



FARMER'S TABLE: Chocolate Meringue Pie 4

EAST Metro



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May 8, 2019

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CAP cadets travel into the wild blue yonder

Six area teenagers experienced the thrill of aviation on April 18, through orientation flights with the Civil Air Patrol at Yeager Airport in Charleston.

The cadets flew a combined six hours in CAP's sophisticated Cessna 182.

"It was awesome," Cadet Dharma Thomas, 14, of Kenna, said. "I've always wanted to fly, and today, I got to handle the controls and see what flying is all about."

The hour-long flights in single-engine Cessna aircraft introduced the cadets to the science that makes flight possible. They learned about navigation, weather, aircraft instruments, flight maneuvers and more.

The cadets' day began by helping pre-flight their aircraft. Work-

ing with their pilot, Isaiah Smith of Parkersburg, they taxied their aircraft to Yeager Airport's runway 5-23, gave it full throttle and took off, climbing to 3,000 feet.

While aloft, it was the cadets who were handling the controls, during the noncritical stages of the flight. Once they reached their assigned altitude, the cadets turned northwest and navigated to Megs Gallia Airport, where they made a brief stop. Then it was another cadet's turn at the controls for the flight home.

CAP pilots repeated this round-trip throughout the day.

"I was a CAP cadet, and this is my way of giving back, and it's always exciting just to see the look on their faces," said Smith. Smith volunteered his time,

while the Civil Air Patrol provided the aircraft and fuel, at no cost to the cadets or the pilot.

Along with Thomas, the participating cadets were Gavin McGee, Galen Sullivan, Caitlin Thomas, Omar Maraikayer and Ethan Ralston.

CAP's Cadet Program is open to youth ages 12 through 18. Additionally, there are volunteer opportunities for adults, pilots and non-pilots.

For more information about the Charleston Composite Squadron, visit wv013.cap.gov or the Facebook page at WV013.

Dharma Thomas of Kenna flies a Cessna 182 over Charleston on April 18. Courtesy photo



Dr. Dickinson's Hangover Helper



CLINT THOMAS | Metro

J.Q. Dickinson Salt-Works Co-Founder Nancy Bruns stands with a display of the Malden business' new Dr. Dickinson's Hangover Helper product.

Malden saltmaker launches new product line

By Clint Thomas
Metro staff

RENOWNED PRIMARILY for its salt, J.Q. Dickinson Salt-Works in Malden has added a new product to its shelves and catalog of household and gift items.

Said product is Dr. Dickinson's Hangover Helper, a natural nigari

made up of 74 minerals remaining salt is harvested, designed to restore the body with electrolytes after, perhaps, imbibing slightly too much. Nigari, an all-natural byproduct of the salt-making process that's used to make everything from tofu to cheese, is a mineral-rich liquid that remains after salt has been harvested from pristine brine. The 74 minerals that do not form as salt crystals are left behind, suspended in water to form a natural, highly potent, electrolyte-rich liquid.

SEE HANGOVER, 2

Kanawha City P.T. assistant garners state award for excellence

By Clint Thomas
Metro staff

IMPROVE Physical Therapy and Hand Center Physical Therapy Assistant Tim Davis has demonstrated professional skills and abilities that have received statewide recognition recently.

Davis has received the 2018 Physical Therapy Assistant of the Year award from the West Virginia Physical Therapists Association. He was bestowed the award in person at a special presentation on April 27 at the organization's annual membership luncheon and conference at Stonewall Resort.

A Raleigh County native (and still a resident who commutes to and from Kanawha City daily), Davis received an associate degree from the College of West Virginia in Beckley in 1999.

He was nominated by Todd Warner, Physical Therapist, Certified Hand Therapist, Certified McKenzie Spine Specialist and owner of IMPROVE Physical Therapy and Hand Center.

Davis said he was shocked, surprised and "floored" to learn he had won the statewide honor.

"Todd and I have worked together for a really long time and we're really a good team," Davis said. "This has been a

SEE EXCELLENCE, 2



CLINT THOMAS | Metro

Tim Davis of IMPROVE Physical Therapy and Hand Center in Kanawha City, has been named the 2018 Physical Therapy Assistant of the Year by the West Virginia Physical Therapists Association.

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INSIDE



Guest speaker

Riverside High alumna to appear at The Block Speaker Series Saturday.

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A publication of
Charleston
Gazette-Mail
wvgazettemail.com

East and West Kanawha editions combined online



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