

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

## Staff Reports

The next Block Speaker Series: A Personal Perspective of African American Life will take place from 3 until 5 p.m. Saturday, May 11, at the West Virginia Culture Center Archives & History Library in the state Capitol Complex, Charleston.

Monique Marie Day-Chouraeshkenazi will be the featured speaker. Day-Chouraeshkenazi attended Pratt Elementary School and graduated with honors from Riverside High School in Belle in 2002.

In 2011, she earned a bachelor's degree in Homeland Security with honors from American Military University and a master's degree in Criminal Justice from Boston University in 2013, also with honors.

Day-Chouraeshkenazi graduated from Walden University in 2015 with a Ph.D. in Public Policy and Administration and concentration in Terrorism, Mediation and Peace, earning high honors.

Day-Chouraeshkenazi is a military veteran, having served for more than 13 years in the Air Force, retiring in 2015. An African American-Jewish author, professor, researcher and homeland/national security expert, she was recently appointed chairman/program chair of the National Security program at the Daniel Morgan Graduate School of National Security in Washington, D.C.

Previously, Day-Chouraeshkenazi was an associate professor for the School of Security and Global Studies at American Public University System. She specializes in domes-



Riverside High School graduate and homeland security expert Monique Day-Chouraeshkenazi will speak on Saturday, May 11, at The Block Speaker Series program at the state Capitol Complex in Charleston. Courtesy photo

tic extremism and global terrorism. In April 2017, she was the first academic scholar to grace Oxford University Press's Elite Magazine "Special Edition" for "Tier of Excellence" in personal and professional development as an educator, entrepreneur and leader in homeland and national security.

In January 2018, she published the first collegiate textbook to integrate homeland and national security initiatives and global security complexities the American government faces. Enti-

tled "Homeland & National Security: Understanding America's Past to Protect the Future," the book identifies overlapping and distinctive responsibilities of the American federal government and the U.S. Armed Forces to protect the homeland, its territories and resources.

Day-Chouraeshkenazi, also known as Dr. Mo, will discuss her life growing up in West Virginia and how the unique culture, education, personal experiences and opportunities have led

her to be one of the top African American female trailblazers in academia and American/global security within the United States.

The free Block Speaker Series: A Personal Perspective of African-American Life programs are presented by the Charleston-based West Virginia Center for African-American Art & Culture.

For more information about Saturday's program, contact Anthony Kinzer at 304-346-6339 or Anthony@cacwv.org

# Mountaineer Montessori School to host spring gala

## Staff Reports

An uplifting evening of music, art and food will take off on Saturday, May 18, when Mountaineer Montessori School presents its annual spring gala, "Spreading Our Wings," at the Woman's Club of Charleston, located at corner of Virginia and Elizabeth streets on Charleston's East End.

The event celebrates "education that elevates," with proceeds benefiting the MMS financial aid fund, which provides nearly \$50,000 in tuition grants and scholarships to local families each year.

The evening will feature cocktails and hors d'oeuvres, with Vinyl Village providing musical entertainment for listening and dancing.

Guests will have the opportunity to bid on array of unique silent auction prizes, including a private mushroom hunting tour of Kanawha State Forest.

A highlight of the evening

will be a live auction of one-of-a-kind class art projects created by MMS students and celebrity/guest artists.

Founded in 1976, Mountaineer Montessori is West Virginia's original and largest Montessori school, offering a student-centered education experience to 140 students ages 3 through eighth grade at campuses near the University of Charleston and in South Hills.

MMS receives no government support; events such as the upcoming "Spreading Our Wings" provide critical funding for financial aid for the school, as well as subsidizing teacher appreciation and specialty programming. Tickets for the spring gala start at \$85 each, with sponsorships available at \$250 and up.

To make a reservation, make an auction or financial donation or learn more about MMS, go to [www.mountaineermontessori.org](http://www.mountaineermontessori.org).

## EXCELLENCE

FROM PAGE 1

growing experience. We continue getting bigger and bigger. We treat people the way we want to be treated — someday, I'll be on that table, you know? We want to improve everybody, just get people better and improve their lives and that's what makes me feel good.

"My payday is when I'm out somewhere, say, Kroger or Walmart or Lowe's, and meet a former patient I've treated. They'll be standing with somebody or they'll be telling their husband, 'This guy got me walking again' or 'He's the one that got me back in dance class.' Having a little bit of change or effect on their lives, helping them out a little bit — to me, that's my payday," Davis said.

In nominating Davis, Warner wrote: "Tim has worked side-by-side with me for 19 years. From 2004-2013, I or the clinic that I 100% owned was voted Best Physical Therapist in the Kanawha or Putnam County Region in the Charleston Newspapers 'Best in the Valley' contest. In 2014, another PT in our clinic that Tim assisted won the award. Therefore, either I, another therapist or the clinic won 'Best Physical Therapist' 11 years in a row."

Warner added that he and Davis started the clinic together with one office person and grew it into a clinic with 17 employees. "Tim works directly as my assistant and we co-treat together — so while I was given this recognition, Tim was not. He deserves some recognition as he was a huge reason for us to win these awards and achieve this success."

"Everyone loves Tim. He

is one of the most down-to-earth, easy-to-talk-to people you'd ever meet," Warner said. "He loves everyone he comes in contact with. Our patient testimonials usually mention his kindness. He also one of the hardest working and most humble people you will ever meet. He always takes pride in his work and, over the past 19 years, has been the 'glue' in our business and a buffer to always deter gossip or negativity in our environment. He is extremely loyal and always has the clinic and his patient's best interests in mind."

"On top of that, he always goes the extra mile for everyone — he is a cleaning machine and mechanically oriented. He is able to fix about anything and even does some electrical work — he is my 'Mr. Fix-It' and has saved us thousands of dollars with these abilities."

"Recently, a patient needed a ride from her home to come to therapy the week after her total knee replacement. Tim picked her up and dropped her off. Over the years, he has done hundreds of things that go beyond typical treatment for patients," Warner said.

"I have had the opportunity over the past 24 years to work with 50 PTAs or so. Tim is the best 'all-around' PTA I've had the opportunity to work with. You will never find a PTA more grateful and humble than Tim Davis. He is what being an outstanding PTA is all about."

Warner and Davis opened the IMPROVE clinic in Kanawha City in September 2017.

IMPROVE Physical Therapy and Hand Center is located at 4522 MacCorkle Ave., S.E., Suite 1, in Kanawha City. For more information, call the center at 304-925-4325.

# Montclair String Quartet to present area concerts this month

The Montclair String Quartet, the resident string quartet of West Virginia State University and the West Virginia Symphony Orchestra, will present its final local performances of the 2018-19 season in Charleston and Institute this month.

While in the stages of developing a search for a new first violinist for the quartet, Andrea Di Gregorio, cello; Jennifer Wood, violin; and Bernard Di Gregorio, viola, have put together a program of stirring emotional nuances. Joined by guest artists Dr. Elizabeth Reed Smith, vio-

lin, and Dr. Júlio Ribeiro Alves, guitar, professors of music at Marshall University, the program will begin with guitar and string quartet music composed by Luigi Boccherini (1743-1805), a contemporary of Mozart. The Classical-era quintet showcases the elegance and style of the period and the lyricism and joy of the prolific composer.

Following in the program are two pieces from composers who died during World War II while sentenced to the Theresienstadt concentration camp. The Nazi regime used this community for a dual pur-

pose: through its propaganda they hailed this "model community" as cultural haven for music, arts, lectures, etc., while at the same time it was used as a way station, or holding community, for prisoners on their way to extermination camps. "String Trio" by Gideon Klein and "Tanza for String Trio" by Hans Krása were composed by two musicians who were held and subsequently killed at the camp. These trios will be performed by Smith, Andrea Di Gregorio and Bernard Di Gregorio.

Alves will return to join the string quartet with sev-

eral Latin tangos.

The concert, "Stirring of the Soul," will begin at 7:30 p.m. Thursday, May 9, in the Davis Fine Arts Building on WVU's Institute campus. Admission is free.

In Charleston, the concert will start at 7:30 p.m. Saturday, May 11, at Kanawha United Presbyterian Church, 1009 Virginia St., E.

Tickets are \$12 for adults and \$6 for students. Those with a West Virginia Symphony Orchestra or Kanawha County Schools Student Musician Card will be admitted free.

Harrah from wvradio.

Dr. Dickinson's All-Natural Nigari will be available to purchase online in boxes of 12 for \$17.50, or as individual packets at select retailers for \$1.75. Wholesale options are available. Additional details can be found at [drdickinsons.com](http://drdickinsons.com), on Instagram at @drdickinsons or J.Q. Dickinson's website (provided below).

J.Q. Dickinson Salt-Works is located at 4797 Midland Drive in Malden. For more information about its products, tours, history, services and more, phone 304-925-7918 or go to the website, [www.jqdsalt.com](http://www.jqdsalt.com)

## HANGOVER

FROM PAGE 1

"Alcohol not only dehydrates you, but strips your body of important nutrients," Nancy Bruns, the co-founder of J.Q. Dickinson Salt-Works, said. "Our brine is pulled from an ancient, untouched ocean trapped underneath the Appalachian Mountains, which means the pristine liquid is rich in minerals — making it a great way to replenish and rebalance your body."

"It's the byproduct of our salt-making process," Bruns said. "After we harvest all the salt crystals, we have this liquid that remains which is all of the minerals in liquid form that don't cling to the salt. A lot of the minerals are electrolytes that are great for your body, because our bodies are so similar to sea water."

"We harvest a lot of this and sell it for a lot of different uses. We have a cheesemaker in Pennsylvania who uses it for their Ricotta

cheese. We have chefs who make tofu with it. We have people who take it as a mineral supplement. We have a chiropractor on the West Coast who recommends it to his patients in small doses for joint issues."

A visitor touring the salt works told Bruns one day that she loved taking the negali as a mineral supplement and discovered another side effect. Nursing a hangover one morning while taking her daily supplement, she told Bruns the hangover misery was reduced significantly in about 15 minutes.

"I thought, 'Well, that could be another opportunity for us to find another niche market for this product,'" Bruns said.

"I was chatting about it with Bill Woodrum of the Robert C. Byrd Institute, and he said, 'Oh, Dr. Dickinson's Hangover Helper.' Dr. Dickinson is a fictional character, so we developed it from there."

Dr. Dickinson's All-Natural Nigari comes in single-serving, portable, quar-

ter-ounce packets that can be added to any nonalcoholic or nondairy beverage, Bruns explained.

"The taste is strong due to its high mineral potency, so it's designed to gulp, not sip," she said. "Take it first thing in the morning — or even better, before you go to sleep to help ward off morning headaches."

A launch party for Dr. Dickinson's Hangover Helper took place on the evening of April 25 at the Malden salt works. It included food provided by chef Paul Smith and live music performed by singer-songwriters Jon Bassin and Tony

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