

Family connection
Are you a candidate for medical genetic testing?
Page 5-C

Life & Leisure

Reunion season
Find a list of area get-togethers.
Page 9-C

MANAGING EDITOR ■ PAM QUEEN ■ 304-291-9433

SUNDAY, JUNE 26, 2016 THE DOMINION POST 3-C



KATIE McDOWELL

Moving study doesn't sit well with Army brat

I WAS BORN in Denver. Six months later, my family moved to a base in the literal desert of California, complete with coyotes and rattlesnakes in the backyard. A few years after that, we packed our bags and headed to Texas. From there, it was Maryland. Then Germany. Then back to Maryland. When it was time for me to start college, I headed to Morgantown. Shortly thereafter, my dad decided to retire, and he and my mom got out the boxes, filled them up again, and settled in Lewisburg — away from the bustle of D.C., which Daddy had grown to despise. Leaving me to crash on my friends' couches whenever the urge to visit the closest thing I ever had to a hometown would hit. So, essentially, I was uprooted again. To folks who stay in one place all their lives, an existence such as mine might seem strange. How stressful, you might say, to be constantly shifted around. How hard it must be to reinvent oneself, adapt to new surroundings and make new friends. But for an Army brat, well, it's just the way it is. We don't know anything different, so we accept it. Frankly, looking back, I'm grateful. I sincerely doubt I'd have the memories or experiences I do, had I lived on the same street forever. I thought of all this after seeing a study making the Internet rounds last week, claiming children who move a lot are likely to become ill-equipped adults. And while I would absolutely agree that I am, in fact, enormously ill-equipped for, well, everything, I don't think our moving had much to do with it. The study in question encompassed every person born in Denmark between 1971-'97, to see how moving during childhood affected people later in life. It looked at factors such as suicide attempts, psychiatric disorders, drug abuse, criminality and mortality. The results suggest that the more a child moves, the more messed up he or she will be later. Should the kids be relocated between the ages of 12-14, the effects may be worse. As if that's shocking. I've seen 12- to 14-year-olds get stressed out over red velvet cookies. Of course changing schools is going to be a bit difficult. Having been there, I refuse to believe it means they'll become drug-addicted criminals with reduced life expectancy. As for the psychiatric problems, I don't know anyone who doesn't have at least one, honestly. And not a single acquaintance of mine has moved even half as often as I have. So there. The study failed to look at why the children involved were moving — there was no distinction as to whether there were eviction issues, family problems, legal reasons, or if the people just needed a change of scenery or got a sweet promotion. Which, to me, makes all the difference in the world. Parents getting kicked out or running from the law, bad. Parents serving in the military, good. Are there Army brats out there who resent the frequent moving? I'm sure there are. Just because you're used to something doesn't make it easy. Then again, I still resent my folks for the bikini they wouldn't buy me in 7th grade. I'm not going to blame the nervous breakdown I had at 38 on it. Changing addresses, particularly over distances, is no picnic. Relationships are hard to rebuild. Finding comfort in a new city can be a challenge. But there comes a time when everyone needs to move on. And learn to appreciate how far they've come.

KATIE McDOWELL is a lifestyles writer/copy editor for The Dominion Post. Email her at kmcdowell@dominionpost.com.

Into the trees



Ron Rittenhouse/The Dominion Post photo

The WVU Outdoor Education Center's zip-line in action at Chestnut Ridge.

WVU Outdoor Education Center adds new zip-line

BY MADISON FLECK
The Dominion Post

The WVU Outdoor Education Center has added a fourth zip-line to its Canopy Tour, which is open to the general public. I was able to test out the course to see what all the fuss was about, and though the new zip-line wasn't quite ready when I went on my tour, I was able to get a good look at the new portion.

I'm not typically the most outdoorsy of people. I didn't go camping until I was 18, and I'm not too fond of things crawling on me while I sleep, unable to be in an alert, defensive, swatting mode. However, I love trying new things, and when the opportunity arose to get out of the office and go zip-lining for work, I didn't hesitate.

But my eagerness did not come without its reservations. The chorus of cicadas we've all become accustomed to made me the most wary. Would I come off the course with my face looking like a cicada cemetery? Would I accidentally swallow an insect or two? If I did, at least I would get my protein fill for the day.

Despite my concerns, my adventurous nature urged me to go on the tour.

When I arrived, I entered the WVU Research Forest Headquarters, which is next to the parking lot. I filled out some paperwork and was directed to the course, which is just a quick, three-minute hike away.

I was met by my tour guides, Mike and Tyler, who assured me they had been well trained to see people safely through the zip-line course. After gearing up, we headed to the ground course to become acquainted with the gear and safety procedures. Just five feet off the ground, the ground course acts as a mock zip-line where participants learn the basics: Breaking, hand signals and safety.

Once I successfully passed the ground course, it was on to the big zips. At 200 feet in length, the first line is the smallest and best for getting acquainted with the feel of zip-lining. Once I got the "OK" signal, I was off on what felt to be the speed of a nice bike ride. In a matter of seconds, the



WVU students (left) attempt the Odyssey Course at the WVU Outdoor Education Center. Magdalena Baumgardner (below, left) begins to decouple one of her safety ropes while Taylor Cope watches.

William Wotring/The Dominion Post photos

first zip was finished, and the best part was that my face had no insect remnants.

Since the course is at the WVU Outdoor Education Center, the guides make sure the tour is fun but also educational. Throughout the tour, Mike and Tyler shared fun facts about the course and about the forest we were zipping through. I learned that trees had to be cut down in order for the course to be put in place, but that doesn't necessarily mean the lumber was wasted.

Just off the hill from the Canopy Tour is a WVU-owned saw mill. When the trees were cut down for the tour, they were taken to the mill where they were turned into wood used for the Canopy Tour platforms and the aerial bridge.

The second zip is double the length of the first, at 400 feet in length. Since the zip is longer, there is more time to gain speed, and Tyler told me the secret: If you bring your feet to your chest in a cannonball position, you will be able to gain speed during the line. He was right. Though still not extremely fast, I was able to gain speed on the second zip, making for a more adventurous ride.

Before my final ride, we climbed across the aerial bridge: A wooden bridge suspended by rope roughly 45 feet in the air. There is not one time during the whole course that I was not connected to a harness, so there is no

SEE TREES, 4-C



Canopy tour offers four options

BY MADISON FLECK
For The Dominion Post

The Canopy Tour at the WVU Outdoor Education Center consists of four zip-lines ranging from 200-900 feet in length and about 50 feet in height, an aerial bridge, a ladder climb and a short hike.

The course is beginner-level and is recommended for those who are new to the activity or wary of the heights involved.

Those who participate in the zip-line course must be at least 10 years old and weigh between 75 and 250 pounds. Depending on the size of the group, which cannot exceed eight, the course can take anywhere between 1 1/2 to 2 1/2 hours.

The course can be found at the WVU Outdoor Education Center in the University Research Forest at 1397 Chest-

SEE OPTIONS, 4-C



Moran Manor Nursing & Rehabilitation News >>

MEET OUR NEW ADMINISTRATOR, MARY SCHRIVER, AND LEARN ABOUT HER PLANS TO BETTER SERVE PATIENTS AND EMPLOYEES.

Forget the 'meet-cute' — these are the three ways people meet people

BY ERIKA ETTIN

Tribune News Service (TNS)

Sure — everyone wants that perfect “meet-cute.” You sit down next to each other on the airplane. Sparks fly. You talk the whole time about deep topics. You look into each other’s eyes. You exchange information. The rest is history.

While that’s all fine and lovely and good, is it realistic? I don’t think so. We all have that one friend who it’s happened to, so we think that’s the norm. “Well, my friend Sandy met her husband on the Amtrak train to NY, so I’ve been taking the train more.” Or “Jeffrey made eyes at Chris over the frozen food section, and they’ve been eating ice cream together ever since.” It’s nice, it’s sweet ... and it’s a one-off experience. We remember these stories.

I went to Cornell for college. Cornell is known for many things — its academics, its food, its beautiful campus, its cold weather ... and its suicides.



MetroCreative photo

Very unfortunately, suicides at Cornell are a little more memorable because some people jump off a bridge into one of Ithaca’s

many gorges. Sad, indeed, but common. No? Cornell does not have an above-average suicide rate. The misperception of a high suicide

rate was attributed to the public nature of suicides in the gorges. Just as you remember these horrific stories, while uncommon, you also remember the best of your friends’ dating stories and the worst.

For these reasons, it’s important to make sure you’re putting yourself out there in the right way. I want to share the three main categories of meeting people.

1. The first is the random that we talked about: The airplane, Starbucks, the top of the Eiffel Tower. You get the point. These are unpredictable. You don’t know if people are single. And if they are, you don’t know if they are looking. The chance of meeting someone randomly is small. Don’t go into a random situation “expecting” to meet someone, or else you’ll be sorely disappointed.

2. The second is the club or group — a meetup, a hiking group, a sports team, an art class. Just like with the random events, you have no

idea who is available and who isn’t, so you can’t “expect” to meet someone. The purpose of this way of meeting people is to put yourself out there doing something you already enjoy. For example, if you hate fishing, don’t join a fishing group to meet someone because you’ll have a miserable time! But let’s say you love hiking. Join a hiking group. Whether you meet someone or not, you’ll be enjoying yourself doing something you love anyway. Meeting someone would be icing on the cake. Also, when you’re doing something you love, you’re more yourself, more in your element, which is a great way to attract people — friends and partners alike.

3. The third are things targeted specifically for singles — online dating of course, speed dating and singles mixers and events. Here, while maybe a little more contrived, you know that the other people are also looking and available. This is the best way to put yourself out there. There’s

always an element of chance, but you’re setting yourself up to have the best odds when you know that people have the same goals as you do — to meet someone. This is why I highly recommend online dating and other singles events. Might as well increase your odds!

So, let’s put it in action. I want you to scour your city’s event listings and sign up for one singles’ event. Maybe it’s a speed-dating, maybe it’s a happy hour geared towards singles, maybe it’s something else. Commit to putting yourself out there and giving yourself the best chances of meeting someone. Remember, though, that however you put yourself out there will still take time. Rome wasn’t built in a day. Don’t give up. Take breaks if you like, but don’t quit if it’s something you really want. If you need help finding events in your city, please feel free to reach out.

Veils are making a comeback

BY ELIZABETH WELLINGTON

The Philadelphia Inquirer (TNS)

When it came to bridal headpieces, the last decade featured glitzy (and often ostentatious) fascinators, birdcages, cloches and some too-busy barrettes.

The trend

This wedding season, as gown silhouettes collapse and Old World (and old Hollywood) sensibilities define modern and chic, veils are coming back to the trendiest nuptials.

Where do they come from?

During the Renaissance era, brides wore long, red veils, called flammeum, to ward off evil spirits. (This also is the reason brides carried bouquets of garlic.)

Back in the day of arranged marriages, women wore veils so the apprehensive groom would not run away if he didn’t like what he saw coming down the aisle.

Veils also symbolically marked women as property. Fathers lifted veils as they gave brides away, or grooms lifted them at the end of ceremonies foreshadowing consummation.

It wasn’t until the 19th century that wearing a veil became linked with the bride’s virginity. This was due in part to Queen Victoria’s decision to wear all white to her wedding to Prince Albert — although word on the street is that Victoria just really liked white. Also, thanks to Victoria, the length and volume of the veil became associated with status: For instance,



TNS photo

Model Sabrina Shea wears a sleeved lace sheath Galina signature gown exclusively at David’s Bridal, with duster earrings and a ribbon-edged fingertip veil by Elizabeth Johns.

cathedral-length veils (the most dramatic and longest versions) were reserved only for royalty.

Over the years, veils have remained key accessories in bridal fashion, even after Carrie Bradshaw attached a bird to her head in the first “Sex and the City” movie.

Who is wearing them?

Celebrity brides Angelina Jolie, Amal Clooney, Nicky Hilton, Sofia Vergara and Chrissy Teigen all wore major veils at their weddings.

Should you wear one?

Depends on who you are as a bride. The fabulous news is veils of all lengths — blushers, fingertips, waltz and cathedral — are trending. When picking one, keep your venue in mind. For example, cathedral length might not work so well on the beach, but a blusher could be city hall cute. And if you choose a tiara, keep it short. That, said Lindsay Dragone, associate buyer for accessories at David’s Bridal, is key to a modern veil look.



MetroCreative photo

Like a baby shower but smaller

Q. What is a “sprinkle”?

A. A sprinkle is like a baby shower, but smaller in scale and more intimate. It’s held for a second or subsequent child, when the mom (or parents) has already had a full-blown shower for the first baby. A sprinkle might be held, for instance, when many years have passed between children, or when a mother of boys has her first girl or vice versa, and needs items for the new gender. Usually, only close friends and relatives are invited, and it’s tacitly understood that guests might bring small-

er gifts like clothes and not big-ticket items like baby swings.

Linda DiProperzio, 42, of Syosset, N.Y., recently attended a sprinkle for her sister Jackie Kondyra, 36, of Levittown, N.Y. It was much different from the baby shower the family had for Kondyra when her oldest child was born, nine years ago. “When she had her baby shower, my mother invited everyone — aunts, cousins, friends, my mother’s friends,” DiProperzio said. The 50 guests attended the event in a catering hall. At that time, Kondyra had no ba-

by gear, and guests helped supply her with what new families need.

The sprinkle, however, was held at Kondyra’s mom’s house on a Friday evening with about a dozen guests — Kondyra’s second sister and Kondyra’s closest friends attended. Dinner was ordered in from a local restaurant, and the women played some baby shower games and had cake. “She got mainly clothes,” DiProperzio said. “Someone got her a baby monitor because her first one was so old and outdated.”

EMAIL BETH WHITEHOUSE at beth.whitehouse@newsday.com.

TREES

FROM PAGE 3-C

chance of falling. It really allowed me to slow down and enjoy the beauty of one of the lush, green forest, by which I was surrounded.

My final and longest zip, at 690 feet in length, was by far the most fun, and it’s where I gained the most speed. The record speed for the first three zips is right at 30 mph, but the fourth zip should give participants a

speed upwards of 30 mph, since it is the longest zip, at 900 feet in length. It is a few feet higher than the third zip, and participants have to climb a ladder to get to the platform (all while secured by a harness, of course).

After the third zip was completed, I made the 45-foot rappel to the ground. To wrap up, we took a five-minute hike back to the first platform, where we removed our harnesses and were done for the day.

I’m proud to say that I went through the whole course safely without taking a bug to the face.

The course is viewed as a beginner-level zip-line course, and that’s exactly what it felt like. Those who might be afraid of heights or wary of what zip-lining entails would greatly benefit from this course. It’s a great way to dabble in outdoor activities without venturing too far out of Morgantown.

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OPTIONS
FROM PAGE 3-C

nut Ridge Road in Bruce-ton Mills. Parking for the Canopy Tour can be found at the Research Forest, and the tour is just a short walk from the parking lot. A guide will meet those participating at the parking lot 15 minutes prior to the start of the tour.

The Canopy Tour costs \$47.70 for the general public, \$40 for nonprofits, \$31.80 for WVU faculty and staff and \$30 for WVU students.

To schedule a Canopy Tour, visit challenge.wvu.edu, and click on the Canopy Tour link.

You can also call the WVU Adventure office at 304-293-5221 to schedule a tour during the week or to receive more information.

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