



Dale Morton, of Dale Morton Studios, Hurricane, sets up his custom-designed props at the future home of the Mothman Blacklight Mini Golf Course in Point Pleasant.  
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# Teeing off with the MOTH(MAN)

## More Mothman-themed entertainment coming to Point Pleasant

By AMANDA LARCH  
For The Charleston Gazette-Mail

**POINT PLEASANT** — A new Mothman-themed mini golf course will open this spring in Point Pleasant. Mothman Blacklight Mini Golf, a 9-hole, indoor blacklight course, will be located above the Point Pleasant Trading Company, a mercantile shop specializing in fun and unique gifts and items related to cryptids, myth and local lore. Jeff Wamsley, co-owner of the Point Pleasant Trading Company, The Mothman Museum and Mothman Blacklight Mini Golf, said he and his wife Julie knew they wanted to create something new and exciting while preserving the historic space above the mercantile business.

SEE **MOTHMAN, 2E**



Scenes from inside the new Mothman Blacklight Mini Golf Course, opening soon above the Point Pleasant Trading Company at 404 Main St.

# GASLIGHTING: Could it happen to you?

**YOU** MIGHT be familiar with the word gaslighting, although it's not a mainstream topic of conversation. It's a term that was introduced in the 1944 movie, "Gaslight," and refers to a manipulative tactic used to gain control over another person. In the movie, a man manipulates his wife to the point that she believes she's going insane. How could this happen? It starts off small — and then escalates over time. In close relationships, for example, one partner may convince the other that they're overreacting. The more the first partner gets away with this, the more things go into a



LINDA ARNOLD  
LIVE LIFE FULLY

According to psychotherapist Stephanie Sarkis, there are patterns of behaviors used by gaslighters, as outlined in the examples below. Sarkis is the author of the book, "Gaslighting: Recognize

downward spiral. Gaslighting is a common technique of narcissists, abusers, dictators and cult leaders. It starts out slowly, so the victim doesn't realize he or she is being brainwashed. According to psychotherapist Stephanie Sarkis, there are patterns of behaviors used by gaslighters, as outlined in the examples below. Sarkis is the author of the book, "Gaslighting: Recognize

Manipulative and Emotionally Abusive People — and Break Free." 1. They deny they ever said something, even though you have proof. "You know you heard them say they would do something," Sarkis explains. "But they out and out deny it — and point the finger at you. It makes you start to question situations. Maybe they didn't say that. The more they do this, the more you question yourself." 2. Their actions don't match their words. Look at what they're doing, rather than what they're saying. Talk is cheap, and words don't

matter to them. 3. They use what is near and dear to you as ammunition. Going after your kids, your relatives, your friends, and your career — it's all fair game to them, says Sarkis. The more they can push your buttons, the better. 4. They know confusion weakens people. "Gaslighters know that people like a sense of stability and normalcy," explains Sarkis. "Their goal is to uproot this — and make you constantly question everything." 5. They throw in positive reinforcement to confuse you. This person who is cutting you

down — and telling you that you don't have value — is now praising you. And you may think, "Well maybe they aren't so bad." Yes they are! This is a calculated attempt to keep you off-kilter. 6. They try to turn people against you. "Gaslighters are masters at finding people they know will stand by them no matter what — and they use these people against you," says Sarkis. "You may hear that 'this person knows you're not right,' or 'this person knows you're useless, too.'" Isolation gives the gaslighter more control. SEE **ARNOLD, 2E**



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