



Whatever the mind can conceive and believe, it can achieve.”

-Napoleon Hill

November 2014

“Thanksgiving Day comes, by statute, but once a year; to the honest man it comes as frequently as the heart of gratitude will allow,” wrote poet Edward Sandford Martin.



It's a simple statement but also a valuable lesson that we should all take to heart. It seems as if the year has gone by too fast once again, and we are entering the holiday season. I love November here in our Appalachia. We're surrounded by the wonderful majesty of the mountains, the leaves change to bright colors, the air becomes a bit more crisp, and families get together to enjoy all the blessings and a home cooked meal. I love this time of year.

In many parts of Appalachia we are fortunate enough to have a church on every corner. That serves as a constant reminder to be thankful for all the blessings and gifts we have in our lives. That should be the case each day, not just on Thanksgiving.

As we all know, this holiday season will be difficult on many families throughout Appalachia as our local economies continue to struggle in places, especially in areas that have been dependent on the coal industry.

This is also the time of year that many of us reach into our hearts as well as our wallets and give to charities and

maybe even donate some of our time to help out. We need more of that spirit of charity each and every day. So, this holiday season as you give to your favorite charities, also remember those that have a more immediate need for our generosity.

It is in our own backyard where we can make the most difference this holiday season. Maybe make it a family event to volunteer a couple of hours at your local food pantry as you drop off a few canned items. Maybe you know of a family that is struggling to get by. Dropping off a bag of groceries for them could make all the difference as to how they spend their Thanksgiving Day. It is the little things like this that make all the difference in life. Have a great Thanksgiving!

Melinda Elswick, Director

FAA News and Updates

Fun in the Pumpkin Patch: There are numerous corn mazes and pumpkin patches open throughout Appalachia this month. We were fortunate enough to spend some time at the Pisgah Pumpkin Patch across from Fort Witten in Tazewell Country.



Fox News Article Highlights Town of Appalachia :In an article titled “Losing the War on Coal: One Virginia Town’s Painful Decline,” FAA Director James Hibbitts points out the difficulty of keeping or finding a job in some of our hardest hit areas. James had over twenty years of community banking under his belt when he lost his job earlier this year. Things were going well when the coal business was clicking on all cylinders, but once things dried up and there were no loans to be made and families struggled to pay back loans on time, the job disappeared. James now works for a natural gas company in Pennsylvania and travels over 350 miles to work while living in Southwest Virginia.

The article discusses some of the many economic problems with area, primarily the lack of economic diversification as the coal industry declines. The full article can be found at the following URL. It is unclear how long the article will be available. <http://www.foxnews.com/us/2014/10/19/losing-war-on-coal-one-virginia-town-painful-decline/>

Thank You!

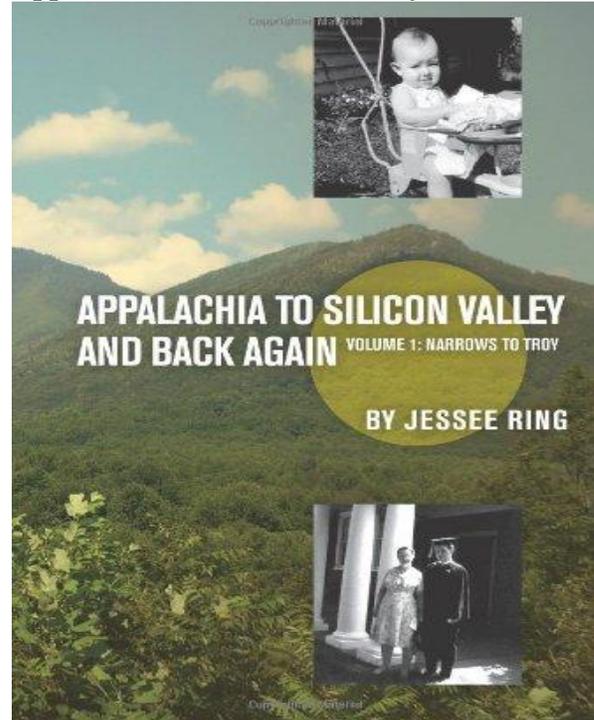
We would like to take this opportunity to say thank you to the individuals, local businesses and to the Tazewell County Board of Supervisors for their generous donations to the FAA. Every donation is greatly appreciated.

Coalfield Assistance Program

The Coalfield Assistance Program (CAP) is designed to provide educational and vocational grants to out of work coal miners in our region. The goal of the program is to add to the needed job retraining efforts in the wake of the significant loss of jobs in the sector and to help assist our region in much needed economic diversification. Countless families across Appalachia need the assistance of such programs and we rely on our generous donors to build our coffers for CAP. Our goal is to reach \$50,000 and make these grants available in the Spring of 2015. That doesn’t leave much time to reach the goal. If you would like to donate to our CAP program, please make checks payable to Foundation For Appalachian Advancement and send to P.O. Box 397, Richlands, VA 24641. Your donation is tax deductible. *Please write CAP in the memo field of your check.

Artist of the Month

Imagine what it would be like to grow up in a little town like Narrows, Virginia and end up working among the nation’s best and brightest during the technology boom of the late 20th century. Jesse B. Ring is the author of **Appalachia To Silicon Valley and Back Again.**



Jessee is a graduate of UVA where he studied electrical engineering. He went on to earn his Master’s degree in the same field and began his work in the computer and software field. He eventually landed in California where he worked for twenty years, ultimately becoming Vice President of a small software company in Silicon Valley.

In 2005 he and his wife decided that it was time he fulfill his life-long dream of returning home to Appalachia. He resides in Pulaski County where he has a vineyard that is now in full production.

You can find Jesse Ring’s book on Amazon.com or you can pick one up at the Barter Theater Gift Shop in Abingdon, Virginia. He is currently working on the second volume to the book.

*Foundation For Appalachian Advancement is a 501(c)(3) organization. Donations are tax deductible.

www.supportappalachia.org