

what's up WESTSIDE

a quarterly update of
events and resources



photo courtesy of Cabin Creek Health Systems

An advertisement for Miss Ruby's Corner Market. On the left is a photograph of a two-story brick building with a white awning over the entrance. A sign in the window says "The Future Home of MISS RUBY'S CORNER MARKET". On the right is a colorful illustration of the market's interior, showing shelves stocked with various goods, a deli counter, and a table with a chair. A red circular graphic with the text "NOW OPEN!" is overlaid on the illustration. Above the illustration is a yellow banner with the text "MISS RUBY'S CORNER MARKET" and "COMMUNITY GROCERY AND DELI 739 CENTRAL AVE, CHARLESTON".

**MISS RUBY'S
CORNER MARKET**
COMMUNITY GROCERY AND DELI 739 CENTRAL AVE, CHARLESTON

NOW OPEN!

the Future Home of
MISS RUBY'S CORNER MARKET

Miss Ruby's Corner Market | 739 Central Ave | M-F 10am-7pm, Sat 9am-5pm

WINTER 2024

issue no. 9

Westside Wellness: Cabin Creek Health Systems



303 Ohio Ave | M-F 8am-5pm
Medical: 681.205.8701
Pharmacy: 681.205.8730
Dental: 681.205.8740
After Hours: 1.800.798.0280

by Amanda Barber



In August, Cabin Creek Health Systems (CCHS) opened a comprehensive medical center on the Westside of Charleston offering multiple healthcare and community services. The building, which was originally a Kroger and then a post office, is located at 303 Ohio Ave.

CCHS was established in 1973 by “coal miners who wanted healthcare close to home by providers who understood their needs.” In addition to the clinic in Cabin Creek, there are now health centers in Clendenin, Sissonville, Kanawha City, and Charleston’s Westside which is CCHS’s most substantial center. CCHS also has locations in multiple Kanawha County schools and the local health department.

The Westside facility provides primary care and dental services, behavioral healthcare, and medicated assisted treatment (MAT) for substance abuse disorders (SUD).

Vision treatment will be available after more development. Throughout November, CCHS is establishing its on-site pharmacy so patients can have their medical appointments and prescriptions in one visit.

The primary care office has 11 fully equipped exam rooms and a procedure room for things like basic stitches and skin tag removals. The dental wing has four rooms for oral hygiene care, plus a room for root canals, fillings and other non-complicated procedures. The building has a main waiting room, smaller waiting areas for each care department, and two non-binary bathrooms.

In August, the Comprehensive Addiction Recovery Program (CARP) moved from the Kanawha City annex to the Westside location. The CARP space has a separate outside entrance and treatment area at the clinic. The goal is to give patients a sense of

privacy while getting support managing their substance use and related health issues. CARP patients attend three-hour appointments involving MAT, group therapy, individual counseling, peer support and vital checks. Many program participants are one, two, three, or more years sober.

One of the numerous benefits of the Westside facility is that clients can receive multiple health services on the same day if it best fits their schedule. Understanding that complete wellness has various aspects, CCHS has other resources at the clinic and is adding more. Jamie Lawhon, CCHS Certified Professional Coder, says this is part of the integrative model that staff follow. For example, hot meals are provided to patients who are there for extended periods or need food.



read the full story @ westsidetogether.org

“Whether it is medical or whatever, we do not want anybody to be lacking in any way,” Jamie says. “So if we need to feed you, we are going to feed you. If you need something, we are going to give it to you. We just want to make sure that everybody always has what they need.”

There are plans for a physical therapy room with equipment and floor space for community members to use, and a free market will be set up for patients to access fresh produce. CCHS is also in the process of seeking daycare staff to watch the children of people at appointments. For individuals experiencing homelessness, financial problems, or other life struggles, additional resources may be available once speaking with a provider.

CCHS offers in-person appointments and telehealth. Patients needing financial assistance may be eligible for sliding-scale fees based on income. Anyone can start a financial assistance application by inquiring and presenting a few pay stubs.

Westside resident Scott McMillian used to travel to CCHS in Sissonville for his dental treatment. He is now excited to have his



trusted provider available just a few blocks from home. He plans to use other medical services there to get multiple types of care in one place. Scott says he is impressed by all the resources offered at the center, especially with the daycare CCHS is working on.

“My kids are grown, but I remember—as a single dad raising a kid all on my own—bringing my two-year-old to a doctor’s appointment because there was nobody to watch,” Scott says. “They are going to have somebody to watch kids like while you go talk to your doctor about sensitive medical stuff. That is huge!”

CCHS Communications Director Travis Stephens says the Westside facility was planned with consideration of social factors like travel, health disparities, and community needs. According to Travis, many Kanawha City clinic patients were traveling from the Westside. Bringing a health center to the neighborhood would mean residents would no longer need to drive or take the bus across town.

Travis says he attends the quarterly Westside Collaborative Meetups where he learns more about movements CCHS can potentially work with to help better the lives of community members.

“I have been going to several of these Westside meetings and really getting to know a lot of these folks that are the drivers of the Westside,” Travis says. “I love the vision they have and how they come together, collaborate, and elevate each other.”

CCHS brings essential benefits to communities throughout Kanawha County, and the new Westside location expands access to vital healthcare services for the neighborhood. This location strengthens the ongoing efforts of numerous organizations working to improve healthcare access on the Westside, offering more options for both physical and mental health care. Stay connected with Westside Together to learn about the growing network of clinics dedicated to serving the Westside community.

LOVE UR BLOCK

A WEST SIDE NEIGHBORHOOD ASSOCIATION PROGRAM

Monthly clean-ups with your neighbors

Plant porch gardens

Earn rewards for more effort

Starter kit provided

westsideneighbor.org

SCAN



MISS RUBY'S CORNER MARKET

COMMUNITY GROCERY AND DELI 739 CENTRAL AVE, CHARLESTON

NOW OPEN!



739 Central Ave
 M-F 10am-7pm
 Sat 9am-5pm

Keep Your Faith Corporation just opened Westside’s locally owned market and deli! The neighborhood can pick up fresh, locally grown produce near home.



tell Miss Ruby’s your favorite groceries to keep in stock!



Best of the West AWARD



“As frustrating as my job can be, there’s great rewards to be offered. And helping people, you know, it’s awesome. So that’s how I spend my day.”

photo by Leeshia Lee

nominate the next!

& read the full story @ westsidetogether.org

2024 Fall

Vandalyn Justice is a Westside resident and since 2009 has served the Charleston community as a social worker at the Salvation Army on Tennessee Ave. During Christmas, Vandalyn and her family volunteer for Salvation Army’s Angel Tree program, and she organizes her Jeep Club Christmas Party which includes a toy drive to benefit the children she serves through her social work.

“My favorite story to tell about Vandy is, last Christmas, a family came in after our distribution, and they had just moved here,” said Patty Tilley, Vandalyn’s coworker. “The situation with was a mother and son. And he said something about, ‘No Christmas, Santa didn’t know where we were, but that’s okay, Mom said we’re in a better place.’ And Vandy said, ‘No, wait a minute. What was your name again?’ And he told her. And so Vandy said, “No! Santa Claus brought your presents to me. I’ve got your presents.”

what's happening?

Free Food Pantry

3rd Saturdays | 11am

DEC 21 | JAN 18 | FEB 15

John 6 Community Food Center

@ 523 Central Ave



Earl Wilson Community Thanksgiving Dinner

Tue, Nov 26 | 6-8pm @ 200 Park Ave

First Church of Nazarene



River Arts Show

Fri, Dec 6 | 6:30-9:30pm @ 520 Kanawha Blvd W

Sat, Dec 7 | 10am-4pm @ 520 Kanawha Blvd W

Unitarian Universalist Congregation of Charleston



West Side Mingle Tree Lighting with CMS

Dec TBA

follow Charleston Main Streets for announcements



Winter Wellness Gala with Keep Your Faith Corporation

Jan TBA

follow Keep Your Faith Corporation for announcements



Night to Shine (for people with special needs 14+yrs)

Feb 7 | 5-8pm @ 1500 Greenbrier St

Capital High School (hosted by SE Church of the Nazarene)

MORE EVENTS...

westsidetogether.org/events



South Charleston Community Center

601 Jefferson Rd | 304-744-4731

gym, raquetball, tennis, basketball, classes

INDOOR SWIMMING POOL DAILY FEES

Adults (16+) - \$4

Children (15 or under) - \$3

Seniors (62+) - \$2

Mon & Fri 5:30am-7:45pm

children 1-4pm, 6:30-7:45pm

Tue-Thu CLOSED

Sat 9am-6:45pm

children 12-6:45pm

Sun 12pm-6:45pm

children 12-6:45pm



Kung Fu
Sun | 1pm



Tai Chi

Sun | 2pm

Universalist Unitarian Congregation

@ 520 Kanawha Blvd W

Need anything?
westsidetogether.org/resources



WEST VIRGINIA Health Right^{INC.} COMMUNITY Wellness Center

511 Central Ave

304-340-1558

DANCE CLASSES

ask about Modern Dance & Ballet for Kids

Tue 6pm & Sat 10am - Tec Style Hip Hop Fitness

Tue 1pm - African Dance (65+yrs)

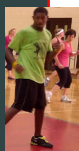
Wed 4:30pm - African Dance (5-9yrs)

Wed 6pm - African Dance (10-64yrs)

COOKING CLASSES

Thu 1pm & 5pm - Cooking Class

Thu 4pm - Healthy Living 101: Weight Mgmt



North Charleston Community Center

2009 7th Ave | 304-348-6884



Mon-Fri 9am-9pm

Sat 9am-5pm

WEEKLY ACTIVITIES

Pickle Ball for Adults - Mon-Fri 9:00am-12:00pm

Women's Open Runs Basketball - Tue 6:00pm-8:00pm

Teen's Open Runs Basketball - Wed 6:00pm-8:00pm

Men's Open Runs Basketball - Thu 6:00pm-8:00pm

Socializing Through Play - 3rd Wed 11:00am-12:00pm

Pick Up Volleyball - Sat 9:00am-12:00pm



WESTSIDE TOGETHER
westsidetogether.org

share your memories with

#westsidecwv



email to contribute to the next issue!
whatsup@westsidetogether.org

What's Up Westside is produced by Westside Together & community



photos by Rafael Barker

Congrats to the West Side Middle School Principal List!



West Side Middle School honor roll lists at westsidetogether.org/wsm



SPRING 2024

issue no. 6

Black By God launches 'Project Spotlight West' series

by Amanda Barber | originally published in Black By God



I grew up on Watts Hill on Charleston's West Side, a community home to one of the highest percentages of Black residents in a concentrated area in West Virginia.

Given the political and financial histories in West Virginia, the West Side is not the stereotypical neighborhood that many out-of-state residents picture. It is a diverse and urban community that is bustling and flourishing.

And just while much of the country makes false assumptions about our state's neighborhoods, some Charleston area residents have done the same to the West Side. While growing up, I noticed that many people, including the media, implied that my community was nothing else but the "bad part of Charleston."

Like many other communities, the West Side has faced hardships, but its residents and community leaders are some of the most hard-working, resilient and caring people I have ever known. Thanks to these residents who consistently strive to uplift others, the unfair negative narrative about their community continues to evolve.

Many local organizations work diligently to provide residents access to free substance abuse treatment, mental health care, and COVID-19 tests and vaccines. West Side leaders give back to the youth by planning block parties, basketball tournaments, church events, community dinners and back-to-school donation drives. Other local organizations provide crucial services like food pantries, educational assistance, and low-cost or free childcare.

The West Side community is really just that: a COMMUNITY that truly understands the meaning of the phrase "It takes a village."

With Black By God, I am launching "Project Spotlight West" to tell the stories of the

West Side and its residents and leaders of change. I want to bring the neighborhood beyond some people's perception that it is one of Charleston's most dangerous locations.

Another goal of the project is to record oral histories from West Side residents, business owners, community leaders and historians. By doing this, I hope to provide deep and meaningful information about people's daily lives and their past experiences.

"Project Spotlight West" will include articles, images, videos, and audio. In addition, we will amplify each story on our social media.

Read more "Project Spotlight West" and other stories at BlackByGod.org



photo by Amanda Barber | Watts Hill overlooking the West Side of Charleston

YOUTH SUMMER PROGRAMS

Deadlines approaching... Sign up for summer programs today!

ALL SUMMER / ALL DAY			
WV Dreamers Afterschool by Step by Step grades K-12 M-F 10-5pm or 2-6pm FREE	304.414.4452	stepbystepwv.org	
YMCA Summer Day Camp ages 5-12 M-F 7am-6pm \$155/wk (scholarships available)	304.340.3527	ymcaofkv.org	
Girl Zone Day Camp grades K-5 M-F 7am-5pm pricing TBA	304.345.7722	bdgsc.org	
Salvation Army Boys & Girls Club grades 1-12 8am-6pm \$35/wk (financial assistance available)	304.342.8831	facebook.com/CACCBGC	
Bob Burdette Center Summer Program grades K-5 8am-5:30pm FREE	304.342.1158	boburdettecenter.org	
PAAC TBA	304.768.7688	paac2.org	
SHORT TERM CAMPS & PROGRAMS			
Kanawha County All Age 4-H Summer Camp ages 9-21 7/19 - 7/20 pricing TBA	304.720.9573	extension.wvu.edu	
WV Summer Arts Camp at Capitol HS grades Pre K-12 7/10 - 7/21 pricing TBA (scholarships available)	304.389.4189	wvsummerartcamp.com	



Full list of youth summer programs for West Siders at westsidetogether.org/summer

NEW ON THIS SIDE!

STEP BY STEP + **MOUNTAIN CARE NETWORK**

INTRODUCE THE TEEN DROP-IN CENTER

1410 4th Avenue, Charleston WV

Mon-Fri 6am-3pm
Step By Step after 3

WASH CLOTHES
REST
GET SUPPORT
EAT
SHOWER
SELF-CARE
BE SAFE.

MOUNTAINCARENETWORK.COM
304-513-3900

Elk City Bistro
207 Washington St W
Tue, Thu, Fri | 11am-3pm
Sat | 9am-1pm
locally owned gourmet casual dining with a new menu every week!

Where the menu explores.

PHAT DADDY'S IS MOVING!

NEW LOCATION: 1634 6TH AVE.

SPRING 2024



Some of the many "Gas Crisis Heroes" recognized by Charleston City Council in December 2023



photos by Rafael Barker

2023 Winter: Martec Washington & Shayla Leftridge

On November 10, 2023, an American Water Company high-pressure water main break infiltrated the gas distribution system of the West Side flats. For several weeks, gas was shut off as Mountaineer Gas Company removed water from 46 miles of natural gas lines. A state of emergency was declared. Over 1,000 families were left without heat, hot water, or working stoves. Many families' appliances suffered water damage, requiring service or replacement resulting in cold nights even after gas service was restored. Some residents continue to face challenges that stemmed from the gas outage crisis.

Last winter, **Shayla Leftridge** and **Martec Washington** were honored with Westside Together's seasonal Best of the West Award for their compassionate and swift actions during the crisis. As community workers and West Side residents, they played pivotal roles in disseminating crucial information about the outages through social media and brought direct relief to their neighbors.

Martec worked with volunteers to collect donations and distribute space heaters, water, food, and supplies throughout the neighborhood. He reached out to the Governor, state, and local officials, advocating for a state of emergency declaration and voicing the community's needs. After driving home from work in Parkersburg every day, Martec assisted with WV Health Right's initiatives as well.

Shayla dedicated herself to personally feeding her neighbors with volunteer Chef Keaton Contini. Serving as WV Health Right's West Side Site Coordinator, she orchestrated daily dinner services at the CommUNITY Center at Five Corners. They averaged 350 people a night, hosting meals and relief every evening until gas was restored with the help of the National Guard, City Councilors, Partnership of African American Churches, the McGee Foundation, and countless other donors and volunteers.

Best of the West AWARD

what's happening?

Free Food Pantry

3rd Saturdays | 12pm

MAR 16 | APR 20 | MAY 18

John 6 Community Food Center
@ 523 Central Ave



Obi Henderson Community Awards Dinner

Sun, Mar 17 | 4pm @ 100 Quarrier St

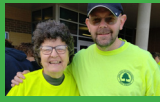
Beni Kedem Temple



Spring Resource Fair by Step by Step

Mon, Apr 1 | 3-6:30pm @ 1401 4th Ave

Kanawha Dreamers Family Support Center



Spring Clean-up by West Side Neighborhood Association

TBA @ 100 Florida St

Mary C. Snow Elementary School



Race to End Racism by YWCA

Cultural Celebration & Packet Pickup

Thu, Apr 25 | 4pm @ YWCA Center for Racial Equality

5K Run / 1mi Walk

Sat, Apr 27 | 9am @ Kanawha Blvd W, Magic Island Park



Res-Con FREE Community Conference by American Job Center

Housing, Education, Seniors, Youth, Recovery, Health, Legal

Sat, Apr 27 | 9am-5pm @ 200 Civic Center Dr

Charleston Coliseum & Convention Center



10th Annual Block Party: In Memory of Tymel McKinney

Sat, Apr 27 | 4pm @ 6th St between Glenwood & Park Ave

The GIFT Project



Class of '24 Graduation Celebration

Sat, May 4 | 4-7pm @ Kanawha Blvd W

Magic Island Park



Monthly Senior Luncheons

with Salvation Army

MAR 19 | APR 23 | MAY 21

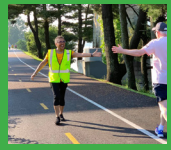
12pm @ 301 Mary St

for ages 55+ | meal | games | crafts



check The Maker's Center
Facebook for upcoming
crafts classes & events!

Ask for a TOUR! 681-265-3745



Charleston Parkrun

Sat | 9am until Mar 10

Sat | 8am after Mar 10

@ Magic Island Park

Kung Fu
Sun | 1pm



Tai Chi

Sun | 2pm

Universalist Unitarian Congregation
@ 520 Kanawha Blvd W

WEST VIRGINIA 
Health Right™ 511 Central Ave
CommUNITY Wellness Center

DANCE CLASSES

Tue 4:30pm - Modern Dance (ages 6-10)

Tue 5:00pm - Ballet (ages 3-5)

Tue 5:30pm - Ballet (ages 6-10)

Tue 6:00pm - Tec Style Hip Hop Fitness

COOKING CLASSES

1st Mondays 5:00pm - Sizzle Sprouts (Kids)

Wed 1pm & 5pm - CHOP it Like it's Hot

Thu 1pm & 5pm - Stealthy Healthy



North Charleston Community Center

2009 7th Ave | 304-348-6884



WEEKLY ACTIVITIES

Pickle Ball - Tue, Thu, Fri 9am-12pm

Table Tennis & Pickle Ball - Mon 5:30pm-8:45pm

Men's Open Runs Basketball - Mon, Wed 12:00pm-2:30pm

Soul Step - Thu 6pm-7pm

Kids In Motion Fitness Class - Wed 6:30pm-7:30pm

Socializing Through Play - 3rd Wednesdays 10:30am-1pm

Bingo Night - 4th Fridays 4:30-6:30pm

Mon-Fri 9am-9pm
Sat 9am-5pm



 **WESTSIDE TOGETHER**
westsidetogether.org

share your memories with

#westsidecwv



or email the team at
whatsapp@westsidetogether.org

create
west virginia

What's Up West Side is produced by
Create WV & Westside Together community partners



what's up WESTSIDE

a quarterly update on
Westside events and resources

photos by CT Minimah & Rafael Barker



Juneteenth Freedom Day 2024 Celebrations on June 15 & June 19

MISS RUBY'S CORNER MARKET

COMMUNITY GROCERY AND DELI 739 CENTRAL AVE, CHARLESTON

Opening in 2024!

Tell Keep Your Faith Corporation what you want to see at Westside's new locally owned market!

bit.ly/miss-ruby-groceries



10% OFF CAR RENTAL

with code: **WESTSIDE23***

SCAN QR CODE TO BOOK NOW!

304-853-3005

www.luventerprisesllc.us

admin@luventerprisesllc.us

231 Capitol St, Suite 9
Charleston, WV 25301

By appointment only

CommunityWorks in West Virginia

MY FINANCES & Me WORKSHOP

Tips and Tricks for Financial Success

FREE Lunch & Light Snacks* Tuesdays 12 PM

SHAMIKA ROBINSON
Financial Capability Certification
Mortgage Loan Originator
Entrepreneur
NMLS# 2270540

515 CENTRAL AVE
CHARLESTON, WV 25302
(304) 340-1558

*RSVP (304) 965-2241

Financial Topics Include:

- Assessing the Situation
- Building Credit Confidence
- Student Loan Repayment
- Long-Term Savings
- Final Tips & Takeaways

youth afterschool programs

Deadlines approaching... Sign up for afterschool programs today!

Salvation Army Boys & Girls Club FREE w/ Unicare or \$20 + \$15/month for 1st-12th grade	304.342.8831	salvationarmycharlestonwv.org 301 Tennessee Ave
WV Dreamers Afterschool by Step by Step FREE for K-12	304.414.4452	stepbystepwv.org Risen City Church, WSMS, & CHS
Bob Burdette Center FREE for K-5 Mon-Fri 2pm-5:30pm	304.342.1158	boburdettecenter.org 1401 Washington St W
Midian Safe Haven FREE Drop-in for ages 10-25 Mon-Thu 2pm-8pm	304.382.8288	midianproject.com 711 Park Ave
2nd Ave Community Center FREE for students	681.427.3434	1406 2nd Ave
Zion Development Center* *CURRENTLY FULL	304.344.5959	zcdcwv.com 1720 5th Ave
Girl Scouts of Black Diamond \$25 + dues for Pre-K-12	304.345.7722	girlscouts.info/join 321 Virginia St W



Full list of after school programs for Westsiders at westsidetogether.org/afterschool



June 17, 4pm - Grant Application Deadline for Kanawha Valley Council of Philanthropy (KVCOP)
For projects to improve the economy, health, or quality of life for citizens of the Westside.

bit.ly/kvcop-grants



photo by Rafael Barker



Large Clean-Ups

June 8

Love UR Block

Register your block to hold monthly clean-ups & plant flowers

Bring Neighbors Together

Community Meetings, Volunteer Committees, Swap Meet and Watch Groups

Learn more at westsideneighbor.org



Westside Health Center Opens July 2024!

Cabin Creek Health Systems needs your input to provide you with health care you need how you need it. Fill out this quick survey to tell them.

CabinCreekHealth.com/Westside



Best of the West AWARD

2024 Spring: Tom Toliver

Tom Toliver was honored with Westside Together's seasonal Best of the West Award for his ceaseless dedication to supporting children and families of people who have been incarcerated, educating the community about growing our own healthy foods, and feeding anyone who needs it.

"I believe God has reserved me for a purpose, and that purpose is not to point fingers and to extend the hand... The Westside needs us, it needs the people," Tom Toliver said.

Mr. Toliver has led a dynamic life that began with farming. He continues to pass on his knowledge of how to use resources under our feet to feed the community. In 2009, Tom started Rebecca Street Urban Farm from a donated greenspace at Rebecca St and 6th Ave with the help of volunteers and support from WV State University. Tom's nonprofit feeds the hungry, provides opportunities for veterans and neighbors to work through trauma with the soil, and educates volunteers to feed local families.

what's happening?

Free Food Pantry
3rd Saturdays | 12pm
JUN 15 | JUL 20 | AUG 17

John 6 Community Food Center
@ 523 Central Ave



Monthly Senior Luncheons
with Salvation Army

JUN 19 | JUL 9 | AUG 13

12pm @ 301 Mary St
for ages 55+ | meal | games | crafts



UUC Rummage Sale

Sat, Jun 8 | 8am-12pm @ 520 Kanawha Blvd W
Unitarian Universalist Congregation of Charleston



FamilyCare Summer Bash

Sat, Jun 8 | 11am-2pm @ 116 Hills Plaza
Patrick Street Plaza



The Big Black Joy Festival

Wed, Jun 12 | 9am-3pm @ 200 Civic Center Dr
Charleston Coliseum & Convention Center



The Vibe 2.0 Basketball Tournament

Sat, Jun 15 | 2-8pm @ Beatrice St + Washington St W
Saturdays and Wednesdays at Beatrice Basketball Courts



Juneteenth: Freedom Day

Sat, Jun 15 | 4-9pm @ WV State Capitol Complex
Wed, Jun 19 | 11am-6pm @ Slack Plaza



EnAct Brain Bowl Fundraiser

Sat, Jun 27 | 5:30pm-9:30pm @ 100 Quarrier St
Beni Kedem Temple



The Jungle 3-on-3 Basketball by Hearts United

Sat, Jun 30 | 12-7pm @ 1411 2nd Ave
2nd Ave Community Center



Old School for the Old School BBQ by the GIFT Project

Sat, Jul 22 | 5-8pm @ Kanawha Blvd W
Magic Island Park

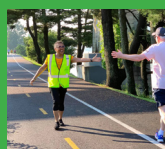


Multifest

Thu-Sat, Aug 1-4 @ 600 Kanawha Blvd E
Haddad Riverfront Park

check The Maker's Center
Facebook for upcoming
crafts classes & events!

Ask for a TOUR! 681-265-3745



Charleston Parkrun

Saturdays | 8am
@ Magic Island Park

Kung Fu
Sun | 1pm



Tai Chi

Sun | 2pm

Universalist Unitarian Congregation
@ 520 Kanawha Blvd W

WEST VIRGINIA 
Health Right 511 Central Ave
CommUNITY Wellness Center

DANCE CLASSES

Tue 4:30pm - Modern Dance (ages 6-10)

Tue 5:00pm - Ballet (ages 3-5)

Tue 5:30pm - Ballet (ages 6-10)

Tue 6:15pm - Tec Style Hip Hop Fitness

Sat 10:00am - Tec Style Hip Hop Fitness

COOKING CLASSES

Thu 1pm & 5pm - Stealthy Healthy

**North Charleston
Community Center**

2009 7th Ave | 304-348-6884



Mon-Fri 9am-9pm
Sat 9am-5pm

WEEKLY ACTIVITIES

Pickle Ball for Adults - Mon-Fri 9:00am-12:00pm

Women's Open Runs Basketball - Tue 6:00pm-8:00pm

Teen's Open Runs Basketball - Wed 6:00pm-8:00pm

Men's Open Runs Basketball - Thu 6:00pm-8:00pm

Socializing Through Play - 3rd Wed 11:00am-12:00pm

Pick Up Volleyball - Sat 9:00am-12:00pm




**WESTSIDE
TOGETHER**
westsidetogether.org

share your memories with



#westsidecwv

email the team to contribute
whatsup@westsidetogether.org

What's Up Westside is produced by Westside Together & community

what's up WESTSIDE

a quarterly update of
events and resources



photo courtesy of WV Alliance of Recovery Residences



Glow Run 2024 - October 19, 4-10pm at Magic Island!

FALL 2024

issue no. 8

westside outdoor activities



LOVE UR BLOCK

Recruit some neighbors to do monthly clean-ups
Plant Porch Gardens
We provide a kit to get you started!

Upcoming Socials
1st Thursday of the Month
6-7:30 PM

Clean-Ups
Sept 7 & Oct. 26
9 AM - Noon

West Side Swap Meet
Sept. 14
8 AM - 2 PM



SCAN 

WWW.WESTSIDENEIGHBOR.ORG

Beatrice Street Park
1214 Washington St W
Two basketball courts, picnic tables, and a playground

Bigley Park (James L Hudson Senior League Field)
1461 Bigley Ave
Baseball fields and batting cages

Cato Park
200 Baker Ln
Outdoor pool, playground, 36-acre golf course, bicycle pump track, dog park, soccer field, picnic areas, hiking and biking trails, and a NEW bicycle repair station

Edgewood Tennis Courts
Washington St W and Edgewood Dr
Two fenced in tennis courts

Kanawha Boulevard West Bike Path
Kanawha Blvd W (Magic Island to Patrick St)
Two-lane bike path and walking lane with views of the Kanawha River

Magic Island
101 Kanawha Blvd W
Walking path, splash pad, playground, volleyball courts, and grass field

North Charleston Community Center
2009 7th Ave
Multiple softball fields, outdoor basketball court, seasonal pool, dog park, and two play areas/playgrounds

Second Avenue Community Center
1411 2nd Ave
Outdoor basketball court, bleachers, playground, and concrete play area

Skate Park of Charleston
106 Pennsylvania Ave
Half pipes, quarter pipes, and a spine, a street section with rails, a pyramid, and "fun box"

Walter E. Moore Memorial Park (Westmoreland Playground)
Westmoreland Dr and Whitney St
Playground with slides, climbing ladders, jungle gym, picnic table, bench, and small basketball court

see the full list
@ westside together.org




Charleston's Glow Run: A Vibrant Celebration of Recovery and Community Support

by Amanda Barber

Supporters of the recovery community will illuminate Charleston's Westside with hope and camaraderie at the Glow Run on Saturday, Oct. 19, from 4 p.m. to 10 p.m.

For its sixth year, West Virginia Alliance of Recovery Residences (WVARR) will host the event at Magic Island Park to include a 5K race, dance party, foam slip and slide, and other family-friendly activities.

Founded in 2018, WVARR works to reduce the stigma surrounding addiction and ensure people have access to safe, high-quality recovery housing.

Autumn McCraw, the Recovery Housing Program Coordinator for WVARR, first got involved with WVARR by volunteering

for Glow Run. McCraw says the event was designed to show people that sobriety is fun. The event has attracted over 500 event participants annually, including more than 300 registered runners.

"The first year was like literally just an event to get everybody together, and then it just started absolutely growing beyond our wildest dreams," McCraw says.

In addition to the 5K, there will be a DJ playing jams, glow dance party, foam slip and slide, Kids' Fun Run obstacle course, new bubble slide, and a new all-ages costume contest! Individuals in recovery will be able to participate in a pre-event art contest for the official Glow Run T-shirt design.

The Glow Run provides people in recovery a fun way to incorporate fitness into their sobriety. Kanawha Valley native Frank Latimer has been sober since Aug. 6, 2016, and enjoys using exercise as a tool to maintain a balanced lifestyle and wellness.

"Fitness has become a form of meditation in many ways and helps me to clear my mind, release good chemicals in a healthy way, and to stay fit," he says. "Sometimes it helps [me] meet new people who are doing positive things as well. I enjoy running, playing sports, and working out when my schedule allows me to."

At last year's race, Latimer placed first amongst registered participants in recovery and first in his age group. Latimer gets especially excited about bringing his children to play and be involved.

"I always enjoy it, as do the kids," Latimer says. "The foam! The dancing! It's a blast."

Registration for the race is free for people in recovery, living in recovery homes, or actively participating in a treatment program. A small fee will apply for

community members who plan to run but are not in recovery themselves.

McCraw encourages all individuals to participate, volunteer, or set up a resource table at the event. She further highlights the importance of Glow Run, noting that its goal of reducing stigma towards people in recovery is important within the Westside community where the event has always been held.

McCraw says. "... We want to bring hope and community and community building to that side of Charleston that has been so heavily stigmatized over the years," McCraw says. "Part of the event's goal is to reduce stigma and show what recovery looks like."

Those interested in learning more about how to get involved can email McCraw at autumn@wvarr.org. For more information on WVARR and its mission, visit wvarr.org.



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@ westside together.org

Best of the West AWARD



photo by Rafael Barker



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2024 Summer

Cydney Mason was presented with the "Best of the West" award at the Westside Collaborative Meetup this summer. Mason, a Child Support Supervisor for the WV Office of Constituent Services, is also an active community leader and parent.

She's a parent representative on the board for the Bob Burdette Center and is highly involved with the afterschool program which her twin children Ashtyn LaRee and Ayden LaMonte attend. When asked about what she loves most about the Westside, Mason says it is the sense of community.

"Because of the camaraderie and love, it's like we're always open with open arms. Like the Westside could just give anybody a big hug. ... It's like we're open, and you're accepted. ... It just takes the right people, the right organizations," Cydney Mason said.



photo courtesy of WV Alliance of Recovery Residences

what's happening?

Free Food Pantry
3rd Saturdays | 12pm
SEP 21 | OCT 19 | NOV 16

John 6 Community Food Center
@ 523 Central Ave



Kick Off to Recovery with WV Sober Living
Tue, Sep 1 | 3-8pm @ Kanawha Blvd W
Magic Island Park



Westside Community Health Fair
Sat, Sep 7 | starts at 11am @ Kanawha Blvd W
Magic Island Park



National Voter Registration Day with Our Future WV
Tue, Sep 17 | 9am-6pm @ TBD
TBD



United Way Day of Caring
Wed, Sep 18 | 9am-3pm @ ALL OVER & Virtual
learn more at unitedwaycwv.org/day-caring



Beats, Blues, & Bites with The Healing House
Sat, Sep 21 | 6-10pm @ 1900 Kanawha Blvd E
WV Culture Center



OktoberWest
Sat, Sep 28 | 5:30-7:30pm @ 100 Quarrier St
Beni Kedem Temple



Glow Run For Recovery 5K with WVARR
Sat, Oct 19 | 4-10pm @ Kanawha Blvd W
Magic Island Park



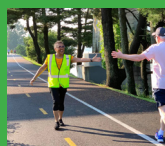
EnAct Brain Bowl Fundraiser
Sun, Nov 24 | 5:30-7:30pm @ 100 Quarrier St
Beni Kedem Temple



Earl Wilson Community Thanksgiving Dinner
Tue, Nov 26 @ TBD
Keep Your Faith Corporation



check The Maker's Center
Facebook for upcoming
crafts classes & events!
Ask for a TOUR! 681-265-3745



Charleston Parkrun
Saturdays | 8am
@ Magic Island Park

Kung Fu
Sun | 1pm



Tai Chi
Sun | 2pm

Universalist Unitarian Congregation
@ 520 Kanawha Blvd W

Tour & Talk Tuesdays
5:30-6:30pm
SEP 17 | OCT 29 | NOV 12



Westside Health Center
@ 303 Ohio Ave
by Cabin Creek Health Systems

North Charleston Community Center

2009 7th Ave | 304-348-6884



Mon-Fri 9am-9pm
Sat 9am-5pm

WEEKLY ACTIVITIES

Pickle Ball for Adults - Mon-Fri 9:00am-12:00pm
Women's Open Runs Basketball - Tue 6:00pm-8:00pm
Teen's Open Runs Basketball - Wed 6:00pm-8:00pm
Men's Open Runs Basketball - Thu 6:00pm-8:00pm
Socializing Through Play - 3rd Wed 11:00am-12:00pm
Pick Up Volleyball - Sat 9:00am-12:00pm



WEST VIRGINIA **Health Right** 511 Central Ave
CommUNITY Wellness Center

DANCE CLASSES

Tue 4:30pm - Modern Dance (ages 6-10)
Tue 5:00pm - Ballet (ages 3-5)
Tue 5:30pm - Ballet (ages 6-10)
Tue 6:15pm - Tec Style Hip Hop Fitness
Sat 10:00am - Tec Style Hip Hop Fitness

COOKING CLASSES

Thu 1pm & 5pm - Stealthy Healthy

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