perhaps to break down this government; but when we break it down it will not be so easy a matter to build it up.”

E. “We have been driven into the position we occupy today by the usurpers at the South who have inaugurated this war upon the soil of Virginia, and have made it the great Crimes of this contest. We representing the loyal citizens of Virginia, have been bound to assume the position we have assumed today, for the protection of ourselves, our wives, our children, and our property.”

F. “I do not, I cannot, doubt that every one who hears me desires, at the earliest possible moment, the complete pacification of the whole country. I know that such pacification cannot be effected until the rebellion is crushed, and those who uphold it, from whatever cause, have acknowledge and submitted to the supremacy of the Constitution and the government it created.”

A. Abraham Lincoln
   President of the United States

B. Arthur Boreman
   First Governor of West Virginia

C. Francis Pierpont
   Governor of the Restored Government of Virginia

D. John Carlile
   Representative to WV’s statehood convention

E. Peter Van Winkle
   One of first two U.S. Senators from West Virginia

F. Waitman Willey
   One of first two U.S. Senators from West Virginia

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Youth Environmental Day held at North Bend State Park
by Jake Glance; Photos by Tom Aluise, Nedia Cyran, and Brianna Hickman

Dozens of groups from across West Virginia received shares of thousands of dollars in prize money during Youth Environmental Day held at North Bend State Park in Ritchie County. The awards were for various environmental protection efforts.

This was the 52nd annual Youth Environmental Day. More than 1,000 students and their parents attended this year, despite the rainy weather. Awards were presented based on participation in community environmental projects such as litter cleanups, recycling drives, school beautification projects, tree plantings, backyard composting, wildlife management, watershed protection and much more. Youngsters also were recognized for environmentally themed posters and essays.

A complete list of winners and their projects is available here on the DEP website.

Youth Environmental Day was a chance for DEP divisions to showcase the important work they do and give students a hands-on experience with West Virginia wildlife.

The Environmental Education Award was presented to the Comet Cardinals 4-H Club of Jackson County. This award was presented to the group that has completed the most outstanding work in environmental education by creating public awareness on environmental issues such as forestry, recycling, litter laws and hunter safety.

Rain? What rain? The weather didn’t dampen the spirits of Girl Scout Troop #38217 from Frametown or the Cedarville Centurions 4-H Club. Troop #38217 was awarded one of the Keep West Virginia Beautiful awards for the groups with the most outstanding litter prevention project conducted for a school. Cedarville Centurions was presented one of the Mountain Laurel Category Environmental awards for groups that completed projects addressing an environmental need whose members are ages 6-11.

Youth Environmental Day was one of the first events to feature the DEP’s new mobile aquarium, which gives people the chance to see up close the fish that call the rivers and streams of the Mountain State home.

One of the youngest attendees wears a hat made of recycled material, in this case Kool-Aid packets.

Two members of the Lubeck Lucky Clowers smile as they take part in the parade featuring all of the groups attending Youth Environmental Day at North Bend.
**Stretch your stress away**

by Colleen O’Neal

“Getting a grip on stress” can be a stretch. Literally.

In a recent Lunch’n Learn session sponsored by DEP’s Wellness Program, Dr. Jody Eastwood with HealthSource Chiropractic came and taught employees three easy stretches that can help them alleviate daily work stress.

“Stress is either physical or emotional,” Jody said.

Our back and neck are made to support our head in a perpendicular line, he explained. However, because of the way we sit or strain our necks to look at our computer screen, this line gets out of whack.

“People usually suffer from three kinds of pain: neck pain, headaches or lower back pain,” he said.

“Most people have pain that can be relieved with simple stretching.”

Jody demonstrated three simple moves that stretch and strengthen the muscles. All of the stretches can be done either sitting or standing; he recommended standing, if possible.

Shoulder Press – Keeping your shoulders relaxed, hold your arms, which are bent to form a “v,” out at your side. Press your shoulder blades together, trying to make them meet. Hold for two seconds and relax. Do three sets of ten, once in the morning and once in the afternoon. This is performed the same way in a sitting position.

Double Chin Stretch – Press your chin against your collarbone, pushing it back as if you were pushing it to your throat. Hold for two seconds and relax. Do three sets of ten, once in the morning and once in the afternoon.

Ballina Stretch – Cross left leg over the right leg and put right hand on wall with right arm straight out. Bend your left arm and place that hand on the back of your head. Bend at the waist toward the wall. Hold for two seconds and relax. Do three sets of ten, once in the morning and once in the afternoon. Turn around to face the other direction and repeat on the other side. To perform this sitting, instead of touching the wall, hang your arm down by your side.

“On a scale of one to ten, most pain is between a one and four,” Jody said. “If it’s a four or higher, it might be structural and you should seek medical attention.”

**First Aid course will prepare DEP field staff**

by Jake Glance

What if you were inspecting an abandoned mine site and were bitten by a snake? Or if you were a camp counselor and a camper fell and broke a bone? What if calling 911 wasn’t an option?

You can learn what to do in those situations and more during the Wilderness First Aid (WFA) course that will soon be offered to DEP team members.

Class instructors are Jason Hunt, Ph.D., and Deron Wilkes.

Jason is the owner of Campcraft Preparedness in Kentucky. He is a firefighter, search team leader, and wilderness EMT. He has also contributed articles to several emergency preparedness publications and is an instructor at the Pathfinder School in Ohio.

Deron is a paramedic and firefighter with 29 years of experience. His background is in wilderness search and rescue and wilderness medical care. He is a certified Wilderness EMT instructor and an EMS/Fire/Rescue and law enforcement instructor, and is also an instructor with the Pathfinder School.

The first day of the training is classroom instruction and the second day is entirely outdoors - so students should be prepared to be outdoors regardless of weather.

Students who successfully complete the course will receive a two-year certification from the American Safety and Health Institute.

Cost of the training session is $250, which will be paid by the employee’s office. While still in the planning phase, the first sessions will be held in Charleston with expansion to field offices in the future to accommodate more team members. Keep an eye out for flyers around our building.

To sign up for the first aid class, contact Tammy Thornton or Steve Brightwell in the Business and Technology Office.
This month’s inDEPth newsletter will focus on the Paleozoic Era, the earliest of three geologic eras of the Phaner zoic Era.

The Paleozoic Era saw the evolution of reptiles, amphibians, arthropods and fish. During the Paleozoic, life moved from the oceans onto land. It was also during a part of the Paleozoic Era that forests dominated the land, eventually forming the coal beds of West Virginia.

The Paleozoic Era ended with a massive extinction event - from which some scientists say it took life on land 30 million (yes, million) years to recover.

Put the periods of the Paleozoic Era in order, with the oldest (first) on the bottom (Answers are on page 7):

A: Silurian, which saw the mass evolution of jawed fish.
B: Ordovician, which was dominated by trilobites, snails, and shellfish.
C: Devonian, which is also known as the “Age of the Fish.”
D: Cambrian, which saw the evolution of algae.
E: Carboniferous, which was dominated by massive forests and tropical swamps.

Watch out for poison ivy, oak, and sumac

It’s the time of year again to be on the lookout for poison ivy, poison oak and poison sumac. About 85 percent of the population is allergic to these plants and of that number, about 10 to 15 percent can have extreme reactions.

These plants exist everywhere in the U.S. except Hawaii, Alaska, and some desert areas of Nevada.

The easiest way to prevent an allergic reaction is to avoid the plants altogether; however, they are often hard to identify because in some places they grow as vines and in others as shrubs. Some plants have three leaves, while others have groups of five, seven or nine leaves. Familiarize yourself with pictures of the plants. If you know you’re going to be in a wooded area, consider wearing long pants, long sleeves and gloves, and when appropriate, eye and face protection. Change and wash clothes as soon as possible after exposure. Wash skin with mild soap and water and apply rubbing alcohol with cotton balls.

Reactions include redness and swelling followed by blisters and itching. The rash is caused by contact with an oil found in the sap of the plant. The rash takes about two weeks to heal, provided a bacterial infection does not occur. Try to avoid scratching, which can spread bacteria. Over-the-counter medications such as hydrocortisone, Benadryl or calamine lotion often help with the itchiness. A doctor should be consulted for extreme reactions.

Agency Wellness: Tai Chi helps focus positive energy

by Jake Glance

Whether your goal is to increase flexibility, to reduce arthritis pain, or to relieve stress, the Chinese art of tai chi is an easy to learn way to accomplish it.

Renu Chakrabarty, an engineer in the Division of Air Quality, helped dozens of DEP team members learn the basics of the martial art, which dates back hundreds of years.

Renu said some of the best things about tai chi are that it is easy to learn, it can be done almost anywhere, and it can involve no impact or sudden movement - much different from other martial arts such as karate. Its slow, graceful movement and focus on deep breathing is more similar to yoga.

“Yoga and tai chi are very complimentary,” Renu said. “Yoga is basically the Indian practice of moving energy through your body, and tai chi is the Chinese traditional medicine practice of doing the same thing.”

Tai chi incorporates aspects of Taoism, a philosophy that encourages people to harmonize with nature. One of the symbols of tai chi is the yin-yang (above right), in which the light and dark portions rotate but the center remains calm.

Renu said tai chi is a lot like chess in that it is very simple to learn, it can be done almost anywhere, and it can involve no impact or sudden movement. It is best to do a little bit every day, or at least regularly, and you will build a strong foundation and then begin to see the benefits.”

Like yoga, tai chi movements have names to help the learning process. Movements like “Part the Wild Horse’s Mane” and “Grasp the Bird’s Tail” keep the body in constant flowing motion - like water. The movements are also so slow and serene that several senior citizens centers feature classes.

But like all other exercise programs, it is important to know your limitations. Some of the tai chi movements involve standing on one leg and rotating your body. Before you begin, check with your doctor.

Renu Chakrabarty (left) shows attendees of the short tai chi introduction class some of the basics. Tai chi incorporates aspects of Taoism, a philosophy that encourages people to harmonize with nature.
The DEP, DNR, Clay County leaders and eager hikers attended the ribbon-cutting for a 22-mile stretch of trail on June 6.

The Buffalo Creek Recreational Trail, in part, follows the tracks of the former Buffalo Creek and Gauley Railroad. The trail winds its way from Clay to the mining town of Widow, near the Nicholas County line.

Only the first three miles of the trail are complete, but organizers hope to have another nine to 12 miles open by the end of this summer.

The DEP has committed $150,000 in Division of Mining and Reclamation funding to the restoration project focusing on the Buffalo Creek Watershed. The funding will be used to install up to six habitat improvement structures that will enhance trout fishing opportunities in the stream, which is a tributary of the Elk River.

The DNR has announced that Buffalo Creek, once so polluted that it could not support aquatic life, will be added to the list of streams that are stocked with trout once per month from March until May.

In addition to hiking, camping at two sites - one at Dundon and another at Swandale - will soon be available.

INTERNS

cont’d from page 1

Ethan Boyd works in the Division of Mining and Reclamation. He is from Charleston and attended Capitol High School. He is studying mechanical and aerospace engineering at West Virginia University.

Kristin Carte, intern in the Division of Mining and Reclamation, is from Charleston and attended George Washington High School. She studies marketing at Bridge Valley Community and Technical College.

Tyler Chattin has joined the Business and Technology Office. She is from Cross Lanes and attended Nitro High School before studying business management at West Virginia University.

John Cockerham, from Belington, is working for the Office of Special Reclamation in Philippi. He attended Princeton High School and studies natural resource management at Glenville State College.

Courtney Cutlip works in the Office of Abandoned Mine Lands and Reclamation. She is from Newton, attended Roane County High School, and now studies natural resource management at Glenville State College.

Thomas Dodd, an Elkview native and Herbert Hoover High School graduate, has joined the Division of Air Quality. He is studying mechanical engineering at the West Virginia University Institute of Technology.

Amanda Geer is working in the Division of Air Quality. She is from East Liverpool, Ohio, and is pursuing a degree in paralegal studies from Kent State University.

Kendra Hall is an intern for the Division of Air Quality. A Charleston native, she graduated from Herbert Hoover High School and is currently studying pharmacy at the University of Charleston. Kendra enjoyed her first year as a DEP intern so much that she decided to return. She “wanted to know more about what the DEP does and how the public could help protect the environment.” She is specifically interested in the steps that are being taken to make the state’s air cleaner.

Bobbie Harless, from Comfort, has joined the Division of Mining and Reclamation. She graduated from Sherman High School and is studying at Bridge Valley Community and Technical College to be an ultrasound technician. Bobbie had heard great things about the DEP from a friend who worked there, and wanted to experience it for herself. This experience, she hopes, will help her “learn a lot more about how to handle different situations, what the importance is of different documents, and also the work that is done outside of the DEP building.” So far, she says, interning at the DEP has already lived up to and surpassed her expectations.

Amanda Mandirola is an intern in the Division of Water and Waste Management. She is from Elkview and attended Capitol High School. She is studying theatre at West Liberty University.

Luke McClure, of the Division of Mining and Reclamation, is from Pinch and attended Herbert Hoover High School. He is pursuing a degree in general studies from Bridge Valley Community and Technical College.

Caroline Mitchell, from Yawkey, is working in the Public Information Office. She attended Lincoln County High School and is currently studying public communication at Marshall University.

Nicole Newcomb is working in the Office of Environmental Remediation. She is from Blue Grass, Virginia, graduated from Highland County High School, and studies natural resource management at Glenville State College.

Morgan Richardson has joined the Office of Oil and Gas. She is from Cross Lanes and graduated from Nitro High School before studying psychology at West Virginia University.

Brittany Spencer is working for the Office of Special Reclamation in her hometown, Philippi. She graduated from Philip Barbour High School and studies business administration at West Virginia Wesleyan College.

Anthony Sturey, from Charleston, works in the Division of Mining and Reclamation. He graduated from Capitol High School and is studying accounting at West Virginia University.

Tyler Verratter is from Logan and is working in the Division of Mining and Reclamation. He attended Logan High School and now studies engineering at West Virginia University. Tyler wanted to intern at DEP for the experience, and to observe the process of creating the “programs that are happening and changing our environment.” He hopes that working here will broaden his understanding of the work that DEP does, and allow him to “learn more about career applications of [his] college degree.”

Not Pictured: Kylie Joins, Nathan Mullins, Samantha Shinn, Jocelyn Kidwell, Bruce Grist, and James Kennedy are working in the Division of Water and Waste Management. Logan White is working with the Rehabilitation Environmental Action Plan.
Ten Questions with Division of Land Restoration
Director Patty Hickman

With more than two decades of service in environmental protection and remediation, Patty Hickman was recently named director of the Division of Land Restoration after serving in the “acting” role for nearly two years.

1. Where were you born and where did you grow up?
Wheeling, West Virginia

2. Where did you go to college and what degrees did you earn?
West Virginia University – Bachelor of Science in Wildlife Resources; Southern Illinois University – 11 hours toward a Master of Arts in Zoology - degree not completed.

3. How long have you been with the DEP?
Nearly 24 years. I have served as a water resources inspector, underground storage tank (UST) inspector, Office of Environmental Remediation (OER) project manager, UST program manager, and OER program manager prior to accepting my current position.

4. In one sentence – and without using the words “environment” or “protection” – what do you think is the mission of the DEP?
To provide the citizens of West Virginia with a clean and healthy state by addressing legacy and current issues impacting human health and state ecology, while conserving our wild and natural areas.

5. What is your favorite movie?
“The Hunt for Red October.”

6. What three words do people use to describe you?
Independent, straightforward, enthusiastic.

7. Where is your favorite vacation spot?
Sorry, I don’t wish to publicize it to the world. It’s already too crowded!

8. If you could relive any year of your life, what year would it be and why?
Frankly, I wouldn’t want to relive any year of my life. I’ve already been there and done that. Although there have been many times I was happy and enjoyed where I was and what I was doing, I prefer to look forward to great things still to come.

9. What is the biggest challenge facing DEP right now?
For the agency, it is turnover of a system of longtime employees who stayed with the agency for decades to one with new employees who may move on to other things after a short time rather than stay here for their entire careers. This new dynamic has changed the way we do business — from training of staff, to promotions, to our organizational structure. Our biggest mission challenge is to be forward thinking when it comes to changes in economic and development opportunities that present different environmental issues for this agency to address. This includes the winding down of the coal industry due to the changes in that market, and the growth in extraction of oil and gas in deep formations by hydraulic fracturing. A challenge that is just beginning to surface will be the need for large quantities of clean water, for industry and communities, including those remote from West Virginia. I believe we will see a strong desire for this valuable resource in the near future, and we need to be prepared to meet the challenges that come with it, both in the development of such opportunities and to address the environmental issues that will come with this new extractive industry.

10. What person has had the greatest influence on your life?
My mother. No matter what was going on in her life, she was the happiest person I have ever known. She was a loving mother, talented organizer and hardworking career woman who spent her entire life serving others. She was going on in her life, she was the greatest influence on your life?

Diana says the safety and security of the campers is her main priority, with all counselors undergoing a background check and the DNR officers providing security and patrolling at night.

“We have provided counselors with training on autism spectrum disorders and attention deficit hyperactivity disorder, training with epi-pens, and we have a nurse on staff. And if it gets too hot to play sports outside we reserve the pool and go swimming.”

Diana also says there is an effort to “disconnect” the campers from their cell phones. A time after dinner is set aside every day to allow the campers to call their parents. The rest of the time, cell phones and other electronic devices are not allowed. Several of the campers will be attending on scholarship thanks to generous sponsors. The names of those sponsors can be read here.

Diana says most children do not want to go home when camp is over. And seeing the children form new friendships makes all of the planning worthwhile.

“I’ve got kids that are coming to camp whose parents went to this camp. We hear from parents whose children are coming back to camp say they started talking about it the minute they left last year.”

That makes it easy to start planning the 36th Junior Conservation Camp - the day after this one ends.

“Quotable”

“I long for wildness, a nature which I cannot put my foot through, woods where the wood thrush forever sings, where the hours are early morning ones, and there is dew on the grass, and the day is forever unproved, where I might have a fertile unknown for a soil about me.”

- Henry David Thoreau (June 22, 1853)