



Meet your legislators
Use our graphic to find out about area representatives and how to contact them
Community / 1C

Rainy but warm
45 33
Weather / 14A



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SUNDAY
January 17, 2010



MARSHALL STAYS HOT

Herd beats Tulane to go 4-0 in C-USA

FULL STORY ON SPORTS, 1B



Are they tough enough?
Local fighters battle it out on day No. 2 of the Toughman contest at the Big Sandy Superstore Arena. Champions were crowned in three divisions for men and two divisions for women.
Sports / 1B

Boy Scouts as American as Rockwell
The Huntington Museum of Art helps the Boy Scouts of America celebrate 100 years in 2010 with its small exhibit featuring three Boy Scout paintings by Norman Rockwell and three paintings by Joseph Csatari.
Life / 1D

Saints rout Cardinals
Drew Brees and Reggie Bush helped score a 45-14 win over the Cardinals, which allows the Saints to host an NFC title game, the first in franchise history. Also check out previews of today's games.
Sports / 7B

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Champion Publishing, Inc.
www.herald-dispatch.com
Huntington, West Virginia
Vol. 110 No. 17



— SEEKING SOLUTIONS — DRUG SUMMIT TACKLES AREA'S DEADLY PROBLEM



Mark Webb/The Herald-Dispatch

Matt G. Wilder, a recovering drug addict, plans a schedule with Marshall Worley at the Oxford House on Thursday in Huntington. Wilder has been sober for two years and is now the West Virginia State Outreach Coordinator for Oxford House Inc. An effort to prevent drug abuse will take place this week with the fourth annual Cabell Drug Prevention Summit.

Prescription-drug abuse tops agenda for Thursday session

By RACHEL GENSLER
For The Herald-Dispatch

HUNTINGTON — Matt G. Wilder began smoking marijuana at age 24. Three years later, he moved on to drugs such as LSD, methamphetamine and cocaine.

"I was cloudy in mind and spirit," Wilder said. "And then, I graduated to oxycodone. ... I was dirty and unhealthy to the maximum."

Life for Wilder got even worse. He spent the final moments of his mother's life deceiving her while stealing her chronic pain medication — primarily prescription oxycodone.

"It took my mother dying for me to get clean. I wish it had never happened like that. I wish she could have seen me clean," he said. "The only way I can give myself forgiveness is by living the way she would want me to now and every day."

Please see **SUMMIT/4A**



"Prescription drugs are prevalent here, and they are dangerous ... they are just easy to get a hold of."

—Matt G. Wilder, formerly addicted to prescription drugs

"As a community, we have got to understand that prescription drugs are equally as dangerous as illegal drugs."

— Anne McGee, director, Cabell County Substance Abuse Prevention Partnership



"Our drug problem is everyone's problem, and it will take everyone coming together, working together to solve that problem."

— Tim White, president, Cabell County Substance Abuse Prevention Partnership

Proper disposal of unused drugs considered key

By RACHEL GENSLER
For The Herald-Dispatch

HUNTINGTON — The proper disposal of unused prescription drugs can be a problem, but Anne McGee stresses the importance of people ridding their homes of these old drugs.

McGee, the director of Cabell County Substance Abuse Prevention Partnership, says leaving these drugs in your home can invite home invaders or accidental overdoses.

The current recommendation from the Office of National

Drug Control Policy is to mix the unused medication with an "undesirable substance," such as kitty litter or coffee grounds.

Place the mixture into a disposable container with a lid, and throw it away.

"You definitely don't want to flush these pills as we do not want them in our water supply," McGee said.

The recommendations from the NDCP indicate that it is acceptable to flush a medication only as long as the label or patient information instructs you to do so.

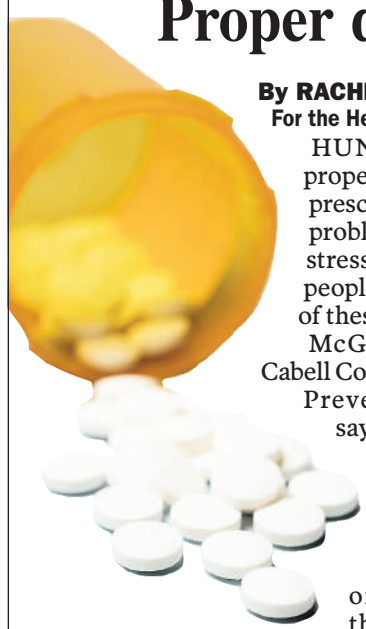
Throw away the prescription container separately, only after

marking or scratching out the name of the prescription and all accompanying personal information.

People often think you can drop unused medication back to a pharmacy, but unless the pharmacy is hosting a community take-back program, this is often unacceptable.

"You run into problems, especially with controlled substances, because it is illegal to hold a prescription that does not have your name on it," McGee said. "We are trying to plan some community take-back programs to happen in the near future."

Those programs will be announced once they are set.



Debate puts W.Va. mining in spotlight

Kennedy, Blankenship square off on mountaintop removal

By JEAN TARBETT HARDIMAN
The Herald-Dispatch
jeant@herald-dispatch.com

CHARLESTON — West Virginia's mountains, its people, and their jobs and health will likely be the focus of discussion between environmentalist Robert Kennedy Jr. and coal executive Don Blankenship, who face off in a debate Thursday, Jan. 21, at the University of Charleston.

The event, Forum on the Future of Energy, begins at 6:30 p.m. in Geary Auditorium and all tickets have been taken. Each side was allowed to invite some guests, and UC President Edwin H. Welch will moderate the event.

Another 2,000 seats will be open to the public for a live remote broadcast in Eddie King Gymnasium at the university.

The debate is a chance to flesh out an argument that's critical to the future of West Virginians, Welch said in a release.

"The future direction of U.S. energy policy is a vital concern to the people of West Virginia, many of whom rely on the coal industry for their livelihood," he said.

To Blankenship, chairman and CEO of Massey Energy, the forum is an opportunity to share his take on the future of coal.

"The energy forum is an opportunity to clarify what I believe is the right direction for our country's future regarding energy policy, the economy and national security," he said. "Millions of Americans are without jobs in this country, and policies supported by politicians in D.C. and activists like Mr. Kennedy won't make things better for families."

Please see **MINING/5A**



World reaches out to Haiti

President Barack Obama, along with other U.S. leaders, promised that U.S. support for Haitian relief would continue long after the scenes of death and destruction fade from headlines.

Haiti's government alone has already recovered 20,000 bodies, and there were growing signs that foreign aid and rescue workers were getting to the people most in need. In Haiti, Secretary of State Hillary Clinton was to meet with President Rene Preval to get an update on relief efforts.

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