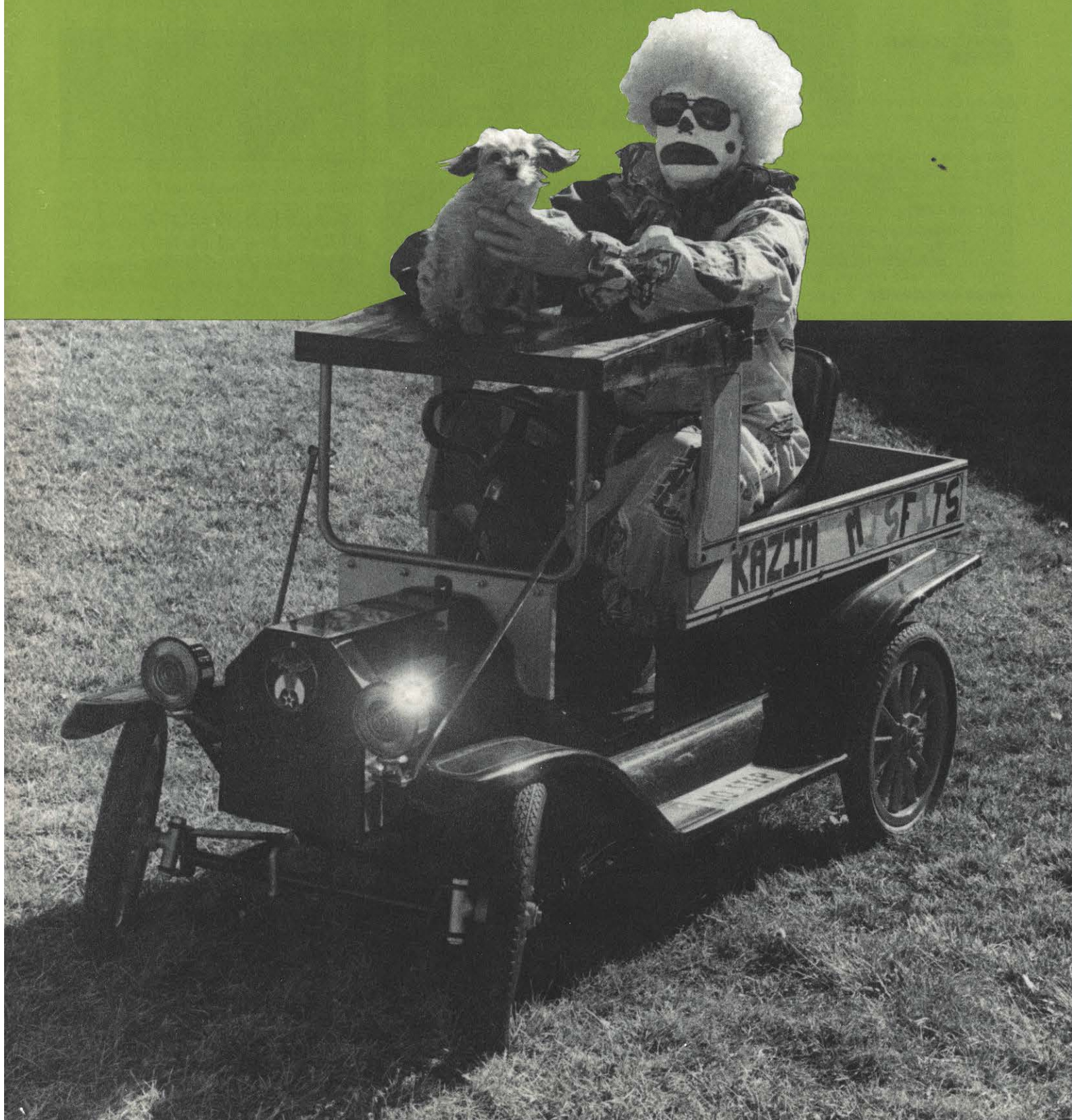


ILLUMINATOR

March 1989



The inside story

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POWER**



**KINGSPORT
POWER**

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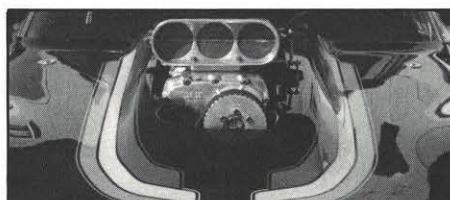
About the Cover:

Red Coffman brings smiles to hundreds of faces while raising money to benefit crippled children. See story on page 24.



In love with the deep is a story about Rick Miller's scuba diving hobby. **9**

Benefit raises \$900 for March of Dimes tells about two powerlifters who use their hobby to help charity. **10**



Young's Pro Street is a winner describes the fine workmanship of a Corvette fan. **11**

Leanna Ford keeps busy with arts and crafts is a story about a retiree who makes good use of her talents. **12**



Clowning for the benefit of crippled children tells about Red Coffman's Shrine activities. **24**



AEP Savings Plan

Date	Fixed Income Fund		Equity Fund		AEP Stock Fund	
	VPU	UCPD	VPU	UCPD	VPU	UCPD
1/31/88	\$2.9996	.3333	\$4.7923	.2086	\$4.0221	.2486
2/29/88	3.0281	.3302	5.0128	.1994	3.9137	.2555
3/31/88	3.0598	.3268	4.8646	.2055	3.7441	.2670
4/30/88	3.0907	.3235	4.9159	.2034	3.7097	.2695
5/31/88	3.1228	.3202	4.9537	.2018	4.0321	.2480
6/30/88	3.1542	.3170	5.1765	.1931	4.0674	.2458
7/31/88	3.1871	.3137	5.1581	.1938	4.0338	.2479
8/31/88	3.2203	.3105	4.9843	.2006	3.9119	.2556
9/30/88	3.2527	.3074	5.2010	.1922	3.9291	.2545
10/31/88	3.2804	.3042	5.3445	.1871	4.0372	.2476
11/30/88	3.3193	.3012	5.2700	.1897	3.9775	.2514
12/31/88	3.3537	.2981	5.3674	.1863	4.0136	.2491

VPU — value per unit

UCPD — units credited per dollar

HOW TO READ THE ABOVE CHART: The first column lists the days on which unit values are figured; the second shows the market price or value of each unit on that day; and the third indicates how many units you could have bought for \$1 on that day. For example, if the market value or "value per unit" of the Equity Fund were 50¢ on the valuation date (last day of each month), then "units credited per dollar" would be 2.000. This also holds true for the AEP Stock Fund and the Fixed Income Fund.

APCo lowers rates, makes refund to VA customers

The State Corporation Commission approved Appalachian Power Company's request to reduce its electric rates in Virginia by \$3.3 million, or an average of 0.6 percent, effective February 1. For the residential customer using 1,000 kilowatt-hours per month, the bill dropped by 31 cents from \$56.54 to \$56.23.

In addition, the company will refund to its customers approximately \$2.5 million which was collected during the period August 1988 through January 1989. This refund will be shown as a credit on customers' electric service bills in March. Residential customers using 1,000 kwh should receive approximately two dollars.

John W. Vaughan, president of Appalachian, explained that the reduction was possible because the company will be incurring lower costs under the terms of an agreement in which the costs for power transmission facilities are equalized between the companies in the American Electric Power System. This matter had been pending before the Federal Energy Regulatory Commission (FERC) for several years.

"When the company placed rates in effect on January 1, 1988, these rates included a provision for offsetting these costs. The FERC has now issued its final order on this agreement; and, since Appalachian will be impacted less than anticipated, the rates in Virginia were adjusted to reflect the lower costs," Vaughan said.

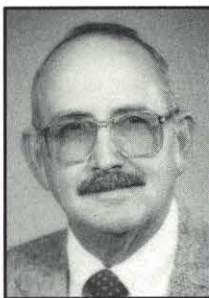
Vaughan explained that the transmission equalization agreement allows the major operating companies in the AEP System to fairly share the cost of the System's power transmission network. "This agreement is similar to one covering our electric generation that has been in effect for many years," he stated.

This was the company's third rate reduction in Virginia since January 1, 1988. The three reductions more than offset the modest rate increase associated with fuel costs that was put into place on May 1, 1988. □

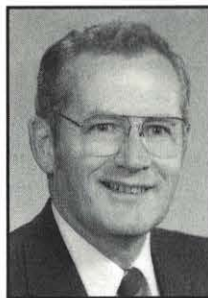
Twelve elected to Service Corp. board



Caudle



White



Montague

Twelve new directors, representing the five largest of American Electric Power's eight operating companies, were elected to the board of the AEP Service Corporation at its annual meeting last month. Its membership is 49.

The new directors are:

From **Appalachian Power Company**: J. P. "Pete" Montague, Abingdon Division manager; M. A. "Sonny" White, Logan Division manager, and S. Von Caudle, John E. Amos Plant manager. They replaced Eugene H. Gloss, Philip Sporn Plant manager; R. B. Kilgore, Beckley Division manager, and Jerry R. Whitehurst, Pulaski Division manager.

From **Columbus Southern Power Company**: Peter Splawnyk, executive assistant-Columbus, and Thomas R. Watkins, Columbus Division manager. They replaced C. W. Dunlap, Conesville Plant manager, and Dale M. Trenary, Chillicothe Division manager.

From **Indiana Michigan Power Company**: Alfred P. Remillard, Tanners Creek Plant manager, and W. G. "Bo" Smith, Donald C. Cook Nuclear Plant manager. They replaced D. I. Pittenger, Breed Plant manager, and Nile D. Richmond, Rockport Plant manager.

From **Kentucky Power Company**: Kenneth C. Brashear, Jr., Hazard Division manager, to succeed Wilfred R. "Wink" Miller, transmission & distribution manager, Ashland.

From **Ohio Power Company**: D. E. "Sam" Henderson, Steubenville Division manager; William A. Leuby, Jr., Lima Division manager; Andrew A. Trawick, Gen. James M. Gavin Plant manager, and Robert W. McDaniel, Ohio Centralized Plant Maintenance Division-Bellaire. They replaced D. M. Fenstermaker, Tiffin Division manager;

Earl F. Hawkins, Newark Division manager; Lenzie J. Hedrick, Portsmouth Division manager, and William F. Vineyard, Muskingum River Plant manager.

The elections were in keeping with the practice of the largest operating companies of rotating a portion of their representation on the Service Corporation board. □

Nine selected for AEP Management Program at OSU

Eight employees from Appalachian Power and one from Kingsport Power are among those selected to attend the 1989 American Electric Power System Management Program at The Ohio State University from April 23-May 19.

They are: John Nance, marketing and customer services director, Kingsport; Howard Blackshire, Jr., production superintendent, John Amos Plant; Howard Brewer, transmission general supervisor, GO T&D Transmission, Bluefield; and Douglas Draper, production superintendent-operations, Philip Sporn Plant. Also, Michael Howard, human resources supervisor, Kanawha River Plant; Roger McKinney, maintenance superintendent, Mountaineer Plant; Robert Robinson, environmental affairs director, GO Environmental, Roanoke; Charles Talley, line superintendent, Pulaski; and Isaac Webb, line superintendent, Bluefield. □

Canton is site of annual meeting

The American Electric Power Company's 1989 annual meeting of shareowners will be held in Canton, Ohio, on April 26. The session is scheduled for the Grand Ballroom of the New Market Hilton, 320 Market Avenue South, beginning at 9:30 a.m.

The upcoming meeting at Canton is the first in Ohio Power's service area since 1977. The 1977 meeting, also in Canton at Player's Guild Theatre, was unique because it was the first AEP annual meeting held outside New York. Since that time, annual meetings have been held at various locations across the AEP service area. The two exceptions were in 1978 and 1985 when meetings were held in New York. □

Fuel Supply plans new headquarters

The AEP Service Corporation has announced its intent to enter into an agreement with Gorsuch Construction to build a three-story, 60,000-square-foot brick and glass office facility in downtown Lancaster, Ohio, for its Fuel Supply Department.

The new Fuel Supply office facility would be built on a 2.62-acre site at the north-eastern corner of Memorial Drive (U.S. Route 33) and Main Street (U.S. Route 22).

A clock tower, which faces toward both Memorial Drive and Main Street, will provide a distinguishing landmark on the new, total-electric facility, which also will feature a two-story atrium. Site plans also call for a well-landscaped parking area for at least 175 cars.

J. E. "Jack" Katlic, senior vice president of Fuel Supply, said, "The Fuel Supply Department is now spread across numerous facilities in Lancaster. We think it important for us to consolidate into one location to provide a more effective management team."

Construction is expected to begin by mid-June. AEP Fuel Supply plans to occupy the building toward the fall of 1990. □

CMS celebrates safety achievements



Central Machine Shop employees reached two safety milestones in recent months. On November 13, they had worked two years without a disabling injury, and just four days later reached the 500,000 consecutive safe workhour mark. CMS Manager Harold Rulen said, "These two years included many in-plant assignments as well as several critical jobs worked within the shop. This outstanding achievement demonstrates a solid commitment to safety by all CMS employees." In recognition of their accomplishments, employees were treated to coffee and donuts and presented insulated thermos jugs. Pictured, front row, l. to r., Nye White, stores attendant; Cheryl Harris, plant clerk C; and Harold Rulen, Back row, Dale Donahoe, NDE inspector 1st class; Cliff Garland, welder 1st class; Carol Kosa, power equipment mechanic 1st class; Rick Hensley, welder 1st class; Herman McCallister, machinist 2nd class; and Jim Canterbury, production assistant.

Glen Lyn receives SEE safety award



A Southeastern Electric Exchange safety performance award has been presented to employees of the Glen Lyn Plant in recognition of their having completed three years without a disabling injury as of November 1, 1988. This is the second time in Glen Lyn's history that this safety milestone has been reached. The previous three-year period was 1964-67. Doug Forbes, Appalachian's safety manager (left), presents the SEE award to Sandy Pennington, Glen Lyn Plant manager.

Customer Accounts employees earn awards of merit

Customer Accounts employees in 21 Appalachian Power offices have been awarded certificates of merit for efficiency in 1988. They are: Abingdon Division — Gate City and Marion; Beckley Division — Beckley, Rainelle, and Oak Hill; Bluefield Division — Bluefield, Princeton, and Tazewell; Charleston Division — St. Albans; and Huntington Division — Milton and Ripley. Also, Lynchburg Division — Lynchburg; Pulaski Division — Pulaski, Christiansburg, Galax, Hillsville, Pearisburg, and Wytheville; and Roanoke Division — Rocky Mount, Fieldale, and Stuart.

The awards program recognizes Customer Accounts offices which exceed 85 percent of minimum standards of office operation. Categories include safety, customer account delinquency, meter reading, cashing, and no billing memos.

Customer Accounts employees in each office will be treated to dinner in recognition of their superior performance. □

Annual report out this month

Over 400,000 copies of the American Electric Power Company 1988 annual report — with a magazine look — will roll off the presses later this month and be distributed to all employees.

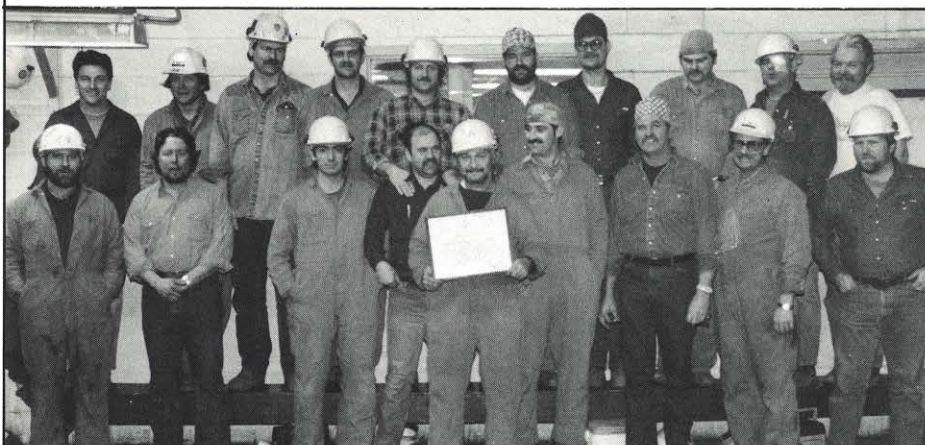
The resurgence of the economy of AEP's seven-state service area provides the message of the report. This message is told through a special section titled "America's Heartland: Coming Back" and pictures of industries served by AEP operating companies. AEP operating company representatives are featured and pictured with the customers and tell the reader about each of them. □

Managers tour new GO service center



Following the staff meeting on February 7, Appalachian Power managers toured the new General Office Service Center on Loch Haven Drive in Roanoke County. Approximately 90 employees in the meter and stores operations, station switchboard wiring and relay shops, and hydro maintenance are located in the 73,000 square-foot building. Pictured are, front row, l. to r., Jerry Whitehurst, Pulaski division manager; Ted White, Bluefield division superintendent; Edsel Johnson, operations manager; Charlie Simmons, vice president-construction and maintenance; Von Caudle, Amos plant manager; Bob Davenport, Lynchburg division manager; Sonny White, Logan-Williamson division manager; and Rex Cassady, T&D manager. Back row, l. to r., George Laurey, assistant accounting manager; Ed Bradley, human resources director; Butch Rhodes, vice president-operations; Sandy Pennington, Glen Lyn plant manager; Dick Northup, vice president; Gordon Parker, general services manager; Mike Siemiaczko, assistant Kanawha River plant manager; Mark Lawrence, administrative assistant; Sam Craddock, assistant manager, Central Machine Shop; Fred Helm, Huntington division manager; Barry Snodgrass, assistant Roanoke division manager; Floyd Taylor, Charleston division manager; Dave Bush, assistant Charleston division manager; and Joe Clouser, purchasing and stores director.

SEE recognizes CPM safety record



In recognition of having worked one year without a disabling injury, the employees of Appalachian's Centralized Plant Maintenance group have received a safety performance award from the Southeastern Electric Exchange. ACPM Manager Bob Kinnett remarked, "Although we are well along in achieving our second year without a disabling injury, we all need to be reminded that safety comes first. I challenge the ACPM employees not only to complete a second but a third, fourth, and fifth safe year. By realizing how important we are to our families and our company, we will have the continued motivation to work safely." Pictured, front row, l. to r., T. D. Shrewsbury, T. H. Poston, R. Pena, H. K. DeWeese, D. R. Gritt (holding SEE certificate), R. A. Findley, J. L. Tillis, D. B. Harden, and J. K. Woyan. Back row, G. R. Starcher, T. M. Greene, J. F. Null, G. R. Jividen, G. M. Raines, J. E. Lyons, D. G. Neigler, D. S. Connolly, R. C. Wilkinson, and F. E. Surbaugh, Jr.

Strategies for coping with

STRESS



You need stress in your life! Does that surprise you? Perhaps so, but it is quite true. Without stress, life would be dull and unexciting. In fact, challenges and pressures act to keep us alert and productive. Too much stress, however, can seriously affect your physical and mental well-being. A major challenge in this stress-filled world of today is to make stress in your life work for you instead of against you.

Stress is with us all the time. It can come from physical, mental, or emotional activity. It is unique and personal to each of us. So personal, in fact, that what may be relaxing to one person may be stressful to another. When pressure and tension persist for too long a period of time, or when extraordinary demands mount up, employees' skills for problem solving and coping can become overwhelmed and begin to break down. Thus, too much stress and tension can lead to distress with feelings of helplessness and loss of control.

The following coping strategies, suggested by Dr. Richard Hellgren of Healthy Lifestyle Consultants, will be of interest and benefit to us all in managing stress:

Involvement. One of the most useful avenues available for enhancing coping skills involves the establishment of a support system. This means finding ways to solicit support and cooperation from those directly involved in the source of stress. Active participation in the planning, policy making, problem solving, and change processes within one's organization can play a crucial role in the effectiveness and outcome of employees' coping strategies. Taking initiative to build a "team approach" and resolve such issues as role conflicts and job ambiguity can significantly reduce occupational distress and its consequences.

Balancing needs and limits. Effective communication skills is a key that helps employees better clarify and organize their demands and resources. One communication skill crucial for stress management is the ability to set limits. Often simply failing to communicate one's needs or acknowledge limits sets one up for compounding already stressful situations. The willingness to take on additional pressures must be balanced with the ability of knowing when to say "no."

Taking health precautions. Activities which enhance an employee's physical fitness and health can also go a long way toward preserving personal resources and coping abilities. Good nutrition and adequate exercise, as well as programs such as smoking cessation, all contribute to lessening the negative effects of stress. They help create effective problem solving. Simple relaxation can be another prime tool for reducing the daily buildup of stress many employees experience.

Knowing yourself. Gaining insights into personal stress management style can also help reduce distress. Fifty percent of distress comes from one's perspective. As employees learn how they approach demanding situations, better choices will arise. Reducing worry and increasing expectations for positive outcomes can greatly reduce distress. This will leave more resources for productive responses.

The key to successful stress management is the responsibility for one's own life and satisfaction. Stress and distress are the experience of balancing internal resources with external demands. □

Reprinted from AEP Personnel Bulletin.

Appalachian Power has outstanding marketing year

Nineteen eighty-eight was an outstanding marketing year for Appalachian Power Company, according to Marketing & Customer Services Director Glenn Reynolds.

Reynolds reports, "We exceeded 111 percent of our marketing goal. This in itself is impressive but becomes even more so when you consider that Appalachian had been assigned nearly one-third of the entire American Electric Power marketing goal for 1988."

He continues, "Six of the company's nine divisions exceeded 100 percent in their overall goal category. Logan-Williamson Division established a lead early in the year and finished in first place with 141 percent of goal. Lynchburg Division was second with 125 percent, and Abingdon Division placed third with 116 percent. The other divisions who finished the year over 100 percent are Roanoke, Huntington, and Charleston."

The residential marketing group exceeded 100 percent in four categories:

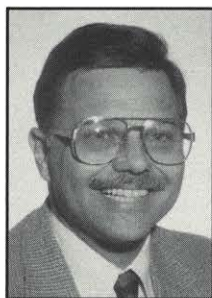
- heat pump (single family and apartments) — 118 percent with 7,804 heat pumps reported;
- heat pumps (mobile homes) — 101 percent with 921 heat pumps reported;
- zoned electric resistance heat (mobile homes) — 153 percent, equaling 5,789 heating installations; and
- security lighting — 107 percent with 4,286 dusk-to-dawn lights reported.

The energy services section also was successful in four marketing equipment categories:

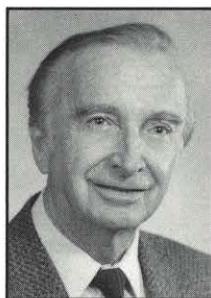
- 44,772 kilowatts of process heating was reported for 141 percent of goal;
- 34,724 kilowatts of zoned electric resistance heating gave 120 percent of goal;
- 31,711 kilowatts of commercial cooking equaled 114 percent of goal; and
- 12,227 kilowatts of high pressure sodium lighting was installed for 116 percent of goal.

Logan-Williamson Division was recognized as having the best overall marketing program and was awarded the director's cup.

George Murphy IV of Lynchburg and John Kahle of Abingdon were awarded Appalachian Power jackets of honor for achieving the highest percentage of goal



Murphy



Kahle

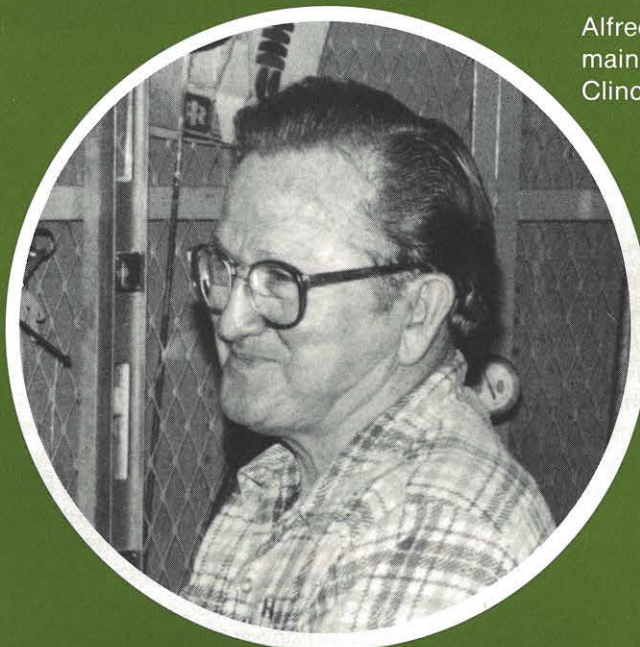
during 1988. Murphy earned the award in the Residential Section and Kahle in the Energy Services Section.

"This was our best marketing year ever," Reynolds notes. "We especially appreciate the effort of those employees who

participated in the ACE Team program. We received 4,250 prospects through ACE during 1988, and these resulted in 1,272 sales. The gas companies in our service area are increasing their marketing efforts, and we expect to have much stiffer competition in the coming year. We are going to need employees' help more than ever to promote the sale of our product — electricity."

Employees can become members of the ACE Team by submitting the name of a qualified prospect for a heat pump, add-on heat pump, or electric thermal storage furnace. Prospect cards are available in each Marketing and Customer Services Department. □

My idea counted,



Alfred D. Lambert
maintenance mechanic C
Clinch River Plant

yours can too.

oip
OPERATIONS
IMPROVEMENT
PROGRAM

AEP
**APPALACHIAN
POWER**

Upgrading of hydro facilities underway

The American Electric Power System's power generation is based largely on coal. Today approximately 90 percent of AEP's power production comes from coal and nine percent from the Donald C. Cook nuclear plant in Michigan. The remaining one percent is generated from the System's 17 hydroelectric facilities, including one pumped-storage project — Appalachian Power's Smith Mountain Project on the Roanoke River in Virginia. Smith Mountain has a capacity of 565,000 kilowatts, and the remaining hydros have a combined capacity of 276,000 kw.

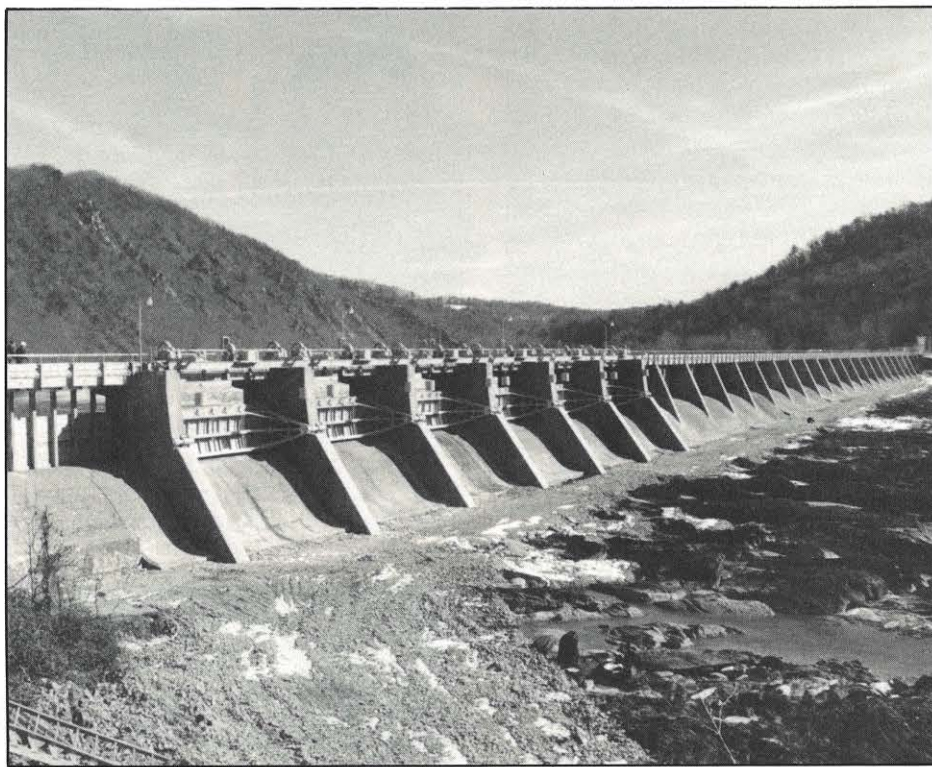
Although its use is small, hydropower is taking on increasing significance in the overall electric energy picture because it's inexpensive and environmentally safe.

There is much history associated with the company's hydros, which range from 5 to 84 years. Aside from the basic fact that electric energy generated by falling water does the same kind of work for mankind that is performed by electricity from fossil or nuclear fuels, hydropower has three distinctive characteristics: (1) it has the ability to supply spinning-reserve or stand-by capacity for use in times of emergency on a utility power system; (2) it can help in voltage regulation and automatic generation control; and (3) its cost for fuel can't be beaten.

With this in mind, it's easy to see why AEP is involved in upgrading its hydro facilities to make them economical and operationally sound.

"We are about at the midpoint of our program to upgrade our hydro facilities," said Glenn R. Beachy, manager of the Service Corporation's Hydro Engineering Section. "Since 1985 we have performed extensive work to bring all water retaining structures up to present day standards for safety and stability. With this phase of our program nearly complete, we are shifting emphasis to projects which will increase the efficiency and productivity of the plants. Currently, upgrading has been completed, or is in the process, at Buck, London, Winfield, Marmet, Buchanan and Twin Branch Hydros."

Larry Gearhart, manager hydro generation for Appalachian Power, reports that work began last Spring on the company's Buck Hydro, located on the New River in Virginia. Work was concentrated on the dam's spillway structure and included replacing deteriorated concrete piers and



This is how the Buck hydro spillway bridge looks since the upgrade program was completed in December 1988.

installing a new access bridge. The facility, built in 1912, has three units with a 10,000 kw total capacity.

Gearhart notes that another upgrade program was just completed at the London Hydro, owned by Appalachian's subsidiary, Kanawha Valley Power Company. This plant, which also has three units and was constructed in 1935, got new, modern electrical switchgear and controls as part of its facelift. The London plant is similar to the Winfield and Marmet plants, which also are owned by Kanawha Valley Power. These plants received similar rehabilitation work in 1986 and 1987, respectively. The capacity of these three plants is 51,000 kw.

"The work done at Buck and the Kanawha Valley plants is expected to add substantially to the life of those plants," Gearhart says, "They should run another 30 years."

Work to upgrade other hydros such as Elkhart, Reusens, Mottville, and Claytor is scheduled for future years.

Beachy concludes, "We have initiated work on a relicensing program for six plants which have licenses due to expire in 1993." Four of those are owned by Appalachian Power — Buck, Byllesby,

Niagara, and Reusens. "The Federal Energy Regulatory Commission has been informed of our intention to seek new licenses, and those applications must be submitted in 1991." □

Go Love With The Deep



Rick Miller

There are three sports I've always wanted to try — scuba diving, hang gliding, and sky diving — and I've done two of the three," says Abingdon Electrical Engineer Rick Miller.

"I learned to hang glide at Kitty Hawk; and, when I was at North Carolina State University, I took scuba diving as a physical education course. I took it as a freshman, and after that about eight of us would take off during spring break every year and scuba dive in the Florida Keys. I was on a work-study program at college and spent alternate semesters working in Florida for the Jacksonville Electric Authority so I did a lot of diving in those days. The water there is 72 degrees year 'round so you can go diving any time."

Rick continues, "Scuba diving is regulated by the National Association of Underwater Instructors (NAUI) and the Professional

Association of Diving Instructors (PADI). If you are certified through either one of these organizations, you can dive just about anywhere.

"If you take diving lessons through a dive shop, you can get a basic certificate in six weeks. I took my lessons in a pool and was certified in two semesters. It depends on the number of dives you make. You have lecture hours and water hours, and there is more classroom time than water time."

Rick adds, "There are several levels of certification in scuba diving — basic, open water, advanced, and dive master certificates. With a dive master certificate, you are authorized to certify and teach. Within these levels, you can be certified for specific types of diving, such as lake diving, cave diving, salvage diving, and so on. There are many different types of diving.

"I have an advanced scuba certificate, which means I have gone to the third level. I actually took the course that is required for becoming an assistant instructor. If I would have paid the \$50 to become registered, I would have become an assistant instructor."

Rick notes, "Because diving is so regulated, the people who do it normally are well trained. Therefore, diving is considered a safe sport." Even so, Rick does admit to having been in a tight spot or two.

He says, "Part of your training is teaching you how to handle panic type situations. The biggest thing is nerves, especially in cave diving, which is considered the most dangerous of all the different applications. There is no sense of orientation at all in cave diving so you have to rely on instruments and a lifeline or tether ropes. One of the worst things is silt in the water. You can't see your instruments or your hand

in front of your face, and the only light is from your flashlight.

"I was in a spot one time in a cavern, when I broke concentration and didn't know where I was, how to get out, or what to do. The worst thing was not knowing up from down. Fortunately, I had my tether rope. I was able to gain enough presence of mind to tell up from down and left from right, so I was able to calm myself down and find my way out. In retrospect, it was an easy solution but people have panicked and died from things like that."

Rick adds, "Night diving is a totally different world. It has fears and emotions attached to it that day diving doesn't. There is increased disorientation because there is no light. Even in a spring where there are no sharks to worry about, it is a very scary experience. Open water night dives generally are done only by seasoned divers. I subscribe 100 percent to the buddy system. I won't go diving without a buddy!"

Rick continues, "Diving is a very expensive sport. A complete outfit with all the required equipment could cost about \$2,500 and would have to be replaced often. Unless you live in an area where you dive frequently, you generally rent the equipment. Because the dive shops are regulated, their equipment generally is in pretty good shape. Another expense for me, of course, is just getting to a diving spot. I'm a warm water diver so I don't go in the lakes around here."

What makes diving exciting for Rick? He says, "I would say it's the adventurous feeling that you get from it. You're entering into a world that is not your own. You're an alien in a different environment. After a while, you want challenge. That's why I got into cave and cavern diving — for the risk and experience it affords. The more involved you get, the more you want." □



Benefit raises \$900 for March of Dimes

On January 14, Don Hundley and Doug Currence promoted a benefit benchpress contest in Charleston, West Virginia, and raised over \$900 for the March of Dimes Birth Defect Foundation.

Don, the contest director and a powerlifter himself, is a line crew supervisor in Charleston and holds several West Virginia and world-master's powerlifting records. Doug, who judged the benchpressing, is a welder 2nd class at Central Machine Shop and holds four West Virginia powerlifting championship titles and a deadlift record in the 198-pound weight class.

The second annual benchpress for charity championship attracted 50 athletes of all sizes and nearly 100 screaming spectators — an overall larger turnout than last year's event, which drew 36 lifters and approximately 80 onlookers. The benchpress meet had four divisions or classifications of lifters. There were 27 contestants in the open division; 16 in the teenage division, five in the master's division (for male and female lifters over the age of 40); and two contestants in the woman's division.

"Meets involving only one lift like this one spark interest in a lot of teenage athletes and master lifters, yet I think most of them enter the contest because all proceeds go to a worthy cause," Don says.

The total amount collected at meet's end came to \$940. Margaret Hall, spokesperson for the March of Dimes, told Doug at the event that all proceeds will help supplement a \$100,000 statewide birth defect project partially funded by the state. The West Virginia project focuses on, for example, the research of infant mortality and prenatal care.

Hall asserts, "To my knowledge, our benefit benchpress meet is the only charity drive involving weightlifting in the nation."

The benefit benchpress championship had three major sponsors. Kentucky Fried Chicken donated \$300 and trophies; WOBE, a local FM radio station, donated on-the-air advertisement; and Living Well Fitness Center donated its facility, barbell weights, and lifting equipment.

According to Don and Doug, the benchpress lift, competitively speaking, allows the lifter the chance to test his or her upper body strength — involving shoulder, tricep, and pectoral muscles. One 27-year-old man, who entered the charity



Don Hundley, left, and Doug Currence hold the commendatory plaque given by the March of Dimes.

meet weighing 250 pounds, benchpressed 420 pounds, the heaviest lift passed that day by Doug and two other judges. One female competitor, weighing only 120 pounds, benchpressed 160 pounds.

Interviewed by a sports commentator from WCHS, a local television station, Don informed viewers watching the 6:00 p.m. news on January 12 about the meet's rules and regulations and briefly commented on the March of Dimes' need for funds aiding birth defect research.

Doug was interviewed for several minutes the morning of January 6 by a popular country and western disc jockey broadcasting from a Shoney's restaurant.

The March of Dimes Birth Defect Foundation gave Don a commendatory plaque, wooden with engraved metal labels, in honor of his devotion to the cause. Doug and six other people who helped in the meet received T-shirts displaying the March of Dimes emblem.

As if promoting benefit benchpress meets were not enough, Don and Doug conduct in the Spring a three-lift powerlifting meet that high school football players in the Charleston area eagerly anticipate.

Both Don and Doug say that by taking time out from their busy personal lives and collecting needed funds for birth defect research, they in turn receive a sense of self-satisfaction.

"Hopefully," Don muses, "next year's benchpress meet will be even better and larger than this year's."

To attract more lifters next year, Doug says there is a strong possibility the third annual charity event would include not only the benchpress but also the deadlift, a favorite lifting combination among most powerlifters. □

Young's Pro Street is a winner

Wayne Young doesn't need the Yellow Pages; his 1972 Corvette is a rolling advertisement for the body repair shop he operates behind his home in Princeton, West Virginia. The husband of Dreama Young, plant clerk B at Glen Lyn, Wayne always liked Pro Street cars so he transformed his Corvette into one of the finest examples east of the Mississippi.

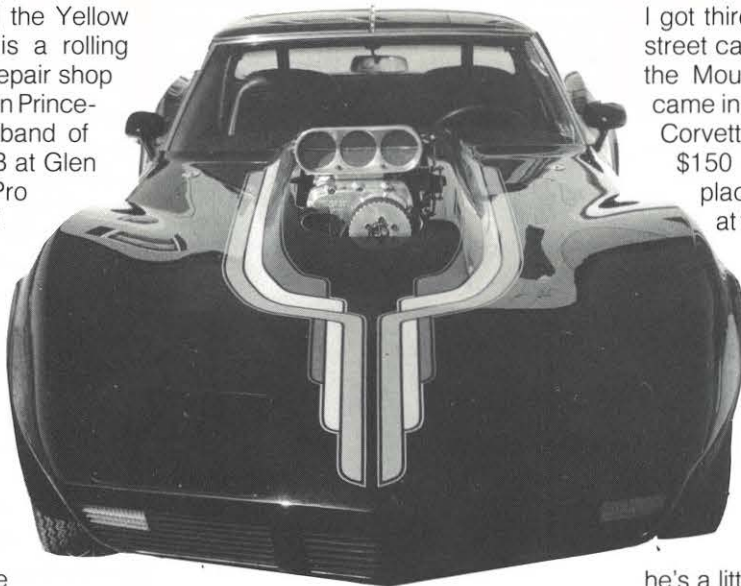
"This is my fourth Corvette," he says, "and I worked on the car off and on for two and a half years." He started by boring the original 454 0.030-over and outfitting it with TRW 8:1-compression pistons and TRW rings. The stock high-performance heads were ported and polished with valves activated by a GM solid-lifter cam with 0.500-inch lift and 302 degrees duration. Fuel is supplied by an Enderle bug catcher fuel injection connected to a Weiland 671 supercharger. Fire power is handled by an Accel ignition, and exhaust gasses exit through Hooker headers and side pipes.

Wayne also wanted an engine that would look good, so he bought a polished injection unit and blower and equipped the engine with chrome valve covers, chrome headers, and an assortment of other chrome-plated parts.

Shifting gears is part of the fun for Wayne, and he gets his kicks controlling the big 454 through the original four-speed trans delivering power to the narrowed Dana 60 rear end with a 4.11 gear. The whole thing is suspended by Koni coil-over shocks and ladder bars.

The body features a one-piece tilt front end, custom headlights, and black paint with candy red, orange, and yellow graphics. "All together, the car probably has about 12 coats of lacquer on it," Wayne says. "It's all hand rubbed, too, I didn't use a buffer. It took me a week to hand rub it out, and that was staying on it. John Hart, a buddy of mine, helped me with the striping and fabricating some of the small things on the car."

Weld Wheels highlight the Corvette and are equipped with Hercules 6.00x15 front and Goodyear 31.5x15x15 rear tires. Improvements also were made inside the car with the addition of a rollcage, seats



reupholstered in black vinyl with velour inserts, and a battery shutoff. A Panasonic AM/FM cassette stereo system delivers the sounds.

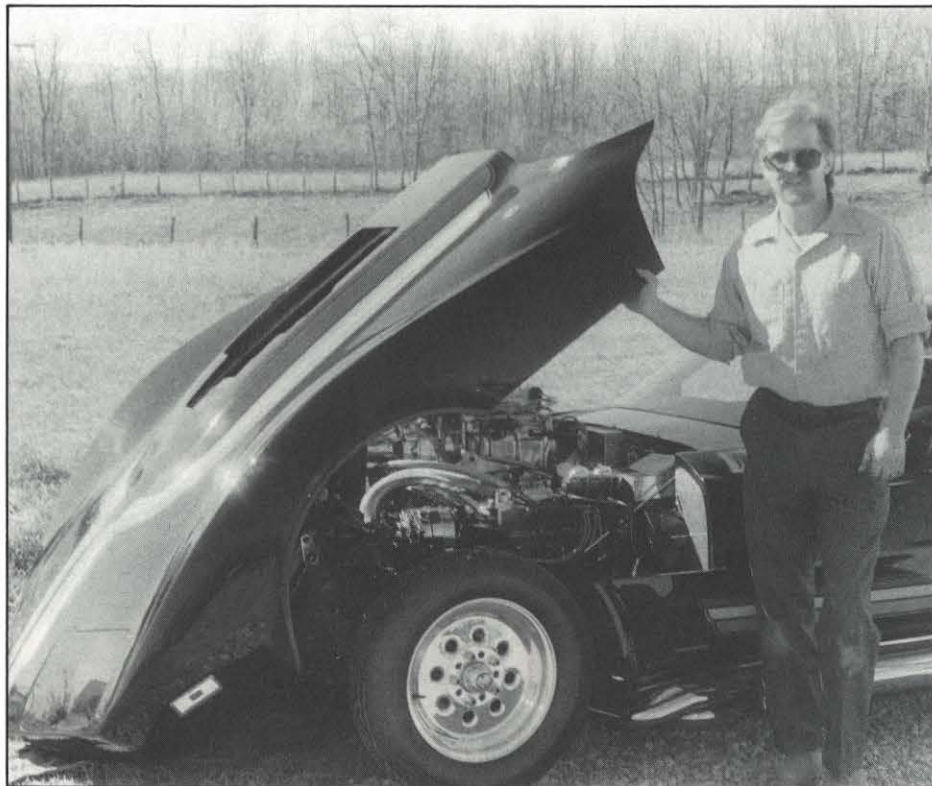
"I have been in four car shows," Wayne notes, "and I hope to enter some more this summer. The first one was in 1986 at Bristol on Super Chevy Sunday. I didn't get the car done until the night before, and

I got third place. There were seven pro street cars in my class. Then I took it to the Mountain Festival in Bluefield and came in first. The next year I entered the Corvette Expo at Knoxville and won \$150 and a plaque for taking third place. The last time I showed it was at the Mountain Festival in Bluefield again. There were more than 80 cars there, and I got first place and the people's choice trophy."

Wayne continues, "Our son Jeremy loves to go to the car shows with me. I let him clean the windows and shine on the wheels, but he doesn't get anywhere near the paint yet. That will have to come when he's a little older."

He adds, "I just enjoy getting out and talking to people at the car shows. There is a lot of work involved in fixing up a pro street car like mine as well as a lot of expense. If I had to pay somebody to do it, the car would cost around \$30,000."

And what would Wayne do if someone offered to buy the car at that price? "I'd just turn around and buy another Corvette," he laughs. □



With Spring not far away, Wayne Young is anxious to get his Corvette ready for Pro Street competition.

Leanna Ford keeps busy with arts a

"I can't understand people who get bored because they don't have anything to do. I never have time to do all the things I want to," says Leanna Ford, retired Huntington T&D clerk B.

There's no doubt about it. Leanna is as busy today as when she was raising a family and working fulltime. But now she spends her time on the arts and crafts she enjoys.

Leanna sewed for herself and son and daughter while they were growing up. She still makes all her own clothes. Leanna recalls, "I used to look at dresses in

Parents magazine, then go get fabric remnants and copy the patterns for my daughter. Even now, when my daughter sees something she likes, she'll bring a picture by and ask me to make it. For Christmas this year I knitted her a sweater from a picture she saw in a magazine. I don't sew for my son anymore, but I used to make all his top coats and suits."

Leanna does all kinds of needle art, including embroidery, knitting, crocheting, and pillow making. "I have taught classes in pillow making," she says, "and I used to teach the girls at the office how to knit

during their lunch hours. I crochet pocket-books and covers for coat hangers. The crocheted hangers are great for sweaters because they won't slide off."

Leanna lived in Colorado Springs for several years and operated a business called Leanna's Specialty Shoppe out of her home. She taught water color and oil painting as well as calligraphy and sold original art and needle art. She also did custom design work. "I haven't advertised since I've been back in Kenova," she says. "Right now what I sell is what I'm commissioned to do. People hear of me simply by word of mouth."

Leanna took some art classes while living in West Virginia the first time and studied under three western artists while in Colorado. "I like to work with water colors or soft pastels, but I prefer oils," she notes. "I don't particularly like to work with acrylics. Maybe I work better with oils because I started out with that medium." Leanna is a charter member of the National Museum of Women in the Arts in Washington, D.C.

It also was in Colorado that she took up china painting. "A friend in my church invited me to go with her to some china painting classes, and I became interested. I always have liked to try new things. Anything that someone else does, I figure if they can do it, I can try!"

Leanna has continued china painting and last Fall some of her pieces were on display at the First Bank of Ceredo. "I could have sold everything I had at the bank, but I wanted to keep some for display at home," she relates.

"I am a charter member of the World Organization of China Painting Teachers, and I have been asked to start a chapter in West Virginia. West Virginia is not a federated state in this fine art; but, since my name has appeared in *The China Painter*, I have received calls from individuals who are interested in learning or continuing the art. I also have been asked to give seminars at the Huntington Museum of Art." For the past two years, Leanna has been chairman for the Huntington Museum of Art's Open Door campaign in the Ceredo-Kenova area.

Leanna continues, "China painting takes a while to do because you have to paint and fire, paint and fire. I start out with plain china and do the designs freehand. I usually have a picture to look at, but I don't trace on the design. The paints



Leanna Ford paints the designs on a china plate by the freehand method.

id crafts

come in powder, and I mix them with oil on a palette. I put on the design very lightly at first, then fire it, put on more paint, and fire again. After each firing you take very, very fine sandpaper or a sponge and smooth it down before you start painting again. Three times firing is about average for a plate. If you put the paint on too heavy at first, it will flake. I don't have a kiln so I have to let someone else fire the pieces for me. If I start teaching classes, I will have to buy my own kiln.

"I sign and date all my pieces of china now. When I first started, I didn't and then people would ask me when I painted it. Sometime in the future my great-great-grandchildren might want to know."

Leanna took up another craft when her daughter got married — making silk flowers. "She asked me to make her bouquet," Leanna recalls. "I made a fan covered with lace and flowers and ended up making flowers for the whole wedding party. I had never made silk flowers before. I just went into a craft shop, asked what I needed, and took it from there."

Another item which Leanna makes and sells is notecards. She buys plain note paper and paints different designs on each piece. "I make a lot of these, especially around Easter and Christmas," she says.

All of Leanna's time is not spent on crafts, however. She enjoys writing poetry and in 1987 received the golden poet award by unanimous vote of the World of Poetry's board of directors. Her poem entitled, "Portrait of My Mother's Face," appears in the *Great American Poetry Anthology*. "For the past 30 years," Leanna says, "I have had a contract with WLW Radio in Cincinnati for the use of my poems on their show, Moon River. The radio cannot give out copies of my poems, but they do give out my name and address. I have received requests for my poems from people all over the country."

Leanna is a member of the First Baptist Church of Kenova, where she has served as president of the Women's Missionary Society for the past two years. She also is a substitute teacher for Sunday School. Leanna writes, directs, and produces plays for special occasions. When she was asked to give a seminar on time management at the American Baptist Women's Convention at Alderson-Broadus College last summer, she wrote a

play about killing time, entitled "The Reluctant Corpse."

Leanna concludes, "If the Lord gives you

a talent, you ought to use it. You don't really know what you can do until you try." □



(Above) Many of Leanna Ford's china plates were on display at the First Bank of Ceredo last Fall. (Left) The silk flowers, crocheted pocketbooks, and sweater were all made by Leanna.

Weddings

Casto-Clarkson



Linda Clarkson to **Scott Casto**, Charleston engineering technician, November 19.

Smith-Smith



Doretha G. Smith to **William A. Smith**, Centralized Plant Maintenance maintenance mechanic A, December 15.

Atkins-Fitzgerald



Jayne R. Fitzgerald to **David E. Atkins**, payroll clerk C, GO Accounting, Roanoke, October 15.

Vercellotti-Black



Jane M. Black to **Gino Pritchard Vercellotti**, Philip Sporn Plant performance engineer, December 10.

DeBolt-Durst



Deborah Durst to **Kevin DeBolt**, December 10. Deborah is the daughter of Lois Durst, Ripley junior clerk.

Foreman-Knight



Beth Ann Knight to **David Allen Foreman**, Philip Sporn Plant engineering technician, January 14.

Taylor-Duffy



Patricia Duffy to **Gregory Wayne Taylor**, Philip Sporn Plant performance engineer, December 17.

Promotions



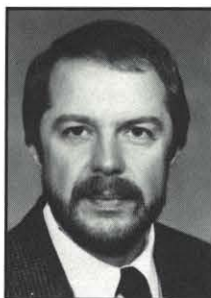
Hudson



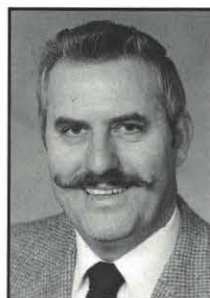
Starr



McGhee



Owen



Hagerman

John L. Hudson, Montgomery area supervisor, was promoted to Charleston line superintendent on February 1. He holds an associate in science degree in civil technology from West Virginia Institute of Technology.

E. Dwayne Starr, station mechanic A, was promoted to Williamson station crew supervisor NE on January 20.

Gary A. McGhee, electrical engineer, was promoted to Roanoke electrical engineer sr. on February 1. He holds a bachelor of science degree in electrical engineering from West Virginia Institute of Technology.

J. Tom Owen, Roanoke engineering technologist, was promoted to Fieldale station crew supervisor on March 1. He holds an associate degree in electrical technology from Bluefield State.

Bill W. Hagerman, engineering technician sr., was promoted to Roanoke right-of-way agent on February 1. He holds an associate degree in civil engineering technology from Purdue University.

Abingdon

Larry Thompson from line mechanic D to line mechanic C.

Lynn Martin from marketing & customer services advisor to marketing & customer services representative.

Beckley

Randy Thompson from T&D clerk C to meter reader.

Bluefield

Jim Viers from line mechanic D to line mechanic C, Grundy.

Bill Lineberry from line mechanic C to line mechanic B.

Clarence Belcher from line mechanic B to line mechanic A, Welch.

Buford Nunn from tracer to surveyor assistant.

Central Machine Shop

Tom Stump from machinist 3rd class to machinist 2nd class.

Phyllis Balls from winder 3rd class to winder 2nd class.

Bill Brown from winder 3rd class to winder 2nd class.

Mike Loving from winder 3rd class to winder 2nd class.

Jerry Beasley from winder 2nd class to winder 1st class.

Greg Stewart from winder 2nd class to winder 1st class.

John Burks from winder 2nd class to winder 1st class.

Robert Neel from winder 2nd class to winder 1st class.

Robert Robinson from winder 2nd class to winder 1st class.

Ed Pennington from winder 2nd class to winder 1st class.

Mongkhonh Thongteum from winder 2nd class to winder 1st class.

Charleston

Larry Dent from line mechanic A to area servicer, St. Albans.

Kevin McDaniel from line mechanic D to line mechanic C, Montgomery.

Clinch River Plant

Danny Arney from utility worker B to utility worker A.

Paul McGlothlin from utility worker B to utility worker A.

General Office

Patricia Brogan from stenographer to meter clerk B, GO T&D Meter, Roanoke.

Philip Hancock, Jr. from forms & office supply clerk, GO General Services, Roanoke, to stores attendant, GO T&D Stores, Roanoke.

Glen Lyn Plant

Nickie Wuchevich from utility worker B to utility worker A.

Huntington

Vernon Keefer from line mechanic A to general servicer, Pt. Pleasant.

Jack Burris from line mechanic B to line mechanic A, Pt. Pleasant.

Kanawha River Plant

David Hall from maintenance mechanic B to maintenance mechanic A.

David Wills from maintenance mechanic B to maintenance mechanic A.

Danny Bradberry from maintenance mechanic B to maintenance mechanic A.

Lynchburg

Sue Arthur from customer accounts representative B to customer accounts representative A.

Preston Burnette from station mechanic B to station mechanic A.

Pulaski

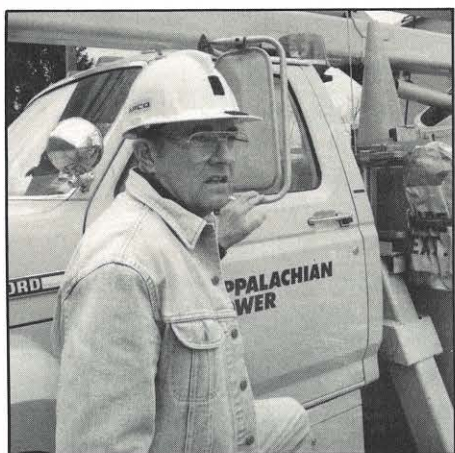
Larry Akers from station mechanic D to station mechanic C.

Chris Martin from station mechanic D to station mechanic C. □

Retirements

"Appalachian has been a good company to work for. If I had it to do all over again, I wouldn't make any changes," declares St. Albans Area Servicer **Denny Blake**, who elected early retirement on February 1. "Some of the best people I know work for the company."

Denny adds, "I'm proud of my safety record. I did not have a lost time accident in my 40+ years, and I lost very little work due to illness."



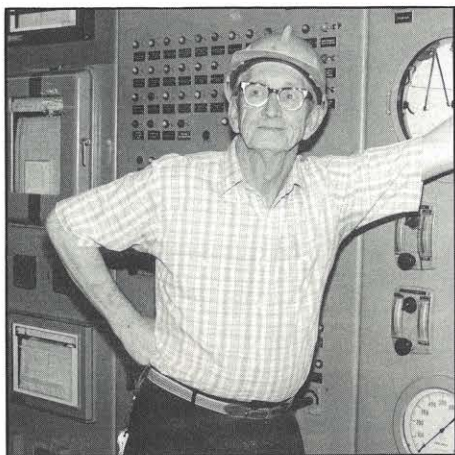
"My wife Mary always supported me, sometimes having to change family plans when I was called out to work trouble. Most customers were very understanding and helpful during extended power outages, especially storm damage trouble. They seemed to know their electric service would be restored as quickly as possible even if it meant working around the clock."

Now Mary and Denny plan to travel in their new Air Stream trailer, spending some time in the south during the winter. "The three grandchildren will be included in some of our camping trips," Denny adds. "We also want to devote more time to church work."

Denny served with a U.S. Army communications unit during the Korean War. □

"My father helped build the first unit at Glen Lyn Plant," says **Lefty Weatherly**. "He passed away when I was young, and I always wanted to work for the power company if I could."

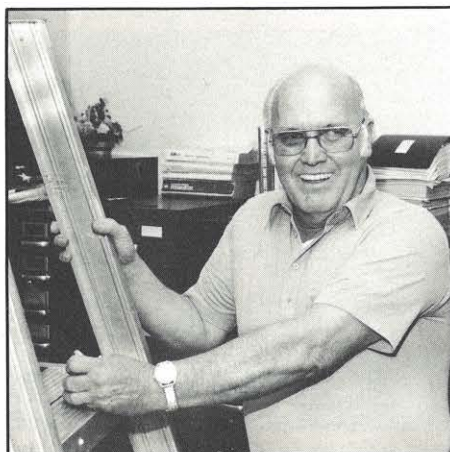
"After I came to work, Buddy Thompson (now deceased) and I had a little band, and we traveled all over the Appalachian system, playing for parties. I'll never forget those days."



Lefty adds, "I trout fish a lot and once, when my freezer began to overflow, my wife and I cooked enough trout to feed the whole second shift. The boiler feed pumps in the old plant were steam driven so I brought the fish out and kept them warm until mealtime."

"The APCo team is hard to beat," Lefty declares. "I've been on LTD since 1986, and I still miss my work and my friends." He officially retired on March 1 from his job as maintenance mechanic A at Glen Lyn.

"I've made enough fishing lures to last a lifetime. Now I want to break my own record of catching bass," Lefty says. In 1987, he caught a 10 lb. 12 oz. widemouth bass, just one ounce away from the West Virginia record. Lefty concludes, "I'm still doing some woodworking and woodcarving, and my wife and I do a little singing." They attend Oakvale Freewill Baptist Church. □



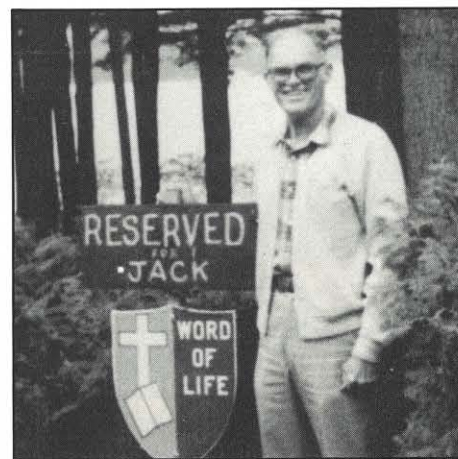
"I'm going to miss the fellows and ladies here in the Point Pleasant office," says Head Custodian **John Campbell**, who

elected early retirement on March 1.

John was employed in 1957, after working nine years with the Department of Highways. "I appreciate the company's benefits," he says, "especially the medical and employee savings plans. We used the medical plan quite a bit, and the savings plan is what makes early retirement possible."

"I don't have a lot of plans; I'm just going to take it a day at a time. My wife Dorothy and I travel quite a bit. One of these days I'd like to take a trip through the State of Washington and down the California coast." John enjoys trading as a hobby.

The Campbells plan to continue living in Gallipolis Ferry, West Virginia. They have two sons, two daughters, seven grandchildren, and three great-grandchildren. □



"I started planning for early retirement five years ago and, when I turned 60, I hadn't changed my mind one bit," says **Jack Meador**. A station construction representative senior in GO T&D Station, Roanoke, Jack retired on March 1 after 40 years' service.

"I enjoyed seeing the System grow," he says. "When I worked in the Records section, I used to take inventory of stations after they were built so that the requisitions could be closed out. When I started inspecting construction work, I really enjoyed that."

An active member of the Shenandoah Baptist Church in Roanoke, Jack sings in the choir. Recently he has been doing some construction work at the church. This summer he will be a volunteer maintenance man at Camp Eagle. "In August I will take a two-week tour of the

New England states with my eldest daughter and her family. Then, in October, I will attend a retreat at the Word of Life Camp in New York. By that time it will be winter and the start of ski season," Jack adds.

He concludes, "The company's medical insurance was a blessing to me during my wife's illness. The next best benefit is the savings plan, which is the reason I'm able to take early retirement." □



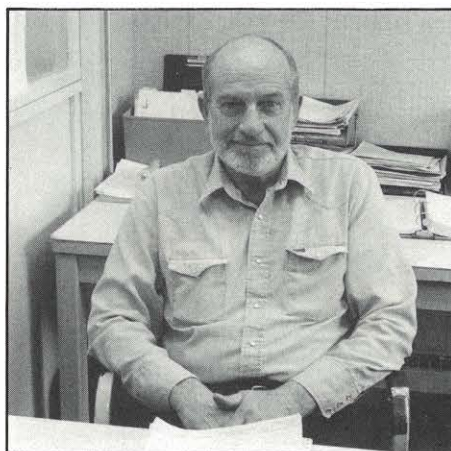
"I'm looking forward to retirement a great deal," admits **Don Wissler**. A 35-year veteran, he was a transmission station supervisor in GO T&D Station, Roanoke, before electing early retirement on March 1. "After working with a crew for 20 years, I know I'm going to miss the men, but I don't think I'll miss the pressure or the responsibility."

Don continues, "My wife Vera and I want to do some traveling. We'd like to visit the northeastern and northwestern part of the country. My father, two brothers, and sister still live in southern California, and we want to visit them more often. We have a travel trailer and enjoy camping at Myrtle Beach. And, too, we're looking forward to spending time with our son, daughter, and grandchildren whenever we want.

"At my retirement, they gave me a scroll saw and a Kentucky rifle kit. I'm looking forward to making that. I enjoy gun making because it requires both metal and wood-working. I've made a few toys for the

grandchildren. I garden every year, too."

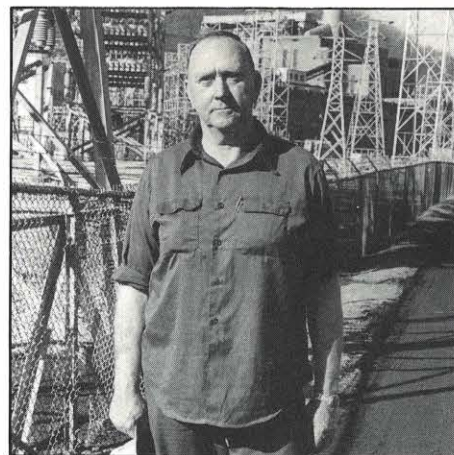
Don is a Sunday School teacher and past elder at Belmont Presbyterian Church in Roanoke. □



"More than anything, I've enjoyed the association with all of the employees I have come in contact with these past 41 years," says Fieldale Station Crew Supervisor **Bill Kahle**, who elected early retirement on March 1.

"My whole career has been in line and station work. I started out as a laborer in Bluefield, right after getting out of the Army in 1948. I transferred to Stuart and then Danville before coming to Fieldale in 1974. During that time there have been thousands of emergencies, and I'm happy to be leaving that part of it! I'm proud to say that I've never had a lost time accident," he adds.

Bill and his wife Glenna are members of the Fairystone Squares. "We have traveled all over the South to square dances, and we've gotten to know a lot of Appalachian people that way." Bill is a member of the Fieldale Baptist Church and likes to play golf and garden. "I do most of my own work at home so I'll have plenty to do," he adds. "We have children and grandchildren living out of the state, and we'll visit them more after my wife retires." □



"After a person has worked 22 years, you can't help but miss it, but I'm looking forward to retirement," says **Paul 'Hawkeye' Bouldin**. He was a coal equipment operator at Glen Lyn Plant before electing early retirement on March 1.

Hawkeye adds, "One thing I won't miss is working in the coal yard during the cold winter months. I've had my share of working 16 hours a day, trying to keep the coal going into the plant and having machinery freezing up while you're trying to operate it. Still, work never did bother me!"

Hawkeye says he doesn't like to plan ahead, preferring to do things on the spur of the moment. "I have four grandsons, so I'll be spending some time with them, camping, fishing, and enjoying life." Hawkeye, who has two daughters, will continue to make his home in Peterstown, West Virginia. An Army veteran, he served in Korea. □

A utility career spanning more than 38 years came to a close on February 1 with the retirement of **Robert Dailey**, maintenance mechanic A at Philip Sporn Plant.

A native of Middleport, Ohio, he was hired in 1950 as a laborer and was a maintenance helper and maintenance man before being promoted to master maintenance man in 1959. He had been on LTD leave since 1972.

Bob and his wife Carolyn have six sons, four grandsons, and four granddaughters. Bob is a veteran of the Army Air Corps. □

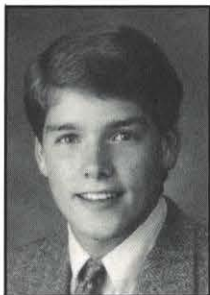
Who's News

General Office

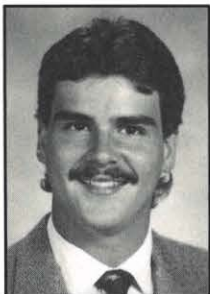
John W. Vaughan, president of Appalachian Power, has been elected vice chairman of the Roanoke Valley Business Council.

Frank Crockett, economic development consultant, GO Marketing & Customer Services, Pulaski, was elected to a three-year term on the board of directors of the Pulaski County Chamber of Commerce.

Tim, husband of Rhonda Maxey, electric plant accounting clerk B, GO Accounting, Roanoke, was published in the January issue of *Off-Road* magazine. He described a table of pinion markings which is helpful when performing rear end rebuilds on vehicles.



Matt, son of Hank Sullivan, programs manager, GO Public Affairs, Roanoke, was selected first chair trombone in the District VI All-Regional Symphonic Band. He is a member of the Northside High School marching and concert bands.



Shawn, son of Betty Lou Carter, editor of publications, GO Public Affairs, Roanoke, was selected first chair baritone saxophone in the District VI All-Regional Symphonic Band. A member of the Northside

High School marching and concert bands, he is drum major for the 1988-89 school year. □

Roanoke



Meter Reader **Anthony Amos** is president of this year's Vinton Dogwood Festival, to be held April 22. He has served on the festival board for four years. □

Beckley



Melodie, daughter of Meter Reader Sherman Diehl, was named to the All Tournament team during the Raleigh County Elementary Schools volleyball sectional tournaments. A sixth grader at Sophia/Soak Creek Elementary, Melodie led her team to an undefeated season and the tournament championship.



Dwight Linkous, marketing and customer services representative, was nominated as a National Collegiate Engineering Awards winner. His biography will be published in the United States

Achievement Academy National Collegiate Awards Yearbook. This qualifies him as a candidate for one of the USAA college scholarships. □

Kingsport

Norman Rochowiak, custodian, was selected as a member of the East Tennessee Archaeological Association. He is assisting in a dig of Indian artifacts in the Goshen Valley section of Hawkins County. □

Charleston

Bob Griffith, division superintendent, was reelected to the board of directors of the Kanawha Valley Emergency Planning Council. He will serve as treasurer of the organization. □

Bluefield

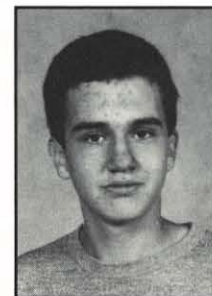
Tobie Eaton, division manager, was appointed campaign chairman of the United Way of the Virginias, Inc., for 1989. □

Lynchburg

Sheila Painter, human resources supervisor, was elected secretary and employment liaison of the Lynchburg Chapter, American Society for Personnel Administration. □

Abingdon

Gus Croft, customer accounts supervisor, was a coach of the Highlands Union Bank Little League basketball team which finished third in the sixth and seventh grade division of the Abingdon basketball program. His son, **Mike**, was a member of the team.

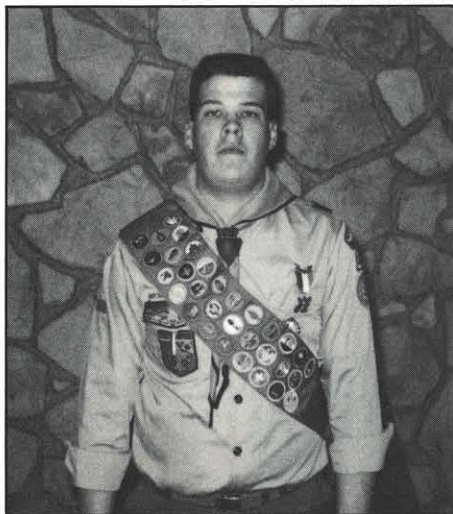


Brian, son of Cecil Watson, Gate City line mechanic A, was inducted into the National Honor Society at Gate City High School. He also participated in Virginia's 1988 Regional Governor's School at

Mountain Empire Community College.

Tahirih, daughter of Stenographer Brenda Price, was a first place winner in the visual arts category (primary division) of the cultural arts contest sponsored by the Greendale Elementary School PTA. **Beverly**, daughter of Line Crew Supervisor Paul Baker, received honorable mention in the junior high division in visual arts.

Spangler earns Eagle Scout award



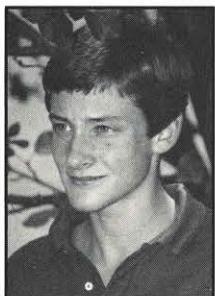
Spangler

Greg Spangler has earned the Eagle Award, Scouting's highest honor. He is the son of Arthur Spangler, transmission station mechanic A, GO T&D Station, Roanoke.

Greg received the award at a court of honor held by Boy Scout Troop 252, St. Paul's Lutheran Church, on January 15. Greg's Scoutmaster is Lewis Sturm, engineering technologist, GO T&D Communications, Roanoke.

Greg is a Brotherhood member of the Order of the Arrow and a graduate of the Fox Fire junior leadership training school. He earned the Arrow of Light, Cub Scouting's highest award, and 35 merit badges. For his Eagle project, Greg refurbished a Daughters of the American Revolution monument, erected in 1927. □

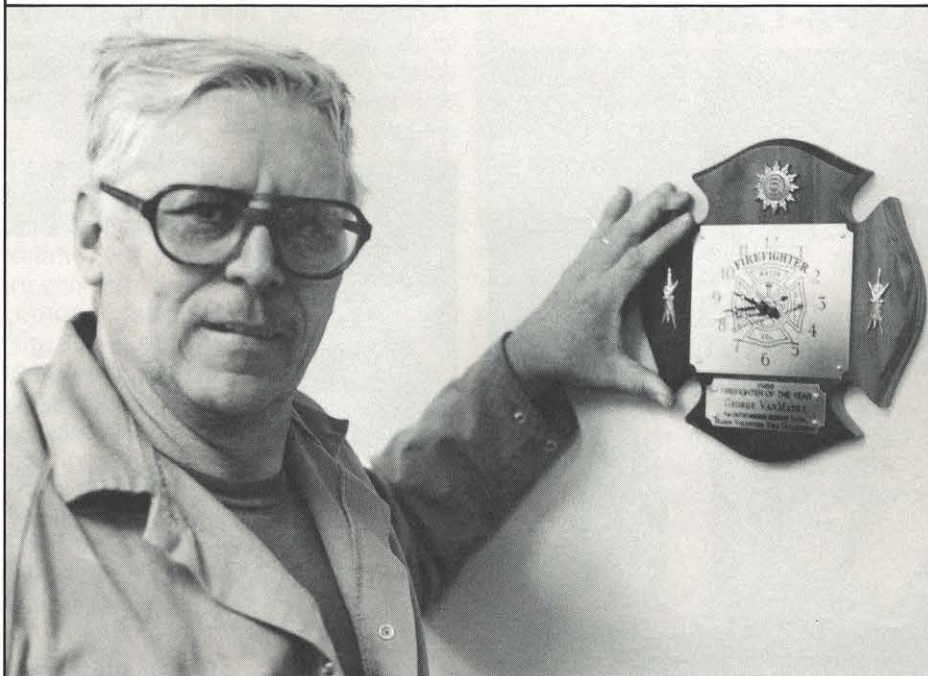
Clinch River



Thomas, son of George Munsey, utility supervisor, was elected to Who's Who Among Students in American Junior Colleges. An engineering major at Southwest Virginia Community College, he

was a member and officer in Phi Theta Kappa, a national honor fraternity; the Rotaract Club; and the Judiciary Board. □

VanMatre named firefighter of year

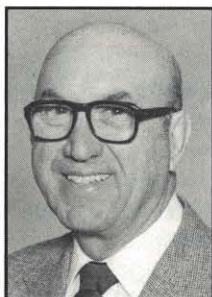


George VanMatre, Philip Sporn Plant equipment operator C, was named the 1988 volunteer firefighter of the year by the Mason, West Virginia, Volunteer Fire Department. A volunteer fireman for more than 30 years, George will serve the department as secretary in 1989.

Philip Sporn

Chalkie McDaniel, stores attendant, was elected vice president and safety officer of the Mason, West Virginia, Volunteer Fire Department. □

Pulaski



Sebert Sisson, retired marketing and customer services representative, was named as one of five Paul Harris Fellows from the Hillsville Rotary Club. This is one of the highest honors a Rotarian can attain.

David, husband of Patra Armbrister, T&D clerk A, was elected to a three-year term on the Pulaski County Agricultural Stabilization Conservation Committee. □

Class of 1989

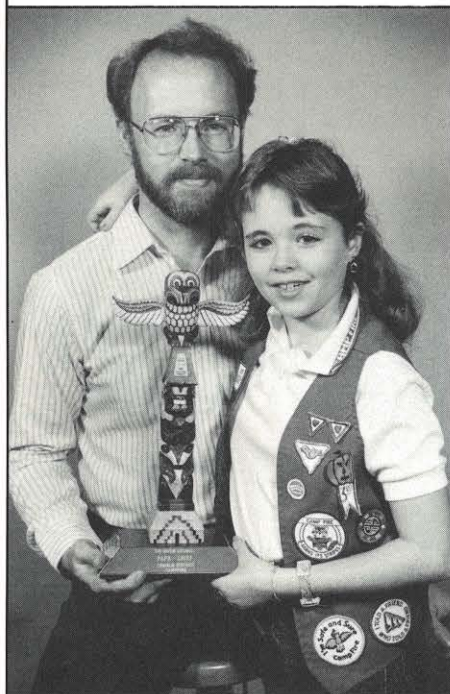


Barbara Collins, Huntington secretary, associate in applied science in office technology/specialization in administrative secretarial, Marshall University. □



Ken Morris, Milton area supervisor, bachelor of arts in leadership, University of Charleston (cum laude). □

Barbour named PaPa-Chief



Mike Barbour, Huntington drafter B, was named PaPa-Chief of the Cawala District, Tri-River Council Campfire, for 1988. He was nominated for the honor by his daughter, Christy, who submitted a letter to the Council during the Campfire birthday week. Christy stated that her father had helped the Council by running errands, providing monetary support, and helping her mother, Patty, who is Campfire leader.

Huntington

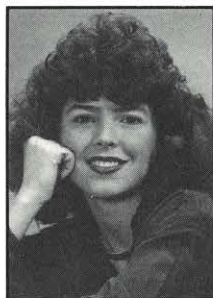


members. □

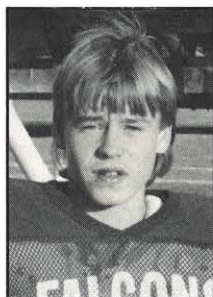
Dave Straley, meter electrician A, was named Arrowman of the Year by the Boy Scouts of America. The award is given to the most active adult in the Order of the Arrow. Dave and his son, John, are both OA

Mountaineer

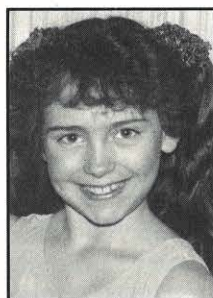
Competing — and winning — is a tradition for the three children of Fred Reed, coal equipment operator. He says they have won over 200 trophies and "too many medals and ribbons to count."



Robynn, 18, won an academic scholarship to Marshall University, where she is majoring in medical records. While in high school, she was a varsity cheerleader for three years and a member of the National Honor Society. She also was selected as an Academic All American and for inclusion in *Who's Who in American High School Students*. Robynn also has won numerous beauty pageants and baton competitions.

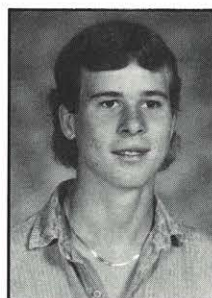


Rocky, 14, won the West Virginia State BMX bicycle racing title for his age group in the novice class in 1987 and second in the state in 1986. He is running back for the Wahama Junior High School football team, which was undefeated in 1988. He was the leading scorer for the White Falcons, with 93 points on 13 touchdowns and 1 extra point. He accounted for over 950 yards of offense and was the team's leading tackler, playing at linebacker.

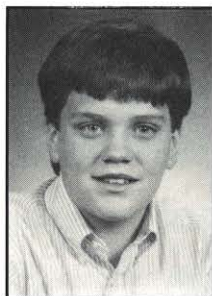


Angel Lee, 9, took three state titles in the National Baton Twirling Association West Virginia championships in November: Miss West Virginia Beginner Basic Strut, Miss West Virginia Military Best Appearing, and Miss West Virginia Sportswear (for the second consecutive year). She also placed in four other categories: Miss Photogenic, second; Beginner Fancy Strut, second; Hoop Baton, third; and Parade Majorette, third. □

Kanawha River

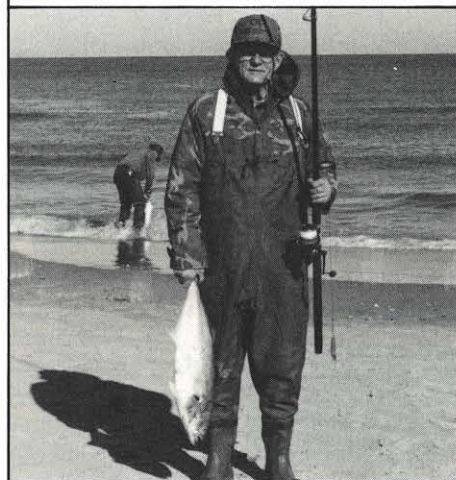


Michael, son of Mike Helvey, maintenance engineer, was named a United States national mathematics award winner by the United States Achievement Academy. A ninth grader at Harrison Central High School, he is a member of the football, basketball, and soccer teams.



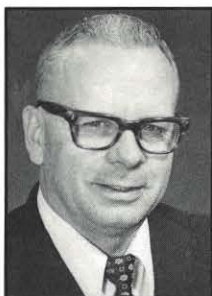
Richie, son of Richard Harless, equipment operator B, captured first place in the National World Geography Bee at St. Anthony's School and progressed to state competition. He is a member of the sixth grade basketball team, which is undefeated for the season at 14-0. □

These fish didn't get away



John Hammer, former senior personnel staff assistant, GO Personnel, Roanoke, celebrated his retirement on November 30 with a fishing trip to the Outer Banks of North Carolina. He experienced a "Run of Blues" that lasted for about 25 miles of shoreline. John says he followed the seagulls and caught fish from 10 to 25 pounds every time he threw in. His total catch was about 300 pounds of fish dressed out.

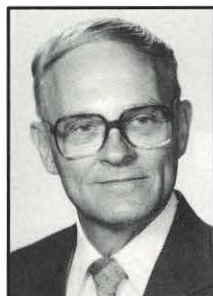
Friends We'll Miss



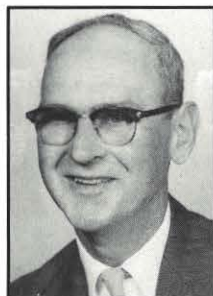
Wright



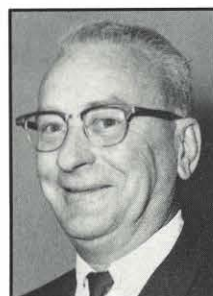
Kapral



Rose



Garrett



Queen



Griggs

Oren Lloyd "Pee Wee" Wright, 62, retired Philip Sporn Plant utility supervisor, died unexpectedly February 29. A native of Huntington, West Virginia, he was employed in 1952 as a laborer and elected early retirement in 1986. Wright is survived by his wife Jean, 100 Beech Street, Pomeroy, Ohio; two sons; one daughter; six grandchildren; and one half brother.

Michael Kapral, 45, Mountaineer Plant utility worker, died February 7 of an

apparent heart attack. A native of Bellaire, Ohio, he was employed in 1983. Kapral is survived by his wife Sandra, 102 Lee Street, Ripley, WV; one son; and his mother.

Perry S. Rose, 65, retired maintenance mechanic B at John Amos Plant, died February 5. A native of Notomine, West Virginia, he began his career in 1942 as a turbine operator A at Cabin Creek Plant and elected early retirement in 1985. Rose is survived by his wife Eris, 6 Lake Chadesa Drive, Hurricane, WV; one daughter, two grandchildren, three sisters, and six brothers.

Otto Arden Garrett, 78, retired Charleston groundman, died January 9. A native of Curry, West Virginia, he was employed in 1941 as a laborer in Logan and elected disability retirement in 1964. Garrett is survived by his wife Locelle, Route 1, Box 199, Chapmanville, WV; four sons; five daughters; 20 grandchildren; 13 great-grandchildren; one sister; and one brother.

Bee Queen, 81, retired regional dispatcher, GO Operations, Roanoke, died February 3. A native of Queens Ridge, West Virginia, he began his career in 1926 as a laborer in Logan and retired in 1968. Queen is survived by his wife Arizona, Daytona Beach, Florida; one son; two grandchildren; and three great-grandchildren.

Marshall Clarence Griggs, 72, retired R/e & R/w accounting coordinator, GO R/e & R/w, Roanoke, died February 7. A native of Roanoke, Virginia, he joined Appalachian in 1938 as an office boy in Roanoke and retired in 1981. Griggs is survived by his wife Sarah, 3808 Colony Lane, Roanoke, VA; one son; one daughter; and two grandchildren.

Lomie Hughes Robinson, 72, retired Wytheville groundman, died February 6. A native of Wytheville, Virginia, he was employed in 1945 and elected early retirement in 1963. Robinson is survived by his wife Dollie, Route 5, Box 203, Wytheville, VA; and three daughters. □

Births

John Amos

Derek Nyle, son of **Donald N. Pauley**, utility worker, January 3.

Aubry Devin, daughter of **John W. Birchfield**, maintenance mechanic A, January 31.

Clinch River

Sarah Elizabeth, daughter of **Stephen D. Rasnake**, equipment operator C, January 30.

General Office

Rachel Marie, daughter of **Karen Harris**, junior stenographer, GO Purchasing, Roanoke, January 16.

Huntington

Jessica Nicole, daughter of **Joe Keith**, custodian, January 13.

Adam Lee, son of **Jerry L. Chapman**, Milton line mechanic D, October 14.

Logan-Williamson

Amber Dawn, daughter of **William I. Horn, Jr.**, Madison engineering technologist, January 14.

Roanoke

Benjamin Anthony, son of **Anthony Amos**, meter reader, February 2.

Philip Sporn

Naomi Grace, daughter of **Daniel M. Harvey**, maintenance mechanic B, January 19.

Dustin S., son of **Charles F. Johnson**, barge handler, January 10. □

Newcomers

Charleston

Wayne Toler, meter reader.

Teresa Tudor, line mechanic D.

General Office

Michael Shawn Smith, electrical engineer, GO T&D Station, Bluefield.

Huntington

Gregory S. Wood, energy services engineer.

Kimberly S. Maynard, junior clerk.

Kanawha River Plant

Charlotte B. Nunley, utility worker B.

Wilmer Boggess, instrument mechanic C.

Logan-Williamson

Greg Bowen, line mechanic D, Williamson.

Mearlyn Tomblin, junior stenographer, Logan.

Scott Adams, parttime meter reader, Logan.

Roanoke

Malcolm R. Meers, electrical engineer.

Philip Sporn

Gregory W. Taylor, performance engineer.

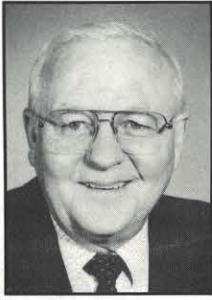
Timothy C. Kerns, performance engineer.

Jerry L. Perry, performance engineer. □

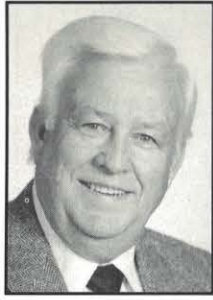
Service Anniversaries



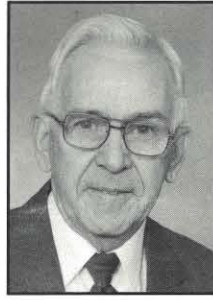
Bill Ferguson, Jr.
energy services eng.
Abingdon
40 years



Tom Rose
cler. supv. T&D
Pt. Pleasant
40 years



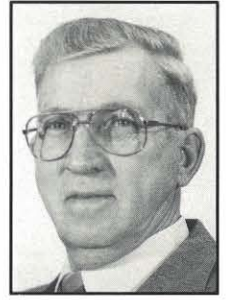
Wayne Matthews
cust. accounts clk. A
Kingsport
40 years



Ron Hively
dir. of rates, tariffs
GO-Roanoke
40 years



Elizabeth Scott
stores clerk A
Beckley
40 years



Corky Buckland
maintenance supervisor
Glen Lyn
40 years



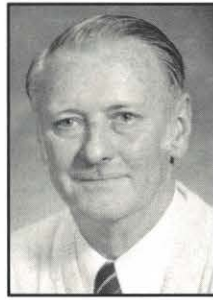
George Johnson
control technician, sr.
Mountaineer
35 years



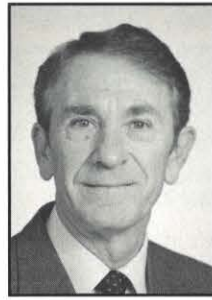
Jim Young
garage supervisor
Charleston
35 years



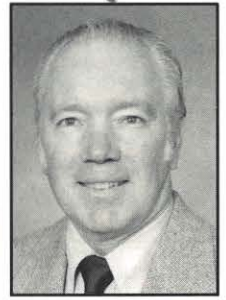
Von Caudle
plant manager
John Amos
35 years



B. B. Briggs
instrument mechanic B
Kanawha River
35 years



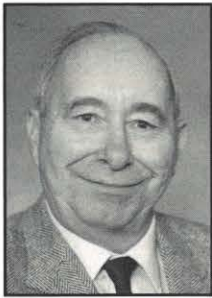
Carl Bacon
executive assistant
Kingsport
30 years



Raymond Fisher
engineering technologist
GO-Roanoke
30 years



Pete Nease
distribution supervisor
GO-Roanoke
30 years



George Chilman
comm. specialist
GO-Roanoke
25 years



Charles Price
station special clerk
GO-Roanoke
25 years



Nelson Devault
meter reader (LTD)
Pt. Pleasant
25 years



Jerry Martin
station mechanic A
Charleston
25 years



Patra Armbrister
T&D clerk A
Pulaski
25 years



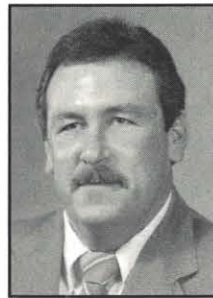
Donald Dent
station design supv.
GO-Roanoke
20 years



Mark Saunders, Jr.
regional chief operator
GO-Pulaski
20 years



Tommy Hicks, Jr.
general servicer
Lebanon
20 years



Fred Hicks
meter electrician A
Abingdon
20 years



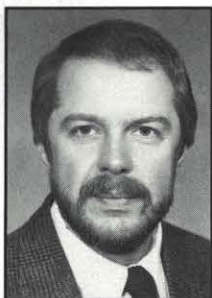
Harold Webb
trans. mechanic A
GO-Kenova
20 years



William Hickman, III
regional dispatcher
GO-Roanoke
20 years



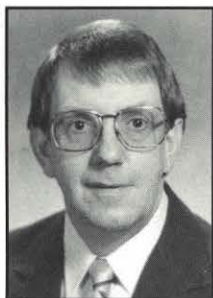
James Lane, Jr.
line con. & maint. rep.
Pulaski
20 years



Tom Owen
station crew supv.
Fieldale
20 years



Lawrence Haynes
office supervisor
Charleston
20 years



John Hudson
line superintendent
Charleston
20 years



Teresa Thomas
general bookkeeper
GO-Roanoke
20 years

Abingdon

10 years: **David Foster**, meter reader.

John Amos

15 years: **Keith Woodson**, equipment operator B. **Larry Dye**, control technician sr. 10 years: **Jean Brick**, human resources clerk B. **William Moore, Jr.**, control technician sr. 5 years: **Timothy Pennington**, maintenance mechanic C. **Edward Nester**, utility worker (LTD). **Todd Matheny**, utility worker (LTD).

Bluefield

10 years: **Jeff McClanahan**, line mechanic A, Grundy. **Dave Rowe**, line mechanic A, Grundy. 5 years: **David Hawley**, meter reader. **Gib Walker**, line mechanic B, Tazewell. **Mark Lineberry**, line mechanic B, Princeton.

Central Machine Shop

15 years: **Glenn Withrow**, semi-tractor trailer driver.

Centralized Plant Maintenance

10 years: **M. A. Thomas**, maintenance mechanic B. **R. D. Bickle**, maintenance mechanic A. **M. A. Merola**, maintenance mechanic A.

Charleston

15 years: **Mike Bryant**, line mechanic B, Montgomery. 10 years: **Kathy Lloyd**, customer accounts representative B. **Bob Miller**, meter reader, St. Albans. **Anthony Lloyd**, T&D clerk C. **Larry Kersey**, station mechanic C. **James Ramsey**, line mechanic A. **Steve Patton**, line mechanic A.

Clinch River

25 years: **Shelba Linkous**, stores clerk A. 10 years: **Danny Long**, unit supervisor. **Gregory Cook**, unit supervisor.

General Office

25 years: **Shirley Bowers**, secretary, GO Executive, Roanoke. 15 years: **Fairly Honaker**, communication specialist, GO T&D Communications, Huntington. 10 years: **Hazel Lawson**, centralized cash operator intermediate, GO Accounting, Roanoke. 5 years: **Michael Connor**, control electrician B, GO T&D Station, Roanoke. **Douglas Witt**, station operator B, GO Operations, Abingdon.

Glen Lyn

15 years: **Charlotte Wagner**, chemist assistant.

Huntington

10 years: **Mike Reed**, stores attendant A.

Kingsport

15 years: **Shirrel Lee**, line mechanic A.

Logan-Williamson

15 years: **R. C. Adams**, line & station superintendent, Logan. 10 years: **J. R. Skidmore**, human resources supervisor, Logan.

Lynchburg

10 years: **Kay Mitchell** station mechanic B.

Mountaineer

15 years: **Nick Hill**, maintenance mechanic A.

Roanoke

10 years: **Glenn Haskins**, reservoir supervisor NE. **Wanda Harbour**, T&D clerk B, Fieldale. 5 years: **Cheryl Humphries**, customer accounts representative C. **Gary McGhee**, electrical engineer sr. **Matthew deSimone**, station mechanic D.

Philip Sporn

5 years: **John Blair**, performance supervising engineer. **Gary Bumgarner**, utility worker A. □

Hunters Score_____

Centralized Plant Maintenance

G. J. Korn, maintenance mechanic A, 170 lb., 8-point buck.

W. S. Massar, maintenance mechanic A, 150 lb., 18-point buck.

B. L. Slaven, maintenance mechanic B, 130 lb., 8-point buck.

J. L. Scott, maintenance mechanic B, 130 lb., 8-point buck.

V. W. Johnson, maintenance mechanic B, 175 lb., 11-point buck.

M. A. Merola, maintenance mechanic A, 160 lb., 10-point buck.

D. W. Dye, maintenance mechanic A, 140 lb., 6-point buck, and 140 lb., 5-point buck (with bow).

L. W. McCarty, maintenance mechanic B, 145 lb., 8-point buck, and 165 lb., 10-point buck.

T. A. Hawley, maintenance mechanic A, 170 lb., 9-point buck, and 140 lb. doe (with bow).

K. R. Neigler, maintenance mechanic A, 4-point buck and doe.

General Office

Wayne Heninger, stores assistant, GO Purchasing, Roanoke, doe (with bow), doe, and button buck (with muzzle loader.)

Gary Jones, purchasing & stores staff assistant sr., GO Purchasing, Roanoke, 3-point and 4-point bucks.

Jeff Garwood, stepson of Gary Jones, purchasing & stores staff assistant sr., GO Purchasing, Roanoke, spike buck and 10-point buck (with bow).

Ricky McDaniel, husband of Diane McDaniel, purchasing clerk B, GO Purchasing, Roanoke, 5-point and 8-point bucks.

Roanoke

Bill Loope, station crew supervisor NE, 100 lb. spike.

Glenn Mullins, station mechanic A, 120 lb., 10-point buck, and 16 lb. turkey gobbler.

Dale Ridgeway, station mechanic C, 100 lb. spike, 14 lb. turkey gobbler, and 12 lb. turkey hen.

Gary Bowles, station mechanic A, 75 lb. spike. □

Clowning for the benefit of crippled children

"There is a lot of satisfaction in making someone laugh, especially little kids," says Red Coffman, chemist assistant at Glen Lyn Plant.

Red has brought smiles to hundreds of faces during the past two years as a clown in the Kazim Misfits, sponsored by the Giles Shrine organization. He currently serves as the unit's vice president.

"Our purpose is to entertain while we're raising money for the Shrine Crippled Children's Hospital in Greenville, South Carolina," Red relates. "We appeared in 13 parades from May through December last year, including the Christmas parades in Pearisburg, Narrows, Peterstown, and Blacksburg. We provide entertainment at dinners in the Giles County area, have paper sales, auctions, and football games and sell hot dogs to raise money so that the children can receive the medical attention they need. This summer the Kazim Misfits are going to visit the hospital in Greenville, and we'll entertain the children while we're there.

"After 14 years as a member of the Kazim Shrine Temple in Roanoke, I joined the Misfits because I thought it would be a lot of fun — and it is," Red concludes. □



It takes Red Coffman about an hour to paint his clown face before a public appearance with the Kazim Misfits. At left is how Red appears to fellow employees at Glen Lyn Plant.

ILLUMINATOR



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