

WHAT'S UP

■ **Book and a Movie (West)**, 10 a.m. Saturday, Nov. 5. West Huntington Library, 901 W. 14th St., Huntington. Book and a Movie, second Saturday of each month, 10 a.m.-1 p.m. Elementary-age program. Read the book, watch the movie, have discussion and snack. We will continue to meet on the second Saturday of each month at the same time. Check our library for upcoming titles.

■ **Fall Studio Tour at HMA**, 1-3 p.m. Saturday, Nov. 5. Huntington Museum of Art, 2033 McCoy Road, Huntington. For more information on events at HMA, visit www.hmoa.org or call 304-529-2701. The Huntington Museum of Art is fully accessible.

■ **Fine Art Auction**, 4 p.m. Saturday, Nov. 5. Huntington Museum of Art, 2033 McCoy Road, Huntington. Admission, \$10. Proceeds benefit the museum.

■ **Five Alarm Gun Bash**, 5 p.m. Saturday, Nov. 5. Charleston Civic Center, Charleston. Prizes and giveaways. Tickets, \$40, at www.pinchfire.com.

■ **53rd annual International Festival**, 5 p.m. Saturday, Nov. 5. Big Sandy Superstore Arena, Huntington. Features international foods, world music and dance and displays representing many different countries and cultures. Hosted by Marshall University Center for International Programs. Visit www.marshall.edu/cip/festival/. Free.

■ **Rockin' to End Alzheimer's**, 6 p.m. Saturday, Nov. 5. Charlie's Harley-Davidson, Huntington. Performers include Todd Thornburg, Joey Notes, Jason Mays, Rodney Crisp, Emily Kinner, Ward Davis, Jeremy McComb and Rick Huckaby. Tickets, \$100. Call 304-523-1340.

■ **Carter Caves Murder Mystery Theater**, 7 p.m. Saturday, Nov. 5. Carter Caves State Resort Park, Olive Hill. Performed by Fantastical Theatricals. Dinner and show is \$34.95 (plus tax) per person and \$24.95 per child 12 years and under.

■ **Murder Mystery Dinner Theater**, 7 p.m. Saturday, Nov. 5. Milton Performing Arts Center, Milton. Presented by Murder and Merriment. Tickets, \$40. Visit <http://miltonperformingartscenter.net>.

MORE ONLINE

Add your upcoming event to our calendar at www.herald-dispatch.com/calendar/

SMALL STEPS, BIG TRUST



Photos by Sholten Singer/The Herald-Dispatch

Program assistant Corey Clark, left, plays chess with Bryan Murphy at First Steps Wellness and Recovery Center on Wednesday in Huntington.

First Steps Wellness & Recovery Center provides support with no strings attached, building foundation for recovery

By **KATHERINE PYLES**
For The Herald-Dispatch

HUNTINGTON — There are no frills at First Steps Wellness & Recovery Center. There's no fancy welcome desk, just a sign-in sheet on a clipboard and a fresh pot of coffee. There's no sleek lobby seating, just worn-in couches arranged around a TV, like at home. Except for many First Steps' clients, it feels more like a home than where they actually live.

First Steps Wellness & Recovery Center, a program of the Cabell-Huntington Coalition for the Homeless, is a drop-in center for people experiencing addiction, homelessness or mental illness, or sometimes all of the above. From 8 a.m. to 4 p.m. Monday to Friday, clients come to socialize, relax and participate in recovery-oriented activities. They can browse the internet, watch a movie or use the weight bench. They can play table tennis or a game on the Wii. They can work on the partially finished jigsaw puzzle, join a game of

cards or borrow a book from the center's library. "Borrow" is a term used loosely, but that's OK, said director Terry Collison.

"We have all this stuff, but the stuff is just to get these babies in the door so we can love on them," she said.

With 80 to 100 visitors a day, it works. And they're not babies — you have to be 18 or older to come inside — but to Collison, they might as well be her own. Some come from tents on the riverbank, some from abandoned houses or other unsafe living conditions. No one is required to come, Collison said, so they're there because they want to be, whether that's for five minutes or eight hours, a couple times a month or every day of the week. All they have to do is sign in once a day with their name, age, ethnicity, living situation and job status — no judgment, no further questions, no strings attached.

Please see **RECOVERY/6C**



Director of First Steps Wellness and Recovery Center Terry Collison, left, helps out Kim Price as she continues her job search on Wednesday in Huntington.

BAZAAR: Fourth Avenue United Methodist Church offers its annual fall bazaar from 9 a.m. to 5 p.m. Saturday, Nov. 5. Handcrafted items, Christmas gifts, baked goods, fudge, lunch and more are featured.

FIVE: Although five days separate birthdays of first cousins Louise Adkins (Sunday, Nov. 6), of South Point, Ohio, and my mother, Nada Lucas (Nov. 1), of Ona, nothing separates the love and memories they share from their Wayne County childhood days. May Louise's birthday be filled with more memories, good health, love, surprises, family, friends and many more



Brenda
LUCAS
COMMUNITY NEWS

birthday celebrations.

AUCTION: The Huntington Museum of Art hosts an art auction fundraiser at 5:30 p.m. Saturday, Nov. 5. A reception and item preview takes place from 4 to 5:30 p.m. Admission is \$10.

BELATED: Late birthday greetings are sent to Tina M. Lewis Fulks, who celebrated Oct. 12. Tina is the daughter

of Linda K. Workman. Here's hoping this special lady enjoyed a special day.

RE-ENACT: Guyardotte is filled with Union troops as Civil War Days continues through Sunday, Nov. 6, promoting and celebrating the area's rich historic heritage. Ceremonies begin at 9:30 a.m. Saturday, Nov. 5, at VFW Post 9738 and ends with haunted history tours from 6:30 to 10 p.m. A memorial service begins at 10 a.m., followed by worship at 11 a.m. Sunday, Nov. 6, with camps throughout the day. The Madie Carroll House Preservation Society offers tours from noon to 4 p.m. both days.

WAY BACK: "Hot Fuel" is the theme for Way Back Weekend activities from 10 a.m. to 3 p.m. Saturday, Nov. 5, at Heritage Farm Museum and Village. Glass making, pottery firing, blacksmithing and more are offered. Tours, wagon rides, petting zoo, food and other activities are also available.

COMPETITION: Tolsia High School JROTC Raider Team was one of 21 competitive teams from West Virginia and Kentucky JROTC programs recently participating in the Rough and Rowdy Raider Competition. Tolsia placed first overall, while Riverside High was second, Spring

Valley High, third, and East Carter (Ky.) High, fourth. All-female teams included Riverside, first place overall; East Carter, second, Tolsia (by tiebreak), fourth.

BASH: The Greater Huntington Park and Recreation District hosts its third annual Rotary Bash from 11 a.m. to 3 p.m. Saturday, Nov. 5, at Rotary Park. Road ride, mountain bike and cyclo-cross clinics, nine-hole disc golf tournament and more are offered.

FEST: The Lavalette Volunteer Fire Department sponsors its arts and crafts festival from 10 a.m. to 5 p.m. Saturday, Nov. 5. Vendors include

Tupperware, Mary Kay, Scentsy, LulaRoe, handmade jewelry and others.

YOUNGEST: Burgess Eplin, the youngest of seven children of the late Ewell and Halie Eplin, turns 73 years old Sunday, Nov. 6. The baby brother of Lillian Estep and husband of Libby Eplin deserves a special day of happiness, love, family, friends and surprises. (Lillian has been a wonderful friend of my family for many years.)

ELDERS: Twenty-Sixth Street Baptist Church honors the elders of the church at 10:45 a.m. Sunday, Nov. 6.

Please see **LUCAS/6C**



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CALENDAR

Charleston

■ Coin show, The Charleston Coin Club will host its annual coin show Nov. 5-6 at the Charleston Civic Center. The show will be held between 10 a.m. and 5 p.m. Saturday and between 10 a.m. and 3 p.m. Sunday. Dealers from West Virginia, Ohio and Kentucky will be in attendance to buy, sell and trade coins and coal mine scrip. Free.

Huntington

■ Annual Spaghetti Dinner, noon-7 p.m. Sunday, Nov. 6. Our Lady of Fatima Parish School, Huntington. Tickets pre-sale \$10 for adults and \$5 for children 4-10 years old; day of will be \$11 for adults and \$6 for children. Tickets can be bought at the school office, parish office or by calling the church.

■ Math Tutoring (Main), 1:30 p.m. Sunday, Nov. 6. Cabell County Public Library, 455 9th St., Huntington. Math Tutoring at Main Library Every Sunday Come to the Main library every Sunday at 1:30-4:30 p.m. on the 2nd floor, reference department. Registration is encouraged but not required. All ages welcome! Call 304-528-5700 to register.

■ Online Book Club, Sunday, Nov. 6. Cabell County Public Library, 455 9th St., Huntington. Visit www.goodreads.com and look up “CabellColLibrary” in Groups for this book club.

■ St. Mary’s Marshall University Marathon/Half/5K, 7 a.m. Sunday, Nov. 6. Marshall University, Huntington. Visit <http://marshalluniversitymarathon.com>.

■ Hand Building and Wheel Throwing for Adults, 6-8 p.m. Monday, Nov. 7. Huntington Museum of Art, 2033 McCoy Road, Huntington. \$180 members; \$205 non-members.

■ Monday Night Fun, 6 p.m. Monday, Nov. 7. Cabell County Public Library, 455 9th St., Huntington. Crafts, story hour and programs.

■ Mother’s Day Out, 9 a.m.-1 p.m. Monday, Nov. 7. Westmoreland Baptist Church, 3401 Hughes St., Huntington. Accepting children from 15 months through 4 years old for child care. Cost, \$15 per day. Call director Kathy Bailey at 304-617-9547. The program follows the Wayne County school schedule.

■ Rose Clippings, 8 a.m.-noon Monday, Nov. 7. Ritter Park Rose Garden, Huntington. Hosted by the Greater Huntington Park and Recreation District.

Ironton

■ Ohio University Southern Community Band practice, 6 p.m. Monday, Nov. 7. Ohio University Southern Community Building, Ironton. There are no auditions, and membership is open to anyone who has high school band experience and own their own band instrument except percussion. Contact Dr. Pat McCoy at 740-533-4541 or McCoy@ohio.edu.

■ Preschool Storytime, 11 a.m.-noon Monday, Nov. 7. Briggs Lawrence County Public Library, 321 S. 4th St., Ironton.

Winfield

■ Veterans Appreciation Day, 2 p.m. Sunday, Nov. 6. Putnam County Courthouse, Winfield. Putnam County, in cooperation with the James E. Marshall Post 187 of the American Legion. Attendees should bring lawn chairs.

The Tri-State’s best calendar of events is right here in The Herald-Dispatch. Add your event by going to www.herald-dispatch.com/calendar and click Add Event. You can either create a new account or log in with Facebook (the calendar does not post to your wall). The Tri-State Events Calendar includes hundreds of local events each month, from arts to sports to community activities. With our extensive listings and easy search format, let us do the work and promote your next big event.

Lucas

■ Continued from 3C

TODAY’S BIRTHDAYS: Tom Bailey, Destinee Spears, Evelyn Martin, Cheryl McCallister, Sam Colvin, Beau Farley, Mayme White, Chuck Kingery, Todd McMullen, Chris Casazza, Shawn Daly, Evelyn Martin, Mary Ann McClure, Betty Carter, Josh Caruthers, Myra Caldwell Cheek hits the double 6 (66), Jaxon Hatfield, Steve Hensley, Mark Alan Beckett, Jean Kouns, Sharon Stark, Maridel Witten, Danny Jackson, Frankie Edmonds of Salt Rock still in the 50s at 57.

SUNDAY’S BIRTHDAYS: Caroline Fauceite, Doug McKee, Abigail Harman, Glenn Harman, Jackson Daugherty, Randall Peterman, Luke Hamilton, CJ Shepard, Angie May, Aaron Bond, Beverly Harshbarger begins the second of the 80s at 81, Rhonda Crockett, Chrystal Maynard, Audra Bailey, Sandy Templeton, Jackie Riggio McCaffrey leaves the 40s behind to try number 50,

Randi Bias, Ava McMullen, Juan Anthony Staten is short of the mid-20 mark at 24, Jackie McMullen, Beverly Jarrett, Megan Johnson, Kathleen Beach, Tammy Morabito, Laura Florence, Katrina White, Shauna Moss Fields, Abby McClendon gets closer to driving age at 15, Betty Craig is still stuck to the 80s at 87.

SUNDAY’S ANNIVERSARIES: Charles and Isabelle Bonecuter, Kenny and Carolyn Smith, Jim and Linda Vealey.

■ CHUCKLE: Bill asked a friend by phone what he was doing. He told him he couldn’t talk because he was working on “aqua-thermal treatment of ceramics, aluminum and steel while under a dangerously constrained environment.” Bill was impressed. Until the following day when he learned that meant he was “washing dishes with hot water under his upset wife’s supervision.”

Send items to Brenda Lucas, P.O. Box 596, Ona, WV 25545; fax to 304-526-2857; or email to bkulucas53@aol.com.

Recovery

■ Continued from 3C

“If we were providing services that somebody had to use, it would change the entire dynamic,” Collison said. “Here, we can just meet them where they are and love them. We can say, ‘Hey, are you OK?’ and they can answer honestly. Maybe they’ll say, ‘Yeah, I’m OK,’ or maybe they’ll be ready to talk to one of us about treatment.”

In addition to Collison, the First Steps staff includes engagement specialist Corey Clark and recovery coach Kelly Stickler. Sandy Gladue is the volunteer greeter, a position she came into gradually as a former client of First Steps. Gladue was a self-described “hot mess” when she met “Ms. Terry,” and she knows firsthand the importance of someone who cares. When a client walks through the door, Gladue is ready with a cup of coffee and a smile.

“I may not know their names, but I know how 98 percent of them like their coffee,” she said. “I know when they’ve got on new shoes. Sometimes it’s just nice to know someone cares.”

While Gladue can almost always be found next to the coffee pot, Clark can be found milling around the center, talking with clients one-on-one and rounding up groups for Wii tournaments and card games. It’s a change of pace for the former Marine and 911 dispatcher

“You don’t have to do some huge thing to make a difference in people’s lives,” said Clark, who recently completed peer recovery training through Recovery Point of West Virginia. “Sometimes, it’s just treating them like people.”

One client, Clark recalled, came in almost daily from the riverfront. When he didn’t show up for a full week, the First Steps staff started asking around. They were about to go search the riverfront for him when Stickler ran into him downtown one afternoon.

“Kelly said to him, ‘We’ve all been looking for you,’ and it was a shock to him that anyone even noticed,” Clark said. “It’s hard to put that kind of thing into words when you’re trying to explain what we do here. But when you see that grin on someone’s face because another person cared enough to go looking for him, it’s like, ‘Oh, I get it now.’”

First Steps is more than a place where the homeless and addicted can come hang out, Collison said. It’s an evidence-based program of building trust in order to pave the way for recovery.

That’s where Stickler, a certified peer recovery support specialist, comes in. A graduate of Cabell County’s drug court program who battled opioid addiction for 16 years, Stickler meets with regularly scheduled clients and is available to anyone at the center ready to take steps toward recovery.

SATURDAY PRIMETIME TV - NOVEMBER 5

MOVIE (N) New programmings

Table with columns for time slots (6 PM, 6:30, 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30, 12 AM) and rows for various channels (3 WSAZ, 3.2 MY Z, 8 WCHS, 11 WVAH, 13 WOWK, 25 WKAS, 29 WLPX, 30 WQCW, 33 WPBY, 61 WTSP, ESPN, ESPN2, FS1, CNN, FOXN, ANPL, DISC, DISN, FOOD, FREE, HALL, HGTV, HIST, NICK, TLC, TOON, TVLD, A&E, BET, BRAVO, CMTV, E!, FX, LIFE, MTV, SPIKE, TBS, TNT, TRUTV, USA, VHI, WGN).

Living with a 4-year-old gives man cause to pause

DEAR ABBY: At 26, I am about to move in with my girl-friend, “Candace.” I love her so much, and I’m confident she’s the one I want to marry. Candace has her 4-year-old daughter, “Michelle,” with her most of the time we are together.



Jeanne Phillips DEAR ABBY

I’m confident that moving in together is the right decision, but living with Michelle makes me nervous. Although Michelle is smart and well-behaved, like most kids she can be bratty and demand a lot of attention from Candace and me.

Candace has the utmost patience with Michelle, and I trust her ability as a parent. What I’m worried about is my own level of patience. I don’t want kids anytime soon, and I get annoyed with Michelle a little too easily. What steps can I take to assure longevity in this relationship? — YOUNG STEPPARENT

DEAR YOUNG STEPPARENT:

Feeling as you do, I am not at all sure you should move in together. I’m surprised that a man who doesn’t want kids anytime soon is so eager to enter into a living situation where that very thing is guaranteed. Before changing your living arrangements, consider signing up for parenting classes. They may not only give you insight into what to expect, but also how to handle situations that may arise.

DEAR ABBY: I’m 13 and I have read your column for quite some time. I enjoy it and like to share and discuss some of the letters with my friends.

While I don’t always agree with your answers, I always

MORE ONLINE

For more advice from Dear Abby, visit www.herald-dispatch.com. Click “Features.”

learn something new. I feel that this is the point of me reading your column. I do, however, have a problem with a teacher who feels I should not be reading “adult material” in the paper, and should concentrate on more “age appropriate” things.

Would you please give me advice on what to do or say to my teacher to make her understand this is not inappropriate material for a kid my age to be reading? I would really appreciate it, and I’ll do whatever you say. — WAYNE IN NEW YORK

DEAR WAYNE: My column has a readership that spans all ages. I know that because I receive letters from indi-

viduals from 9 to 90.

Your parents should decide what reading material is appropriate for you — not your teacher, as well-meaning as she may be. When I was growing up, no literature in our home was off limits to me or my brother, and any questions we asked received straightforward answers. I hope it’s the same for you, because children learn their family’s values through frank and open communication.

DEAR READERS: It’s time for my annual reminder that daylight saving time ends at 2 a.m. Sunday — so don’t forget to turn your clocks back one hour before bedtime.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



Sholten Singer/The Herald-Dispatch

Program assistant Corey Clark, left, and volunteer Danielle Landis play a game of Wii baseball at First Steps Wellness and Recovery Center on Wednesday in Huntington.

“Most aren’t ready, and they know it,” she said. “I wasn’t ready for 16 years. But they know I’m here if they ever want to come talk to me. If they ever get to the point where enough is enough, and the pain is so great that they’re ready to take that step, I’m here.”

The First Steps team uses the state’s 24-hour substance abuse and mental health call line, 844-HELP4WV, to help clients find treatment when they’re ready. Stickler said a constant, nonjudgmental presence made a difference for her, and she hopes it makes a difference for others too.

“When people didn’t think I was listening, I was listening,” she said.

First Steps, located at 730 7th Ave., also hosts recovery classes during the week, including WARP (Wellness Action Recovery Plan), CoDa (Codependents Anonymous) and AA (Alcoholics Anonymous). The classes are well attended by community members and drug court participants, Collison said, “but not these babies.” Again, that’s OK.

“Recovery is this crooked, broken path, and all we can do is put teeny-tiny pieces into that path until someone is ready to stand on their own two feet,” said Collison, whose own past includes a struggle with addiction. “These babies aren’t usually ready for that yet. But if someone wants to get away from

their addiction even for five minutes, I want them to have a safe place to do that.”

Although grants and support from other nonprofits keep the center up and running, private donations fund special events like Halloween karaoke, Thanksgiving dinner and an annual Christmas party. At these events, the center is open to children and families.

“You’re not going to go hungry in Huntington, so this isn’t about feeding them,” Collison said. “It’s about providing them with something they wouldn’t normally have — homemade Mexican dip, crockpot meatballs, glass plates and white tablecloths.”

A Wii Bowling Tournament fundraiser Nov. 19 will raise money for the Christmas party, with two-person bowling teams representing other nonprofits in the area. Collison said her dream is to have a true community center someday, with a large kitchen and plenty of room for tables, “so you don’t have to fill a plate and balance it on your knee.”

Local agencies are beginning to see where First Steps fits into the city’s broader recovery efforts, she said. Clients of the health department’s syringe exchange program a block away are encouraged to stop by First Steps for a cup of coffee, and Collison was recently asked to serve on the Mayor’s Committee on Diversity and Inclusion. “They made me cry when they

asked me,” she said. “I told them, ‘I’d be honored to represent my babies.’”

Collison said collaborative efforts throughout Huntington are bringing hope to the addicted and marginalized.

“If you would’ve told me a year-and-a-half ago that my babies would go across the street to trade dirty needles for clean ones, I’d say you were crazy,” she said. “There are things working that we never dreamed would work, and it’s because Huntington is bringing people to the table who are willing to look at the big picture. We can change a whole bunch of little pictures, or we can all get on the same page and the same journey and really change things.”

Collison doesn’t often see success stories in the traditional sense. After all, First Steps is, literally, the first step someone might take toward recovery. For many of Collison’s “babies,” it’s a part of their recovery journey before they’re even ready to start.

“We can’t do it for them; we can only walk with them,” Collison said. “Most have burnt every bridge they’ve ever had, and for good reason. But somebody has to believe in them again. Somebody has to meet them on their journey, wherever they are, and love them. At the end of the day, it’s all about love.”

For more information or to get involved, call 681-378-3791 or visit First Steps Wellness & Recovery Center on Facebook.