

## Honor Flight for D-Day Veteran

By Penny Ellison

For The Parsons Advocate

Local D-Day Veteran, Vincent DiBacco, took the ride of a life time recently when he went on an "Honor Flight" to Washington, D.C. Huntington Honor Flight, is a part of the Honor Flight Network. Honor Flight is a non-profit organization created solely to honor American veterans for all their sacrifices.

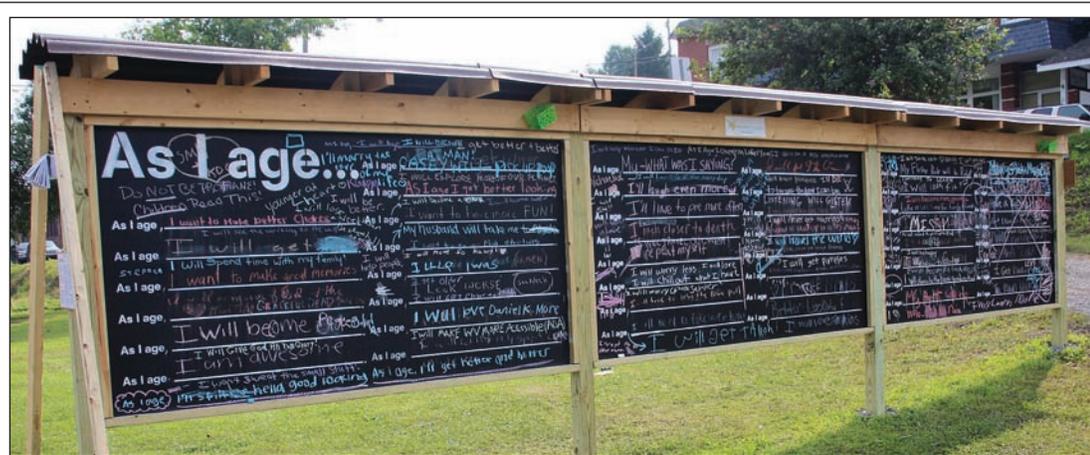
DiBacco departed for his adventure on May 2. The Tucker County native and Cortland Acres resident left a day early and spent the night in Clarksburg. He was accompanied by Activities Director Marie Grafton and Activities Assistant Cindy Helmick to Clarksburg.

DiBacco, who had never been

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Vincent DiBacco went on an Honor Flight to Washington D.C. in May. Above, DiBacco visited the Vietnam Veterans Memorial and found the name of his cousin, another Tucker County man who died during the conflict.



The Cortland Foundation set up an interactive public art project in Thomas during Mountaineer Days. Residents and attendees were asked to complete the phrase, "As I Age \_\_\_\_\_." See page 2 for story

### Cortland Acres Family Picnic

Cortland Acres will host its annual picnic for family and friends at noon Saturday, July 18. The theme of this year's event is "Rodeo." RSVP by calling 304-463-4181.



# As I Age \_\_\_\_\_ Wall popular in Thomas

What do you want to do as you age? This is the question the Cortland Foundation set out to answer in Tucker County.

Starting July 1 a large chalkboard was set up on the railroad grade in Thomas inviting Mountaineer Days attendees and people passing by to stop, think and share.

"The As I Age \_\_\_\_\_ Wall in Thomas is an interactive public art project designed by the Cortland Foundation especially for the Tucker County community," said Dan Bucher, Development Director of Cortland Acres. "We invited people to pick up a piece of chalk, share their personal aspirations in public space and complete the phrase, As I Age \_\_\_\_\_."

During the celebration the chalkboard became popular as people shared their thoughts and dreams. Some of the comments included:

"As I Age I want to become a better person."

"As I Age I will appreciate life more."

"As I Age I want to make a difference."

"As I Age I won't sweat the small stuff."

This project originated with Candy Chang, the creator of the "Before I Die \_\_\_\_\_" chalkboard wall that was painted on an abandoned house in a New Orleans neighborhood. After losing someone she loved and falling into depression, Chang began this experiment in an anonymous place to help restore perspective and share intimately with her neighbors while remaining an introvert.

Overnight it became a place for people to pick up a piece of chalk, reflect on their lives, and share their personal aspirations in public space.

While attending a conference in Nashville, Tenn., Sam Goughnour, vice president of the Cortland Foundation Board of Directors, and Bucher witnessed the effect



**Cadets at the Kenneth Honey Rubenstein Center work on constructing the "As I Age \_\_\_\_\_" interactive chalkboard wall sponsored by the Cortland Foundation.**

this type of interactive wall could have on a community.

"In just a few days, thousands of people shared their aspirations as they contemplated the fact that they were getting older and there were many things in life they wanted to do," Goughnour said. "The Cortland Foundation wanted to bring this powerful interactive tool to Tucker County and the region."

Working with cadets at the Kenneth Honey Rubenstein Center, several portable walls were constructed, painted and stenciled with the phrase, "As I Age \_\_\_\_\_."

"Instead of a permanent wall

we decided to create temporary walls that we can place at different events throughout the area," Goughnour said.

Contemplating aging and our mortality is a powerful tool to restore perspective and remind us of the things that make our lives meaningful, Bucher said.

"Our public spaces can help us make sense of the beauty and tragedy of life with the people around us," Bucher said.

Beth Clevenger, administrator of Cortland Acres, hopes the wall will be an inspiration.

"We want people to use this wall as a motivational tool and to celebrate life," Clevenger said.



**EASTER EGG HUNT -- Cortland Acres invited members of the community to hunt Easter Eggs among the snow during the first egg hunt. Several lucky winners went away with Easter baskets.**

# Cortland Rehabilitation Physical Therapist completes ASTYM Training

The Cortland Rehabilitation Center of Thomas is proud to announce that Alisha McCune has completed specialized training in ASTYM.

ASTYM stands for "a stimulation" of the body's healing response, and it represents the latest in therapy treatments for patients with a variety of conditions.

McCune, a physical therapist at Cortland Rehabilitation Center, became "Certified ASTYM providers" in April.

"The best part about ASTYM treatment is that it can work for almost anybody," McCune said. "This type of treatment is great for people of all ages and many different conditions."

ASTYM (pronounced A-stim) was developed by a research team of physicians, physical therapists, and scientists. It results in the remodeling / resorption of scar tissue and the regeneration of degenerated tendons. The approach is a noninvasive therapy that works fast and consistently, avoiding the need for medication, needles or surgery.

McCune noted that the process can be particularly helpful with chronic conditions, such as carpal tunnel syndrome, tennis elbow, ankle or wrist sprains, tendinitis, hip pain and many other ailments.

"Many people are apprehensive about physical therapy processes," McCune said. "It's a very smooth transition, and people can experience a decrease



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in pain after just three or four treatments. It lets the body heal itself.

"What makes the ASTYM approach unique is that it stimulates the body to regenerate healthy tissues so that it can heal properly and completely. ASTYM has been proven effective at relieving pain when other treatment options have failed."

ASTYM therapy is effective for new injuries as well as chronic, nagging conditions that cause pain and discomfort. A typical course of treatment should last four to six weeks, about eight to 10 visits.

"Patients receiving ASTYM treatment can expect a shorter recovery time, a rapid decrease in pain, an increase in range of motion, a decrease in swelling, and improvement in flexibility," McCune said.

Only ASTYM-certified clinicians may perform the ASTYM treatment.

McCune is one of a few select physical therapists who provides ASTYM treatment.

## DiBacco

### From Page 1

in a large plane before, said he wasn't quite sure they'd get off the ground. He made sure to get a window seat and very much enjoyed the beautiful view. He estimates that approximately 150 Vets and Guardians were on board.

Once in Washington, D.C. DiBacco the last one to disembark. He was stunned by the reception received.

There were crowds of people waving and with welcoming signs, brass band, and sirens.

"You really felt like a hero!" DiBacco said.

The "rock star" treatment didn't end as he and other veterans were whisked away in buses and vans led by a police motorcade with sirens blaring. Just about everywhere they went,

they received a hero's welcome. DiBacco smiled as he reminisced about even little children coming up and wanting to shake his hand or touch him.

DiBacco unabashedly admits that his favorite part of the entire trip was getting to meet his "guardian" for the day, U.S. Army First Lieutenant Lisa Langel. Perhaps it was no coincidence that most of her name spells angel, as that is what DiBacco found her to be. She volunteered to be his guardian angel for the day and was not only (in DiBacco's words) genuine and quite good-looking but also very knowledgeable about the monuments they visited.

Some of the highpoints:

\* The World War II Veteran's Memorial which DiBacco found to be very impressive and quite

solemn.

\* The Vietnam Veteran's Memorial where DiBacco found the name of his cousin and another Tucker County man who had both died during the conflict.

\* The Lincoln Memorial where his guardian Langel read the entire Gettysburg address to him since he was unable to read it.

\* The changing of the guard at Arlington National Cemetery which DiBacco said was the most memorable to him.

Of all his memories and souvenirs from the trip such as his snapshots, tee-shirt, special D-Day Veteran button, DiBacco said his most precious was getting to meet his guardian angel.

"An ol' 93 year old World War II Veteran bonded with a present day Lieutenant," DiBacco said.

# Cortland Foundation's Pasta Palooza a success

Nearly 80 people came out to support Cortland Foundation during its third annual "Pasta Palooza."

Monies raised from the May 8th event support the Foundation and the Tucker County High School's ProStart program. Residents, staff and community members enjoyed uniquely created pasta dishes prepared in front of each them by Tucker County High School ProStart students and Executive Chef and ProStart program instructor Brian Covell.

Foundation volunteers greeted and assisted with serving those attending. Diners chose ingredients for their own creation from a variety of selections.



**Tucker County High School Prostart students who cooked up the unique pasta dishes for Pasta Palooza include Amanda Harper, Trenton Helmick, Kyra Fenstermacher, Breanna Mitchell, Tori Morral, Alex Dyer, Rocky Hubbard, Kenya Jones and Seth Michael.**

In addition, the meal included a Caesar salad, garlic infused bread, iced tea or fresh-squeezed lemonade,

and dessert of tuxedo strawberries or berry trifle.

For more information about the Foundation call 463-4181.



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