



From the McDowell County Family Resource Network!

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NETWORK NEWS



Criminal News

Today's Criminal News is brought to you by McDowell County FACES, the Sheriff's Office, the concerned Citizens of McDowell County and the Mayors of the local Towns and Cities.

WV vs. Manuel McCoy Felony # 08-F-81-M

On July 27, 2009 the State of WV by the Assistant Prosecuting Attorney, and the defendant, Manuel McCoy, and his attorney, pursuant to a sentencing hearing. It appears to the Court that Manuel McCoy was convicted on the August 29, 2008 of the felony offense of felony conspiracy as charged in Count Nine of the indictment, and after making application for probation is now before the Court for sentencing. All parties acknowledged receipt and review of the presentence investigation report. The Court gave the parties an opportunity to comment on the report and to address the Court regarding sentencing. Upon due consideration of the report and comments of

the parties, the facts and circumstances of this case, the Court proceeded to sentence Manuel McCoy. It is ordered that Manuel McCoy, is hereby sentenced to the custody of the Commissioner of WV Division of Corrections for an indeterminate period of not less than 1 year nor more than 5 years at an appropriate correctional facility designated by said Commissioner, with credit for all time previously served on the herein charge. It is further ordered that the defendant be assessed court costs and all costs involved in the prosecution herein, and the State of WV is hereby given a decretal judgment for said costs. Upon further consideration of sentencing, it is ordered that the sentence imposed herein be suspended except for



4 months to be served at the Southwestern Regional Jail, with credit for time already served against this four months (Felony No. 08-F-81-M). Upon completion of the jail sentence, it is ordered that the defendant be placed on supervised probation for a period of 24 months under terms and conditions im-

posed by his probation officer and the Court imposing the specific condition that Manuel McCoy shall submit to random drug screenings at least every 2 months and more often if he tests positive. It is further ordered that Manuel McCoy shall not travel out-of-state except to Tazewell County VA without advance approval from his probation officer. It is further ordered that the surety on McCoy's bond be discharged and that he be forthwith placed in the custody of the Sheriff of McDowell County to begin serving the balance of his sentence imposed herein and await transport to the regional jail.

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Special points of interest:

- FACES Community Meetings every month on the 2nd Thursday at 12:00 noon at the McDowell County Public Library.
- HOPE Coalition Meeting every month on the 4th Monday at 10:30 a.m. at the McDowell County Public Library.

Diabetic Foot Care

Diabetes can be dangerous to your feet—even a small cut could have serious consequences. Diabetes may cause nerve damage that takes away the feeling in your feet and may also reduce blood flow to the feet, making it harder to heal an injury or resist infection. Because of these problems you might not notice a pebble in your shoe—so you could develop a blister, than a sore, than a stubborn infection that might cause amputation of your foot or leg. To avoid serious foot problems be sure to follow these guidelines.

- * Inspect your feet daily. Check for cuts, blisters, redness, swelling, or nail problems. Call your doctor if you no-

tice anything.

- * Wash your feet daily in luke-warm water.
- * Be gentle when bathing your feet. Make sure to carefully dry between the toes.
- * Moisturize your feet—but not between your toes.
- * Cut nails carefully—and straight across. Also, file the edges. Don't cut them too short, since this could lead to ingrown toenails



- * Never trim corns or calluses let your doctor do this job.
- * Wear clean, dry socks
- * Avoid the wrong type of socks.
- * Wear socks to bed
 - * Shake out your shoes and inspect the inside before wearing.
 - * Keep your feet warm and dry.
 - * Avoid going barefoot
 - * Take care of your diabetes
- * Don't smoke. Smoking restricts blood flow in your feet.
- * Get periodic foot exams.

Vaccines

Disease prevention is the key to public health. It is always better to prevent a disease than to treat it. Vaccines prevent disease in the people who receive them and protect those who come into contact with unvaccinated individuals. Vaccines help prevent infectious diseases and save lives. Vaccines are responsible for the control of many infectious diseases that were once common in this county, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, tetanus, and Haemophilus influenza type b (Hib). Vaccines contain the same antigens or parts of antigens that cause diseases, but the antigens in vaccines are either killed or greatly weakened. When they are injected into fatty tissue or muscle, vaccine antigens are not strong enough to produce the systems and signs of the disease but are strong enough for the

immune system to produce antibodies against them.

Why are Childhood Vaccines so important?

It's true that newborn babies are immune to many diseases because they have antibodies they got from their mothers. However, the duration of this immunity may last only a month to about a year. Further, young children do not have maternal immunity against some vaccine-preventable diseases, such as whooping cough. If a child is not vaccinated and is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent. The same germs exist today, but babies are now protected by vac-

cines, so we do not see these diseases as often. Immunizing individual children also helps to protect the health of our community, especially those people who are not immunized. People who are not immunized include those who are too young to be vaccinated (e.g., children less than a year old cannot receive the measles vaccine but can be infected by the measles virus), those who cannot be vaccinated for medical reasons (e.g., children with leukemia), and those who cannot make an adequate response to vaccination. Also protected, therefore, are people who received a vaccine, but have not developed immunity. In addition, people who are sick will be less likely to be exposed to disease germs that can be passed around by unvaccinated children. Immunization also slows down or stops disease outbreaks.

Plan a Visit to The Hill Top Lights Rockridge, WV

Located high on top of Beautiful Bradshaw mountain is the home of Theodore and Beatrice Hagerman. Who every year decorate their home with over thousands of Christmas lights. And allow visitors to come and view the lights for free. Visitors come from as far away as California, Florida, Mexico and yes even a few from England. They sell homemade Christmas ornaments, free candy canes are given to the

children and free coffee to the adults. During the Christmas season in 1999 they received more than 2,500 guests. If you are going up the mountain from Bradshaw on RT. 83, turn right at the Plateau Apple Orchard. The Hill Top Lights are located 2 1/2 miles around Rockridge. Please remember to sign the quest book. The Hill Top Lights open on Thanksgiving Night. Come and enjoy bring

the whole family for some good free fun. For more information please call 304-967-7760. Donations are accepted.



Domestic Violence

WHAT IS DOMESTIC VIOLENCE?

Domestic violence, or battering, is a pattern of abusive behaviors that some individuals use to control their intimate partners. Domestic Violence is any type of violence, abuse, or threat of violence that one partner in a relationship commits against another. It includes physical, sexual, emotional, psychological, and verbal abuse. Domestic violence is a serious problem that has been happening for centuries. In the US each year it affects millions of people, most often women. Domestic Violence involves a continuum of behaviors. Examples include punches, kicks, slaps, hits, shoves, forcing partner to perform degrading tasks, using degrading remarks, sexual assault, rape, and any other tactics used to establish power and control over a partner. Domestic Violence can occur in any relationship, married or unmarried, homosexual or heterosexual and at any age. The

following questions may help you decide whether you are being abused:
Does your partner ever.....



- Hit, kick, shove, or injure you?
- Use weapons/objects against you or threaten to?
- Force or coerce you to engage in unwanted sexual acts?
- Threaten to hurt you or others?
- Control what you do and who you see in a way that interferes with your work, education or other personal activities?
- Steal or destroy your belongings?
- Constantly criticize you, call you names or put you down?
- Make you feel afraid?
- Deny your basic needs such as food, housing, clothing, or medical and physical assistance?

If you answered "yes" to any of the above, it may be time to think about your safety.

Many of the signs women are taught to interpret as caring, attentive, and romantic are actually early warning signs for future abuse. Some examples include:

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- Intrusion: Constantly asks where you are going, who you are with, etc
- Isolation: Insists that you spend all or most of your time together, cutting you off from friends and family.
- Possession and Jealousy: Accuses you of flirting/having sexual relationships with others; monitors your clothing/make-up.
- Need for Control: Displays extreme anger when things do not go his way; attempts to make all of your decisions.

For more information or to receive help call SAFE at 304-436-8117

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**To be the Consumer
Voice of McDowell
County**

**We're on the web
www.facesfrn.com**



True terror is to wake up one morning and discover that your high school class is running the country.
- Kurt Vonnegut

Pancake Breakfast at Sterling Drive In a Success!



On September 26, 2009 the McDowell County HOPE Coalition gathered together with the Sterling Drive in to fundraise for the WV Breast and Cervical Cancer Screening Program. This program directly assists WV women by paying for their mammograms, exams, and even treatment if they meet the income guidelines. HOPE Coalition members Christy

Lester, Donald Reed, Kathy Bailey, Ashley Bailey, Carmella Frederick, and Kathie Whitt were the waiters for the event and the food was provided and cooked by owner Harold and Vicki McBride and Co-managers Linda and Doug Pauley.

A local hand-made quilt was on display and will continue to raise money statewide for a year thru raffle tickets.

A rose afghan was crocheted by local Christy Lester just for the event and raffled off that day.



The winner of the afghan was Marielle Messick. A pink pocket knife was won by Fonda Walker. This event raised \$1,593.50 for WV-BCCSP.

