



The Capon Weekly

VOLUME XXXI, ISSUE 14

Saturday, August 30, 2008

CAPON SPRINGS, WV

Celebrations

BIRTHDAYS

8/28 Issac Ruble



ANNIVERSARIES

8/27 Bill & Gloria Finagin

8/29 Leon & Hortense

Amernick- 60th

8/30 Chester & Edna Finagin

Family gatherings..

Three generations of families gathered this weekend including:



Cairns, Jennings, Leoffler, Johnson, Marchant, Moore, Harris, Briggs, Lyon, Childers, Cobren, and Trimble families. The Newell and Amernick families are four generations strong.

Seeing double this weekend? That's because



there are five sets of twins here. Three in one family and two in another. The Newells have twins across three generations including Bill & David Newell, John & Malcolm Briggs & infants Asa & Zane Desai. Within the Trimble clan, the Mich family has both 12-year old brothers Jasui and Tadeusz as well as 10 month old Aleksander and Luke.

Capon guests are good sports...



After trying hard to recruit runners last year, Wayne Smith and Amanda Hollick didn't have to worry about having enough participants in this year's 25th anniversary edition of the one mile race. In fact, 23 pairs of running shoes started the course. Several early leaders meant first place for the males wouldn't be settled until the final turn and for the female side, the final step. Wayne used his distance running background to keep an even pace until he sprinted for home for the win in 6:51. Meanwhile, Amanda had to come from behind and lean at the tape to beat Aileen Kelly for the fastest female title in at time of 7:36. Jack Jiranek, Drew Leithead, Justin Boesel, Madison Jiranek, Aileen Kelly and Georgia Price all won age group honors, while Paul Berghaus earned the best effort Olympic pin.

On Monday and Wednesday mornings, a small but spirited gang of kids showed up for Kids Kamp to learn about the natural world and to play games. On Thursday, the rain forced a cancellation of the shuffleboard tourney, so they enjoyed the movie "Enchanted" in Meeting House Room #3. Meanwhile, adults flocked to the TV rooms Monday through Thursday night to watch the Democratic National Convention.



On Thursday afternoon 20 pongers showed up for the all-comers table tennis tourney. Young upstart Charlie Blackwood advanced through the early round to face strong playing Johanna Beckmann who barely survived a double overtime win over Claire Cliche. She took that momentum and almost made it to the top spot when she narrowly lost to Steve Cairns who advanced to the final. Meanwhile, top seed Jesse Rome moved into the finals by getting past Amanda Hollick and Ryan Cliche. In a back and forth championship, Steve came back from a 20-17 deficit to force an overtime battle. Jesse had the first two serves, the first of which Steve won to give him the advantage. Then in a hurried second attempt, Jesse accidentally hit his serve into the net. The championship was over and Steve was crowned King Pong.

By Friday morning, the 2-day soaking was too much for the golf course to handle, so the Best Ball tourney was cancelled. The same thing happened two years ago, but not in 2007. The skies cleared enough that after lunch Friday the basketball court was the place to be. However, only a few players showed up so they created an informal "hoop-a-rama" instead of the traditional free throw tourney. Many did show up for the nature walk on Saturday, as Kristin Zimet led guests on a guided tour of the blue trail.



Fall is around the bend...



Off season rates start Labor Day Monday, with the first of two remaining four-night specials: September 1-5. Also, during most weekdays in September and October, everyone can enjoy daily rate savings. From September 7-12, you can create your own nightly special, enjoying rate savings no matter how many nights you stay.

To lead off the educational and entertaining programs scheduled this September, guests will get



some insight into the ancient art of Tai Chi beginning September 1. The following week will feature sessions involving rug hooking which debuted in the Spring. By September 14-16, spa services will focus on the body mind and spirit connection. Claire Bellingham, daughter of Lou & Virginia Austin and professional counselor and educator, will lead the Monday and Tuesday morning sessions. The traditional instructional programs of water color painting and bridge playing fill out the weekday programs in September. By the end of the month, Apple Butter making will take over as the activity of choice.

In October, leaves start to turn and guests have one more opportunity for the four night special, 10/19-23. During this stretch, the added treat is a dance featuring the jazz sounds of the Red Arwood Band.

Looking for a way to share Capon with your friends? Ask for a copy of the new Capon DVD just completed in mid-August. This 7-minute feature is packed with bonus material including footage taken from the 1930s and 1940s.



The Capon Weekly,

house newspaper of Capon Springs and Farms, Inc.
P.O. Box 0, Capon Springs, WV 26823
(304) 874-3695, is published weekly in the summer,
monthly in the spring and fall. Circulation: 150.
Back issues are in binders in the library.
Managing Editor: Jonathan Bellingham;
Proofreader: Tom Austin; Production: Retta Lockwood

Labor Day History

The observance of Labor Day began over 100 years ago. Conceived by America's labor unions as a testament to their cause, the legislation sanctioning the holiday was shepherded through Congress amid labor unrest and signed by President Grover Cleveland as a reluctant election-year compromise.

In September 1892, union workers in New York City took an unpaid day off and marched around Union Square in support of the holiday. Protests against President Cleveland's harsh methods made the appeasement of the nation's workers a top political priority. In the immediate wake of the strike, legislation was rushed unanimously through both houses of Congress, and the bill arrived on President Cleveland's desk just six days after his troops had broken the Pullman strike. 1894 was an election year. President Cleveland seized the chance at conciliation, and Labor Day was born.



Now, over a century since Gompers spoke those words, Labor Day is seen as the last long weekend of summer rather than a day for political organizing.

Words from Capon founder Lou Austin from his children's book:

"The Little Me and the Great Me", "God wants to help me. God wants me to help Him, too. I help God when I am THE GREAT ME. I do not help God when I am the Little Me. God lets me choose between the Little Me and THE GREAT ME. I can choose to be the Little Me. I can say to God "I don't want you for a Partner and Friend." Or I can say: "Thank you God for being my Partner and Friend. Thank you for being my Leader." It's all up to me." p.38 & 39. *Patty Austin has been introducing Capon kids to this children's classic with special readings in the Main living room. Everyone is invited to come listen after dinner Saturday night at 7:15.*



Can you come **Saturday, September 13th**? Do you have family or friends that want to try Capon for a night? Here's the chance to enjoy apple crisp and chocolate pie for lunch, all the Thanksgiving dinner fixings, and a campfire sing-along followed by a hotdog roast! Don't forget sticky buns on Sunday morning and chocolate chip cookies for lunch! **One night reservations are available in most locations!**