

NEWPORT NEWS—The Virginia Marine Resources Commission meets Tuesday, December 21, at VMRC headquarters, 2600 Washington Avenue in Newport News.

The meeting begins at 9:30 a.m. in the third floor hearing chamber. Fisheries items will be addressed at noon.

The morning habitat hearing

docket includes an application from the Reedville Fishermen's Museum to modify a previously issued permit to include the construction of a 20-foot-long by eight-foot-wide floating pier along the north side of the museum pier on Cockrell's Creek.

The project is protested by John W. Haynie, an adjacent property owner.

December 16, 2004

KILMARNOCK, VIRGINIA

Supervisors support rescue squad recruitment efforts

by Reid Pierce Armstrong

HEATHSVILLE—Imagine yourself at a holiday event late on Christmas Eve. Colleagues, neighbors, friends and evergreen decorations surround you. Christmas music is playing in the background, the fire is roaring and laughter is everywhere.

Suddenly, the world goes dark. This is it, you think. I am dying.

Another guest races to the phone and dials 911. In three homes around Northumberland County, an alarm starts to go off. A grandfather quickly puts down *The Night Before Christmas*, which he was reading to his visiting grandchildren before bedtime.

A wife puts down her fork before taking the first bite of the gourmet meal her husband has just prepared for them.

A retired couple exchanges a deflated look as they return the unopened gifts to the tree.

Without missing another beat, the three rescue squad members turn their focus to the mission at hand. There is a life to save.

It's nobody's job. They won't make any money for leaving their families tonight. They are volunteers, like all of the county's rescue squad members. They do it because they like helping people.

Saving your life will take these three volunteers away from their homes and families for roughly three hours. On the drive to the hospital they will tap into a combined 500 hours of training to keep you alive. For you, the service will be free, made possible by annual donations from your neighbors and the willingness of the volunteers.

It's amazing, when you stop to think about it, that an entirely volunteer rescue squad can exist in the world today. So many people who move here from urban areas take ambulances for granted. Like the water out of the tap, rescue squads in many urban areas are supported by municipal funds.

Northumberland is one of a kind in the Northern Neck. All the surrounding counties pay some of their emergency personnel and citizens must pay for emergency medical calls. In Northumberland, people trust their lives in the hands of their neighbors, and help is still free.

As the county's population grows and ages, however, this tradition of volunteerism and free help is threatened. There are not enough volunteers to cover all the hours in the day. Some rescuers are answering more than 170 calls a year, or a



All rescue squads hold monthly practices and training sessions. Here, Northumberland rescue squad members work with the Fairfield Volunteer Fire Department to practice extracting victims from an automobile.

call every other day.

Northumberland's three rescue squads – Callao, Mid-County and Northumberland – presented a unified front last week to request the board of supervisors' help in recruiting new members.

"The demands of an ever-growing population have outstripped the growth of our membership and have begun to strain our ability to respond in the manner necessary," said Ken Shepard of the Northumberland Volunteer Rescue Squad in Reedville.

"We know that the lack of manpower is the problem," Shepard said. "We know, further, that our surrounding counties have faced similar problems, but failed to find an effective solution before the situation became critical. As a result, they not only had to hire a paid staff, but they are changing their citizens for emergency calls."

The history of volunteer rescue in the county

began with the volunteer fire department in Callao.

"Businessmen there got together and made a gentlemen's agreement that the fire department would have the personnel to run calls during the daytime," said Callao rescue squad captain Billy Yeatman.

As the calls came in, these businessmen allowed their employees to leave work. When the call was over, the employees would return to work without any wages being lost.

"They knew it was important that their friends in the community be protected," Yeatman said.

The same concept held true when Callao was formed in 1964. At the time, the nearest hospital was 94 miles away in Richmond, and the squad's first ambulance was an old converted station wagon that resembled a hearse. Calls took half a day, as opposed to fire department calls, which

typically took an hour or two.

Today, the squads own eight fully equipped ambulances and the average rescue squad call takes two to three hours. The nearest hospital is, at best, 25 minutes away. Most trips to the hospital average 40 miles.

It is difficult for working people to leave their jobs to answer frequent rescue squad calls. Younger volunteers therefore, have gravitated toward the volunteer fire departments with their shorter calls, flashy equipment and dangerous appeal.

Retirees have become the lifeblood of the volunteer rescue squads. The county's three rescue squads have 92 members answering an estimated 950 calls per year. Callao is the youngest of the three. Members range in age from 19 to 55 with the average age around 40. Mid-County and Northumberland have an older average membership.

While the members in Callao are just as dedicated and hard-working as elsewhere, it struggles to find people to answer daytime calls because it has no retirees on its team. It's difficult for most people in the prime of their careers to leave work for three-hour blocks of time, day after day, to answer rescue calls. And many of the young squad members have to leave the area for work during the week.

Callao has six members that work for fire and emergency medical service agencies in other counties and cities. They return home to provide the community, free of charge, the same level of care they are paid to give in the city, because it is in their heart to help the community, said Yeatman.

Mid-County helps Callao when it can, but all the squads are stretched thin these days, explained Cindi deCapiteau. The county relies upon volunteers to answer rescue calls, raise funds, maintain vehicles, buildings and equipment, restock supplies, administer the paperwork, personnel, planning and coordination that keeps a rescue squad running, ensure compliance with state and federal regulations, and maintain certifications through dozens of hours of training and practice every year. Recruiting new members often falls to the wayside in the course of all this.

"We are not asking for money," Shepard told the supervisors. "More precious than money, we are asking for time."

The rescue squads have asked the board of supervisors to help identify somebody willing to

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School board endorses participation by Essex in regional tech school

by Robb Hoff

KILMARNOCK—The Lancaster County School Board last Monday unanimously approved a request by Essex County for full participation of Essex students in the Northern Neck Technical School.

The approval by Lancaster County and the other school systems in the Northern Neck which operate the center in Warsaw would enable Essex County students to have full access to all of the technical school programs.

School superintendent Dr. Randolph Latimore told the board that a small number of Essex students already attend the technical school on a tuition basis.

Latimore said Essex County would pay \$15,000 per year for five years in addition to an annual fee for membership.

In other matters, the board

approved division-wide committees for special education and technology education. The committees include school division personnel and other individuals from the community.

The board approved \$782,306 in monthly bills, including the once-a-year debt service payment of \$484,169 for school division capital improvements pursued beyond the county's capital improvement plan.

Food service

Food service director Virginia Parks said student participation in the school lunch program is 63 percent at Lancaster High School, 79 percent at the middle school and 78 percent at Lancaster Primary School.

For the first three months of the school year, the total profit from food service operation was

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Kilmarnock mayors gather

From left, Kilmarnock mayor Mike Robertson last Wednesday joined former mayors H.R. "Peck" Humphreys, Brainard B. Edmonds and Edward J. Davis for a special luncheon commemorating the town's 75th anniversary. Kilmarnock was chartered on December 8, 1930. A portrait of the four will be painted and presented during one of the town's upcoming anniversary events. Humphreys served as mayor from 1966 to 1970, Edmonds from 1970 to 1978, Davis from 1978 to 2002 and Roberts from 2002 to the present. (Photo by Lisa Hinton-Valdrighi)

Police Reports

The Lancaster General District Court case information system listed arraignments pending for arrests made by the Lancaster County Sheriff's Department last week.

Roger G. Headley, 39, of Kilmarnock, was charged December 8 with attempt to commit a non-capital offense on December 4 subsequent to his arrest on charges of stalking and wearing a mask in public in White Stone.

George D. Akers III of James Store was arrested December 11 on charges of forgery and grand larceny on October 25.

In calls for fire department service, the Upper Lancaster Volunteer Fire Department responded December 14 with the Kilmarnock and White Stone volunteer fire departments to a one-story structure fire in the 2900 block of Lara Road that was possibly an electrical fire starting in a bedroom.

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A Closer Look

by Jane Tims

Do you want a job to change lives and life in the Northern Neck? Can you grab a ground-level idea and make it soar? Do you care ardently about the minds and hearts of all children? If so, then read on.

Jones Felvey grew up north of Richmond, went to VMI, lived in Dallas 48 years working successfully in the corrugated box business, and moved permanently to the Northern Neck in 2000. A Virginia boy, he loves this land and its people.

In Dallas, children were bearing children then relegated through no fault of their own to poverty in fatherless homes. Statistics show that with poverty often come the trappings: child abuse, substance abuse, truancy, unemployment, crime, government dependence, shattered college and career dreams, and subsequent generations of babies sentenced to the same bleak path.

Jones left Dallas to spend his retirement here in the land of milk and honey, God's country, the place where everybody knows your name. But wearing no blinders, he saw beyond

the waterfront and the graciousness that the problems of the city thrive even in the country. Children are having children robbed at birth of life's abundance.

Last spring, he and retired trial lawyer Carter LaPrade pondered the issue of children being raised in poverty of mind and spirit. How significant was the problem? What was already being done? Where were the gaps? What could Jones and Carter do to reverse the pattern? They began an ongoing dialogue with clergy, educators, the medical and public health communities.

Substantiating their concerns, a front-page article in the Rappahannock Record on July 1, 2004, highlighted teenage pregnancy in Lancaster County in 2002. Of 638 girls between the ages of 10 and 19, there were 29 pregnancies, or 4.5 percent. Of 103 girls 18 to 19 years old, there

were 19 pregnancies; 18.4 percent or almost one in five. Of 211 girls aged 15 to 17, ten or 4.7 percent were pregnant. Northumberland County was not far behind.

Jones and Carter began to envision

"Jones and Carter began to envision a mentoring effort of 500 volunteers from all walks of life - natives and come heres, honor roll students and retirees, blacks and whites and men and women willing to work with our children and show them the good life attainable for themselves and their eventual progeny when parenthood is postponed."

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"We want to put these children on our knees, bond with them, teach them

to sing and to play, to fish and hunt and sail, to knit and to purl," said Jones. "The idea is to educate them and love them and give them extra-curricular activities so that they experience many

things. There's so much out there for them, but they don't know how to touch it.

"We'll start with first-graders and work our way up. We hope that as they get to 12th grade we'll have a lot of scholarship help to start them in life."

They hope also that high school students will have learned the importance of delaying pregnancy. The vision is huge, but Jones and Carter hope that through one-on-one relationships with these mentors, children's lives will blossom. They will understand that there are worlds to explore, experiences to relish, educations to gain and careers to begin; and that hopes of such bounty crash instantly when babies intervene.

"This is such a wonderful chance to help the unborn by helping the already born," said Jones. "Recognition of the problem is something that has to be in place, and the solution will take a lifetime. But the goal of a wonderful life for a child? What could be a better goal?"

"It will be a broad, A-to-Z approach to youth in poverty," said Carter. "Several aspects are already being handled well [by other programs], but we will try to fill in the gaps. We'll try a lot of things. We'll make mistakes, but if we're scared of looking stupid, we won't succeed."

They call this effort Northern Neck Together. They're working toward 501(c)3 status. They'll start with private monies and continue to broaden their base of supporters.

What they need now is a full-time paid director, to be supported by an administrative assistant and clerk.

Do you embrace the concept? Have you the abilities to work from the ground up to help others help children? Contact Northern Neck Together at P.O. Box 1867, Kilmarnock, VA 22482.

Reflections

by
John Howard Farmer
pastor, Irvington Baptist Church

I'll not be home for Christmas

It has been Santa's privilege and blessing to make early visits to the families living in stress in our local domestic violence shelter. The Haven serves all of Northern Neck and close environs from across the Rappahannock River.

Santa choked hard on his visit last year as a wee lad hopped upon his lap and identified his list of seasonal needs. At the top of his list was a dump truck. He surmised as how he could make it without all the other requests as long as he had a dump truck.

Several other youngsters pressed their needs to Santa. Finally it was time to go. After Santa bid the kids adieu, that same little boy reached up and tugged on Santa's hand. He reminded Santa of his wish, "All I really need is that dump truck and if you don't have one, you can get one at Wal-Mart."

All the way home Mrs. Claus and Santa inventoried just how moved they were by the plight of those little children. They are simply victims of domestic violence: innocents being shoved around by parents unable to coexist for whatever the reason. Alcohol, drugs, mental illnesses are but a few of the contributing factors. But, the results are the same—a family is be-

ing destroyed.

Earlier this month Mrs. Claus and Santa popped in to the Mt. Holly Steamboat Inn to celebrate Christmas with the staff and board of The Haven. It was a grand evening: good food, great fellowship. The board and the Clauses did their best to pump up the staff. The Haven is



Mt. Vernon Baptist -White Stone

hard assignment, a hard task for staff, spending many hours (lots of uncompensated overtime) dealing with families in stress. Families needing asylum from life's problems can be overwhelming.

Last night Santa made another journey to visit kids currently living in the shelter. Bouncing across the radio dial, Santa found lots of Christmas music. Many were tried and true carols of the church. Many were long ago popular renditions of old favorites dusted off again and again every year. Twice he heard "I'll be home for Christmas."

The kids were gathered in a safe location when Santa arrived. He and the kids viewed the pictures drawn and colored. They talked about how neat were the stockings hung from mantels. Sure enough, Rudolph was on a roof. Santa and Christmas trees were the focus of several pictures.

One little lass, who suffers considerable oral surgeries and necessary dental appliances, pressed her picture of Santa's portrait into his hands. You know, it was pretty good likeness at that!

One of the little girls was smiling and yakking about Christmas as she finished her picture. She then crossed the room and handed her picture to Santa, whispered her wishes, hugged Santa and slipped quietly off. Santa's eyes followed the child as she found a quiet corner. Tears filled her eyes. She rubbed them, wiping her runny nose upon her shirt sleeve. Boy, it is hard for Santa to maintain his cheery composure when so wounded by the plight of a suffering child.

It came time to end the visit, time for Santa to bellow his final "Ho, Ho, Ho" to the kids and slip away. He was needed back at the North Pole to be sure that the wish list for those special children got the attention of the toymakers. Best you believe that Santa will not pass up the rooftop of The Haven shelter.

On the way back home Santa began to hum the tune, "I'll be home for Christmas," and choked back

the tears. Try as hard as he might, Santa knew that those children were not going to be home for Christmas. Even if they could be, it would not be safe, happy Christmas.

The Haven Shelter is a wonderful organization. It grants asylum to families in the midst of untenable situations. It provides a safe home, warm clothing, food and supervision while interventions fall into place to assure all of them that they will have protection from domestic violence.

The Haven always needs our money to exist. Won't you help this Christmas?

The present dormitory style housing does not have enough bathrooms, not enough play space and not enough private space for families suffering whatever life has handed them. They need a campus style setting of shelter dwellings. They need some heavy hitters to step up and donate \$100,000 or more to make the wonderful dream of a new home possible.

You know, many local kids won't be home for Christmas next year. But the home they will be in can be one you helped to provide. If you haven't finished your Christmas shopping let Santa suggest a gift to The Haven. The Haven is an official 501c3 non-profit. Call them at (804) 333-1099 and they will send a spokesperson to your church, civic group or club meeting.

Make a family's Christmas better. I can hear Santa asking Jesus: "When did we see you like that?" He might respond, "When I was a child with no home for Christmas."

Please make your checks of any amount out to The Haven, and send them to PO Box 1267, Warsaw, VA 22572.

BAPTIST

Beulah Baptist
4448 Mary Ball Road, Lively; 462-5000
Rev. Ronald Dunaway, Pastor
Sunday, December 19:
10 a.m., Sunday School
11 a.m., Worship

Bethany Baptist Church
Rt. 360, Callao
804-529-6890
Rev. Kori Kiss
Sunday, December 19:
10 a.m., Sunday School
11 a.m., Worship
Wednesday, December 22:
7 p.m., Prayer

Calvary Baptist
490 East Church Street
Kilmarnock; 435-1052
Sunday, December 19:
8:45 a.m., Church School
10 a.m., Devotions
10:15 a.m., Worship with Communion
7 p.m., Radio Broadcast, 101.7 FM
Wednesday, December 22:
7 p.m., Prayer Meeting

Claybrook Baptist
2242 Weems Road,
Weems; 438-5570
Rev. Daniel Mochamps, Interim Pastor
Thursday, December 16:
7 p.m., Youth Committee Mtg.
Saturday, December 18:
8 a.m., Brotherhood Breakfast
5:30 p.m., Madge Wright Circle Dinner Party
Sunday, December 19:
9:45 a.m., Sunday School
11 a.m., Morning Worship
7 p.m., Christmas Play
Wednesday, December 22:
7 p.m., Prayer Mtg.
7:45 p.m., Choir Rehearsal
Friday, December 24:
7 p.m., Christmas Eve Service

Coan Baptist
Heathsville; 580-2751
Rev. Robert Lee Farmer, Minister
Sunday, December 19:
10 a.m., Sunday School
11 a.m., Worship
Tuesday, December 21:
7:30 p.m., Sanctuary Choir Rehearsal
Wednesday, December 22:
7 p.m., Prayer/Bible Study

Corrotoman Baptist
48 Ottoman Ferry Road, Ottoman
462-5674; Land deeded 1834
Rev. Frank G. Schwall Jr., Pastor
Thursday, December 16:
10 a.m., Exercise Group
Sunday, December 19:
9:45 a.m., Sunday School for All Ages
11 a.m., Morning Worship
5 p.m., Christmas Program
Monday, December 20:
4 p.m., Exercise Group
Tuesday, December 21:
4 p.m., Exercise Group
6:30 p.m., Sanctuary Choir Rehearsal

Fairfields Baptist
www.fairfieldsbaptist.org
<http://www.fairfieldsbaptist.org>
15213 Northumberland Highway,
Burgess; 453-3530
Rev. Brian A. Hamrick, Pastor
Sunday, December 19:
9:45 a.m., Sunday School and Children's Choir
11 a.m., Worship/Children's Church
Wednesday, December 22:
7 p.m., Mid-week Service

Friendship Baptist
Hartfield
Pastor McKibbin
693-5503
Sunday, December 19:
10 a.m., Sunday School
11 a.m., Worship/Promotion Sunday
Nursery is provided
Wednesday, December 22:
6 p.m., Prayer Meeting
7 p.m., Choir Practice

Harmony Grove Baptist
Routes 3 and 33, Topping; 758-5154
Sunday, December 19:
9:45 a.m., Sunday School
11 a.m., Worship
Nursery provided, 9:45 a.m. & 11 a.m.
7 p.m., Worship
Wednesday, December 22:
7 p.m., Prayer Meeting/Bible Study

Hartswell Baptist
10559 River Road,
Lancaster; 462-0845
Rev. Bunnie C. Dunaway, Pastor
Sunday, December 19:
10:15 a.m., Sunday School
11 a.m., Prayer & Praise
11:30 a.m., Worship

Irvington Baptist
53 King Carter Drive, Irvington

438-6971; John Howard Farmer, Pastor
Sunday, December 19:
9:45 a.m., Sunday School Assembly
10 a.m., Bible Classes
11 a.m., Worship
Wednesday, December 22:
12 noon, Women's AA
7 p.m., Fellowship and Sharing

Kilmarnock Baptist
65 East Church Street
Kilmarnock; 435-1703
Bill and Mary Dell Sigler, Pastors
Sunday, December 19:
9:45 a.m., Sunday School
11 a.m., Morning Worship, Service of Lessons and Carols
12:15 p.m., Coffee Hour and Tone Chimes
7 p.m., Children & Youth Christmas performance followed by dessert
Monday, December 20:
5:30 p.m., Exercise Class
7 p.m., Boy Scout Troop 242
Tuesday, December 21:
6 p.m., Exercise Class
6:45 p.m., Handbells
Wednesday, December 22:
6:30 p.m., Handbell Rehearsal
7 p.m. Adult Choir Rehearsal
Thursday, December 23:
5:30 p.m., Exercise Class
Friday, December 24:
Office Closed
7 p.m., Christmas Eve Candlelight Service

Lebanon Baptist Field
Carlton Millstead, Pastor
Sunday, December 19:
Lebanon
10 a.m., Sunday School
11 a.m., Worship Service
6 p.m., Christmas Program followed by refreshments and fellowship
Providence
9:45 a.m., Worship Service
11 a.m., Sunday School
Norwood
10 a.m., Sunday School

Lighthouse Baptist Independent
7022 Jessie DuPont Memorial Highway
Wicomico Church,
435-2435
Dr. M. R. Shuman, Pastor
Sunday, December 19:
10 a.m., Sunday School
11 a.m., Worship/Children's Church
6 p.m., Worship
Wednesday, December 22:
7 p.m., Prayer and Bible Study
Choir Rehearsal afterward
Nursery Provided for all Services

Maple Grove Baptist
Windmill Point Road, Foxwells
Richard C. Newlon, Minister
Sunday, December 19:
10 a.m., Sunday School
11 a.m., Worship

Morattico Baptist
924 Morattico Church Road,
Kilmarnock; 435-3623
Rev. Craig Smith, Pastor
Organized January 7, 1778
Sunday, December 19:
9:45 a.m., Sunday School
11 a.m., Worship

Mount Vernon Baptist
269 James Wharf Road
White Stone; 435-1272
Rev. Robert H. Sutherland Jr., Pastor
Sunday, December 19:
9:30 a.m., Church School
11 a.m., Worship

New Friendship Baptist
Burgess (Elevator access)
Rev. Steve Taylor, Pastor, 453-4235
Sunday, December 19:
9:15 a.m., Coffee, juice and doughnuts
9:45 a.m., Sunday School
11 a.m., Morning Worship
7 p.m., Bible Study
Wednesday, December 22:
7 p.m., Bible Study
8 p.m., Adult Choir Practice

Northern Neck Baptist
280 Hampton Hall Hwy,
Callao, VA 529-6310
Rev. Ken Overby, Pastor
Sunday, December 19:
9:45 a.m., Sunday School
10:45 a.m., Morning Worship
6 p.m., Evening Service
Wednesday, December 22:
7 p.m., Prayer Meeting

New St. John's Baptist
Kilmarnock
Rev. Dwight Johnson, Pastor
Sunday, December 19:
9:45 a.m., Sunday School
11 a.m., Church Service
Wednesday, December 22:
7 p.m., Bible Study/Prayer Meeting

Queen Esther Baptist
7228 River Road, Lancaster; 462-7780

Dr. Vaughan M. Cunningham, Pastor
Sunday, December 19:
9:45 a.m., Sunday School
10 a.m., Worship

Sharon Baptist
1413 Lumberlost Road,
Weems; 438-6659
Rev. Rodney D. Waller, Pastor
Sunday, December 19:
9:30 a.m., Church School
11 a.m., Morning Worship
Wednesday, December 22:
1:00 p.m., Senior Outreach Day
1:00 p.m., Mid-Day Bible Study
5:30 p.m., Youth Bible Study
7 p.m., Evening Bible Study

Smithland Baptist
1047 Walnut Point Road
Heathsville; 580-2843
Sunday, December 19:
9:30 a.m., Sunday School
11 a.m., Worship
Wednesday, December 22:
7:30 p.m., Prayer and Bible Study

White Stone Baptist
517 Chesapeake Drive
Dr. W. Dennis Martin, Pastor
White Stone; 435-1413
wsbc@kaballero.com
Sunday, December 19:
Nursery Provided at 9:45 & 11 a.m.
9:30-10 a.m., Church Library open
9:45 a.m., Sunday School for all ages
11 a.m., Worship
Fourth Sunday of Advent
Monday, December 20:
7 p.m., Boy Scout Troop 235
Tuesday, December 21:
7:30 p.m., Choir Practice
Friday, December 24:
7:30 p.m., Christmas Eve Service

Willie Chapel Baptist
510 Merry Point Road, Lancaster
462-5500; Rev. Michael Reed, Pastor
Rose Curry, Associate Minister
Sunday, December 19:
9:30 a.m., Sunday School
11:15 a.m., Prayer and Praise
11:30 a.m., Worship with Communion
Wednesday, December 22:
7:30 p.m., Bible Study

CHURCH OF GOD

Tibitha Church of God
991 Fleeton Road, Reedville
453-4972;
Ben F. Stultz, Interim Pastor
Home Phone 453-6647
Sunday, December 19:
10 a.m., Worship
11 a.m., Sunday School
7 p.m., Study Group
"Purpose Driven Life"
Wednesday, December 22:
7 p.m., Prayer Meeting and children's activities

Warsaw Church of God
15 Church Lane, Warsaw
333-4951; Rev. Danny Deuell Sr.
Sunday, December 19:
10 a.m., Sunday School
11 a.m., Morning Worship
Wednesday, December 22:
7 p.m., Worship

EPISCOPAL

Grace Episcopal
303 South Main Street,
Kilmarnock; 435-1285
Rev. Hugh C. White, Rector
Rev. Richard E. Fichter, Jr., Asst. Rector
Sunday, December 19:
8 a.m., Holy Eucharist
9:15 a.m., NO Christmas Education
10:30 a.m., Christmas Pageant
Wednesday, December 22:
10:30 a.m., Holy Eucharist with Prayers for Healing

St. Mary's Episcopal
3020 Fleeton Road, Fleeton, 453-6712
The Rev. Warren A. Schaller, Jr., Rector
Sunday, December 19:
9:45 a.m., Sunday School
11 a.m., Worship Service
Thrift Shop:
Open Mon.-Sat. 10 a.m.-4 p.m.

St. Mary's Whitechapel Episcopal
5940 White Chapel Road, Lancaster
462-5908; Rev. Scott A. West, Rector
Office Hours: 9 a.m.-2 p.m., Mon.-Fri.
Guided tours by appointment
Sunday, December 19:
11:15 a.m., Worship Service

St. Stephens Episcopal
6853 Northumberland Highway,
Heathsville; 580-4555
Rev. Jeffrey O. Cerar, Rector
Sunday, December 19:
9 a.m., Holy Eucharist, coffee follows
9:50 a.m., Sunday School with nursery
Thrift Shop:

Open Tuesday-Saturday, 10 a.m. to 4 p.m.

Trinity Episcopal
8484 Mary Ball Road, Lancaster
The Rev. Scott A. West, Rector
Sunday, December 19:
9:30 a.m., Worship Service
Sunday School for children following service

Wicomico Parish
5191 Jessie duPont Memorial Highway
Wicomico Church; 580-6445
Rev. W. Scott Dillard, Rector
Sunday, December 19:
8 a.m., Communion, breakfast follows
10 a.m., Sunday School with nursery
10 a.m., Communion
11 a.m., Coffee Hour
Wednesday, December 22:
10 a.m., Healing Service, Communion
Thrift Shop:
10 a.m.-1 p.m., Wed., Fri., Sat.

St. James Anglican/Episcopal
Rt. 14 at 626, Mathews County
Rev. William T. Kump, 757-244-7955
Roger Murch 436-9355
1928 Prayer Book, 1940 Hymnal
Sunday, December 19:
Fourth Sunday in Advent
11 a.m., Morning Prayer and Sermon
10 & 11 a.m., Child Care Provided
Friday, December 24:
3:30 p.m., Holy Communion

LUTHERAN

Apostles Lutheran
Main Street, Gloucester; 693-9098
Sunday, December 19:
9:15 a.m., Sunday School
10:30 a.m., Worship

Good Shepherd Lutheran
2 miles North of Callao on Hwy. 202
Callao; 529-5948
Rev. Michael Ramming, Pastor
Sunday, December 19:
8:30 a.m., Worship accompanied by Sunday School
9:30 a.m., Coffee fellowship
10 a.m., Adult Bible Study
Wednesday, December 22:
12 noon, Bag Lunch & Bible Study

Living Water Lutheran
Kilmarnock United Methodist
89 E. Church St.
Sam Simonovich
529-6269
Saturday, December 18:
2nd Saturday of Each Month
5-6 p.m., Worship Service

Trinity Lutheran
Woman's Club Building, Virginia Street
Urbanna; 758-4257
Luther Baugham, Pastor
Sunday, December 19:
9 a.m., Worship

METHODIST

Afton United Methodist
5130 Hacks Neck Road
Ophelia; 453-3770
Rev. M. P. White, Pastor
Sunday, December 19:
10 a.m., Sunday School
11 a.m., Worship Service

Asbury United Methodist
Foxwells; Rev. Thomas W. Oder
Sunday, December 19:
9 a.m., Worship

Bethany United Methodist
454 Main Street, Reedville, 453-3282;
bethumc@crosslink.net
Rev. Dr. Donna McEwan, Pastor
Sunday, December 19:
9:30 a.m., Worship Service and Sunday School
10:30 a.m., Fellowship Time
Wednesday, December 22:
5-6:30 p.m., Community Supper

Bethel-Emmanuel United Methodist
Rev. Robert O. Jones, Jr., Pastor
462-5790 (Elevator Available)
462-7042 Dial-a-Prayer (each day for devotions)
Thursday, December 16:
6:00 p.m., Lively Bells Practice
7:30 p.m., Advent Bible Study at Emmanuel
Friday, December 17:
6:00 p.m. Christmas Potluck Dinner Pageant at Bethel
The public is invited to attend
Sunday, December 19:

Bethel
9:45 a.m., Sunday School
11 a.m., Christmas Cantata
Emmanuel:
9:30 a.m., Christmas Cantata
11 a.m., Sunday School
2 p.m., Christmas Caroling
Wednesday, December 22:

10 a.m., Advent Bible Study at Bethel
Fairfields United Methodist
14741 Northumberland Highway,
Burgess; 453-2631
Rev. Marion Paul White, Pastor
Sunday, December 19:
9 a.m., Sunday School
9:45 a.m., Worship

Galilee United Methodist
747 Hull Neck Road,
Edwardsville; 580-7306
Rev. Vernell M. Carter, Pastor
Sunday, December 19:
10 a.m., Sunday School
11 a.m., Worship

Heathsville United Methodist
39 Courthouse Road, Heathsville
580-3630; James B. Godwin, Pastor:
Sunday, December 19:
9 a.m., Sunday School
10 a.m., Worship

Henderson United Methodist
72 Henderson Drive, Callao
529-6769; Rev. Sue Ann Salmon, Pastor
Sunday, December 19:
10 a.m., Sunday School, all ages
11 a.m., Worship, traditional

Irvington United Methodist
26 King Carter Drive, Irvington
438-6800; Rev. John Durkovich, Pastor
Saturday, December 18:
8 p.m., AA
Sunday, December 19:
9:45 a.m., Sunday School
11 a.m., Worship
Thursday, December 23:
7:30 p.m., Choir

Kilmarnock United Methodist
89 East Church Street, Kilmarnock
435-1797; (Elevator access)
Rev. Deborah T. Marion, Pastor
Thursday, December 16:
7:30 p.m., Administrative Council Mtg.
Saturday, December 18:
9 a.m. - 11 a.m. Children's Breakfast with Santa
Sunday, December 19:
7:45 a.m. UM Men's Breakfast & Mtg.
9 a.m., Service of Word and Table
9:45 a.m., Sunday School
11 a.m., Worship & Choir Christmas Program

5 p.m. Christmas Play & Dinner Program
Tuesday, December 21:
6 p.m., Trustees Comm. Mtg.
7:30 p.m., Disciple II Class
8 p.m., Al-Anon Meeting
Wednesday, December 22:
5:30 p.m., Advent Study & Dinner
7 p.m., Chancel Choir

Rehoboth United Methodist Parish
435-1792; Rev. Edward Roland, Pastor
Larry Burian, Associate Minister
Sunday, December 19:
Bluff Point
11 a.m., Worship
Noon, Coffee Fellowship
Mila
9:45 a.m., Worship
10:45 a.m., Sunday School
Rehoboth
10:45 a.m., Coffee Fellowship
Wicomico
10 a.m., Sunday School
11 a.m., Worship
Wednesday, December 22:
3:30 p.m., Choir-Bluff Point

White Stone United Methodist
118 Methodist Church Road,
White Stone; 435-3555
Rev. Richard Scott Gordon, Pastor
Friday, December 17:
9 a.m. Fit for Life Exercise Class
Sunday, December 19:
9:45 a.m., Adult Bible Study
11 a.m., Worship Service
2:30 p.m., Christmas Caroling
5:30 p.m., Covered Dish Dinner, followed by a Christmas Program
7 p.m., AA
Monday, December 20:
9 a.m., Fit for Life Exercise Class
Tuesday, December 21:
10 a.m., Bible Study
7 p.m., Bible Study
Wednesday, December 22:
3:30 p.m., Choir-Bluff Point

White Stone United Methodist
118 Methodist Church Road,
White Stone; 435-3555
Rev. Richard Scott Gordon, Pastor
Friday, December 17:
9 a.m. Fit for Life Exercise Class
Sunday, December 19:
9:45 a.m., Adult Bible Study
11 a.m., Worship Service
2:30 p.m., Christmas Caroling
5:30 p.m., Covered Dish Dinner, followed by a Christmas Program
7 p.m., AA
Monday, December 20:
9 a.m., Fit for Life Exercise Class
Tuesday, December 21:
10 a.m., Bible Study
7 p.m., Bible Study
Wednesday, December 22:
3:30 p.m., Choir-Bluff Point

White Stone United Methodist
118 Methodist Church Road,
White Stone; 435-3555
Rev. Richard Scott Gordon, Pastor
Friday, December 17:
9 a.m. Fit for Life Exercise Class
Sunday, December 19:
9:45 a.m., Adult Bible Study
11 a.m., Worship Service
2:30 p.m., Christmas Caroling
5:30 p.m., Covered Dish Dinner, followed by a Christmas Program
7 p.m., AA
Monday, December 20:
9 a.m., Fit for Life Exercise Class
Tuesday, December 21:
10 a.m., Bible Study
7 p.m., Bible Study
Wednesday, December 22:
3:30 p.m., Choir-Bluff Point

White Stone United Methodist
118 Methodist Church Road,
White Stone; 435-3555
Rev. Richard Scott Gordon, Pastor
Friday, December 17:
9 a.m. Fit for Life Exercise Class
Sunday, December 19:
9:45 a.m., Adult Bible Study
11 a.m., Worship Service
2:30 p.m., Christmas Caroling
5:30 p.m., Covered Dish Dinner, followed by a Christmas Program
7 p.m., AA
Monday, December 20:
9 a.m., Fit for Life Exercise Class
Tuesday, December 21:
10 a.m., Bible Study
7 p.m., Bible Study
Wednesday, December 22:
3:30 p.m., Choir-Bluff Point

Campbell Memorial Presbyterian
Rt. 222 (Weems Road),
In the Village of Weems, 438-6875;
Rev. Dr. William S. Morris, Pastor
Office Hours: Mon.-Thurs. 8 a.m.-4 p.m.
Sunday, December 19:

PRESBYTERIAN

9:30 a.m., Church School for All Ages
11 a.m., Worship Service
Lighting of the 4th Candle of Advent
Wreath
with Chrismon Tree & Poinsettias in Sanctuary
New Member Sunday
Birthday Party for Jesus During Fellowship Hour
4:30 p.m., Youth Group
Crib and toddler nurseries available.

Tuesday, December 21:
10 a.m., Dr. Morris leads Bible Study @ RWC
Wednesday, December 22:
5:30 p.m., Chancel Choir Rehearsal
Friday, December 24:
5 p.m., Christmas Eve Candlelight Communion Service
Lighting of the Christ Candle on Advent Wreath

Milder Presbyterian
Sharps
Sunday, December 19:
10 a.m., Sunday School
11 a.m., Worship with nursery

St. Andrews Presbyterian
435 East Church Street,
Kilmarnock; 435-3948
Rev. Dr. Thomas R. Coye, Pastor
Sunday, December 19:
8:45 a.m., Contemporary Worship
9:45 a.m., Sunday School
11 a.m., Worship Sermon: "Trusting The Dream" (Matt: 1: 18-25)
Monday, December 20:
9:30 a.m., Disciple I
6:30 p.m., Disciple I
Tuesday, December 21:
9:30 a.m. Congregation Devotional Team

Thursday, December 23:
4:30 p.m., Choir
Friday, December 24:
5 p.m., Christmas Eve Service
Wesley Presbyterian
1272 Taylor Creek Rd.
Weems, 438-5853
Sunday, December 19:
9 a.m., Worship
10:15 a.m., Sunday School
Children and Adult

OTHER DENOMINATIONS
Calvary Pentecostal
John's Neck Road, Weems
438-5393; Thelma Jones, Pastor
7:45 a.m., Radio Broadcast, 101.7 FM
Sunday, December 19:
9:45 a.m., Sunday School
11 a.m., Worship
7 p.m., Praise and Worship
Wednesday, December 22:
7:30 p.m., Worship

Chesapeake Christian Center
Irvington Road, Irvington
Thursday, December 16:
7 p.m., Bible Study
Sunday, December 19:
10 a.m., Worship
Christian Science Society
Lancaster Women's Building,
Route 3, Lancaster
Sunday, December 19:
10:30 a.m., God the Only Cause and Creator
Lesson/Sermon: God the Preserver of Man
Wednesday, December 22:
7:30 p.m., Testimony Mtg.

Church of Deliverance
3734 Mary Ball Road, Lively; 462-0553
Rev. Donald O. Conaway, Pastor
Sunday, December 19:
10 a.m., Sunday School
11 a.m., Worship
7 p.m., Worship
Wednesday, December 22:
7 p.m., Prayer and Bible Study

Obituaries

Robert L. Burner

MONTROSS—Robert Lee Burner, 67, of Montross, a native of Page County, died December 6, 2004 at Virginia Hospital Center in Arlington, where he had undergone lung surgery.

Mr. Burner was born July 20, 1937, the son of Charles Lee and Anna Virginia Smith Burner. He graduated from Luray High School in 1954 and received a degree in music in 1958 from the Shenandoah Conservatory of Music and moved to Westmoreland County.

He married Margaret "Peggy" Lowery December 30, 1959.

He remained with the Westmoreland school system until 1962, when he began pharmaceutical studies at the Medical College of Virginia in Richmond. He received a degree in pharmacy in 1966 and joined the staff of Peoples Drug Store in Montross. He continued his career in pharmacy until his retirement in 2001.

He was active in the community, having recently resigned from the Montross Town Council, a position he held for 18 years. He also was Montross mayor for one term and served seven years on the Montross-Westmoreland Sewer Authority. He was a former member of the Montross Planning Commission, a former member of the Westmoreland Ruritan Club and a former member and president of the Montross Chamber of Commerce.

His professional memberships included the Virginia Pharmacists Association and the Chesapeake Pharmacists Association.

He was a member of Andrew Chapel United Methodist Church in Montross, where he was choir director for many years and sang until recently with the choir. He also was a member of the church's administrative board and the Methodist Men.

He was predeceased by a sister, Margaret Elizabeth "Betty" Burner.

He is survived by his wife, Margaret "Peggy" Lowery Burner; a brother, Charles Leonard Burner of Luray; three sisters, Mary Ann Waybright and Carolyn Rothgeb of Luray and Barbara Phillips of Standardsville; a good friend and brother-in-law, W. Palmer Lowery of Newport News, and many nieces and nephews.

A funeral service was held December 10 at Andrew Chapel United Methodist Church. Interment was in the church cemetery.

Memorials may be made to the Andrew Chapel UMC Cemetery fund, P.O. Box 574, Montross, VA 22520; or The American Lung Association, 9211 Forest Hill Avenue, Richmond, VA 23235.

Welch Funeral Home in Montross handled the arrangements.

Charlotte H. Bussells

KILMARNOCK—Charlotte Harper Bussells, 87, of Kilmarnock died December 9, 2004.

Mrs. Bussells was born August 13, 1917, in Palmer, the daughter of Captain Charlie G. and Katherine Potter Harper.

She was the widow of George W. Bussells Jr.

She is survived by two daughters and sons-in-law, Ann and Jim Jones of Fleets Bay and Susan and Barry Martin of Jetersville; five grandchildren, Ronnie and Kendall Jones, Sally Stetson, Jennifer and Andrew Martin; eight great-grandchildren; two great-great-grandchildren; a sister, June Brubaker; and a brother, Charles G. Harper, both of White Stone.

Funeral services were held December 11 at Currie Funeral Home in Kilmarnock with Rev. Dr. John E. Houghton officiating. Interment was in St. Mary's White Chapel Cemetery in Lively. Pallbearers were Barry Martin, Ginger Ruit, Gary Harper, William Harper, Ronnie Jones and Kendall Jones. Honoraries were Frank Brubaker, Jack Brubaker, Dixie Harper and Roger Donaldson.

In lieu of flowers, memorials may be made to Kilmarnock Volunteer Fire Department, P.O. Box 1295, Kilmarnock, VA, 22482, or Tappahannock Volunteer Rescue Squad, P.O. Box 583, Tappahannock, VA 22560.

Shirley A. Gaunt

REEDVILLE—Shirley Anne Gaunt, 72, of Reedville died December 9, 2004.

Mrs. Gaunt was a member of Bethany United Methodist Church in Reedville.

She is survived by her husband of 48 years, Wilmer B. Gaunt Jr.; a daughter, Emily Maude Gaunt of New Jersey; three sons, Edward L. Albecht of Massachusetts, Matthew J. Gaunt of Colorado and Andrew W. Gaunt of

New Hampshire; a sister, Eunice Schwier of Reedville; four grandchildren and a great-grandson.

Services will be private at a later date.

Memorials may be made to the Northumberland County Volunteer Rescue Squad, P.O. Box 1, Reedville, VA 22539.

Jones-Ash Funeral Home in Rainswood handled the arrangements.

Ruby L. Henderson

HAYNESVILLE—Ruby Lee Henderson, 66, died December 3, 2004, at Capitol Hill Nursing Home in Washington, D.C.

Mrs. Henderson was born to Bud and Gladys Thompson October 5, 1938, in Warsaw. She joined Lyells Chapel Baptist Church in Haynesville at an early age. She attended Richmond County public schools and moved to Washington, D.C., upon reaching adulthood to be closer to her mother.

She retired at age 62 and was looking forward to taking care of her mother.

She was predeceased by her father, Bud Thompson.

She is survived by her mother, Gladys Thompson; a brother, Seldon Bud Thompson of Rockville, Md.; and aunts, uncles, nieces, nephews, cousins and friends.

A funeral service was held at Lyells Chapel Baptist Church with Rev. James L. Johnson officiating. Interment was in the church cemetery.

Lee Funeral Home in Warsaw handled the arrangements.

M. Virginia Scamby

WHITE STONE—M. Virginia Scamby, 90, a resident of White Stone since November 2000, died December 8, 2004.

Mrs. Scamby was born December 13, 1913, in Hatboro, Pa., to Clare Vincent and Jess Lever Fryer.

At age 63, she retired from Sears in Logan Square in Norristown, Pa., where she took great pride in serving the many patrons of the Garden Shop.

She was the widow of Leon F. Blattner and Samuel Scamby.

She is survived by three of her six children, a daughter and son-in-law, Joan E. and Gerald Diehl of Federalsburg, Md., Virginia M. Jodon, widow of Francis R. Jodon of White Stone, and a son and daughter-in-law, John E. and Joyce E. Blattner of Collegeville, Pa.; and a brother, George Jacob Frayer of Kissimmee, Fla.

She was predeceased by a son Robert L. Blattner, daughter Claire C. Brown, and infant son David B. Blattner and two sisters, Evelyn C. Solomon and Judith A.

(Fryer) Hicks. She was the proud grandmother of 14 grandchildren and numerous great-grandchildren.

A celebration of her life will be held at St. John's Lutheran Church, 1802 Skipjack Pike, Blue Bell, PA, 19422 at 11 a.m. on Friday, December 17.

Heartfelt thanks are extended to Rappahannock General Hospital, Kilmarnock-Lancaster Rescue Squad and the Riverside Walter Reed Hospice Program.

Memorial contributions may be made to Kilmarnock-Lancaster Rescue Squad, P.O. Box 333, Kilmarnock, VA 22482 and Riverside Walter Reed Hospice Program, P.O. Box 1130, Gloucester, VA 23061.

Thornton P. Rich

KILMARNOCK—Thornton Presley Rich, 69, died November 24, 2004.

Mr. Rich was born in Kilmarnock February 10, 1935, to Robert James and Mazie Sutton Rich. He was the eighth of 19 children.

He attended Anna T. Jean and Rosenwald schools.

He met Etherline Brooks Carter in 1957 while working at James Atkins Crabhouse in Bluff Point. They were married September 5, 1959. He held many subsequent jobs including one at Uncle Marty's Ice Cream in Cleveland, Ohio, where he barely survived being locked inside the freezer.

He and his wife settled in Washington, D.C., and in 1965 he began a 39-year career at the Library of Congress.

He was diagnosed with pancreatic cancer in October 2003. With the help of friends, he officially retired from the Library of Congress five days before his death.

He was predeceased by his father and mother; four brothers, James, Franklin, Charles and Odell; a sister, Delma; two brothers-in-law, Oneal and David; and two sisters-in-law, Geneva and Iltheia.

He is survived by his wife, Etherline; two daughters, Sandy and April; a grandson, John; seven brothers, Buster, Oliver, Raymond, Melvin, Carroll, Glendyn and Lee Armstrong; six sisters, Louise, Pearl, Frances, Bessie, Jacqueline and Glendora; ten brothers-in-law, Bruce, Franklin, William, Sammy, Roland, Jimmy, Mark, Ulysses, Lewis and Irvington; 11 sisters-in-law, Lucille, Ernestine, Shirley, Thelma, Jenny, Mabel, Peggy, Mary Ann, Lucy, Barbara, and Marjorie; a good friend, Bert; a godson, Craig Shephard Jr. and many nieces and nephews.

Funeral services were held November 30 at Calvary Baptist Church in Kilmarnock with Rev. Donald Conaway officiating.

Herbert E. Thrift Jr.

Herbert Edward Thrift Jr., 61, of Warsaw died December 11, 2004.

Mr. Thrift was a member of Totuskey Baptist Church in Warsaw and the Loyal Order of the Moose in Colonial Beach.

He was the retired owner of J&H Jewelers in Colonial Beach.

He was predeceased by his father, Herbert Edward Thrift Sr.

He is survived by his mother, Juanita King Thrift of Warsaw; a sister, Mary Katherine Thrift of Warsaw; and a lifetime friend, Maryhelen Hayden of Wicomico Church.

The funeral service was held December 14 in Totuskey Baptist Church with Rev. Ray P. Goude officiating. Burial was in the church cemetery.

Jones-Ash Funeral Home in Rainswood handled the arrangements.

Sylvia B. Williams

LANCASTER—Sylvia Bell Williams, 91, of Lancaster, formerly of Farnham, died December 9, 2004.

Mrs. Williams was the widow of Melvin Williams and J. Earl Williams.

She was a homemaker and a local Avon representative.

She was predeceased by three step-children, Donald Williams, Eloise W. Odell and Hazel W. Ball, all children of J. Earl Williams.

She is survived by two daughters, Shirley W. Withers of Warsaw, daughter of Melvin, and Marylee W. Anderson, of Lancaster, daughter of Earl; a son-in-law, Douglas Anderson; three grandchildren, Ann Simpson, Aubrey Withers and Perry Withers; five great-grandchildren, Michael Withers, Kristy Wilson, Crystal Simpson, Brandon Simpson and Danny Withers; and two great-great-grandchildren, Kayleigh Wilson and Brent Wilson.

Funeral services were December 12 at Welch Funeral Home in Warsaw with interment in Cobham Park Baptist Church Cemetery. Rev. Donald Bowen officiated. Pallbearers were Aubrey Withers, Perry Withers, Michael Withers, Danny Withers, Brandon Simpson and Scott Wilson.

Memorials may be made to the Cobham Park Cemetery Fund, c/o Wainwright Sanders, 1439 Wellfords Wharf Road, Warsaw, VA 22572.

"Comfort at Christmas"

is the topic of this week's
Christian Science Sentinel Program
Now airing on Sunday at 9:30 a.m.

Tune in Sunday, Dec. 19 on WKVI Bay 101.7 FM

LIVING WATER LUTHERAN CHURCH



Each month: 5-6 pm

2nd Saturday~Worship Service
4th Saturday~Communion Service

Services located inside

Kilmarnock United Methodist Church

89 E. Church St. • Kilmarnock

P.O. Box 818 • Kilmarnock, VA 22482 • 435-2005 • 529-6269

www.livingwaterchapel.org

*In sacred memory of our mother,
Mrs. Fannie L. Nickens, who passed
away 18 years ago, December 16*

*Because she is so dear to us,
Her memory will live on;
Just as the fragrance of a rose,
Still lingers when it's gone;
Her kindly, dedicated,
And endearing ways,
And thoughts are with us still;
And in our hearts that love her,
She lives and always will.*

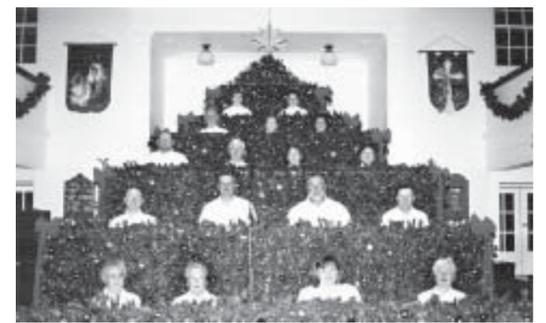


Children: Sue, Ruth, Andrew, Rose, Herbert and Edward
Grandchildren: Rosalyn, Portia, Darrell, Carla, Neche, Andreen, Teka, Terrence, Torin, and Jay
Great-grandchildren: Shannon, Brandon, Ky'asia, Tiana, Cherhonda, Dar'lkata, Darrell Jr., Junasia and Leah

Coan Baptist Church

Presents

The Living Tree of Praise
Dec. 18 & 19, 7:00 p.m.



*2068 Coan Stage Road
Heathsville, Virginia*

For More Information Call 804-580-2751

Admission: A Canned Food Item for the Rappahannock Baptist Association Hispanic Food Pantry and other local food banks.

Come and Join

Trinity Episcopal Church's

HOMECOMING CHRISTMAS

Sunday, December 19th beginning at 4:00 p.m.

Trinity's Traditional Christmas Pageant,
Homemade Soup & Salad Supper

and

Caroling in the Courthouse Historic District

Remember when you were among the sheep or angels or wore a bathrobe as a shepherd?

Come celebrate with the children of Trinity
as we recount the amazing story of Christmas!

Christmas Eve Service: Friday, December 24th at 11:00 p.m.

Trinity Episcopal Church • 8484 Mary Ball Road (Rt. 3) • Lancaster



Wes Pullman MSW, PhD

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Call Vivian & Shay for more information.
804-333-0099 1-877-218-8116

IN MEMORY OF JOHN JAMES BENSON WHO DIED DECEMBER 13, 2003

Dear Lord, it's nearly Christmas

But the spirit isn't strong,

For a special one is missing

From our presence here at home.

Take him in Your arms, dear Lord,

And treasure him with care.

Give him our love, and wish him

"A Merry Christmas with You There."

Wife, Lorraine,

Children & Grandchildren

The word is out.

WELCOME

Lancashire Convalescent & Rehabilitation Center is now accepting new resident applications.

If the time has come when your loved one needs more professional nursing care, we are currently accepting applications. Please contact Sharon Robins, our Administrator, and make an appointment. She can answer your questions, give you a tour, explain how Medicare or Medicaid may help with payment, and guide you in making your decision. Be assured that your loved one will be in the care of people you know.

Lancashire Convalescent & Rehabilitation Center

287 School Street
Kilmarnock, VA • 804-435-1684
www.vahs.com



Convalescent, Rehabilitation
& Retirement Centers

In the care of people you know.



Visiting Bethlehem

St. Andrews Presbyterian Church in Kilmarnock on December 12 held a children's Advent program, "Journey to Bethlehem." From left are (front row) Erik DeMario, Wyatt McCranie, Collin May, Alexa Riley, Leighton McCranie, Virginia DeMario, Alexis Miles, Lauren Suchan and Tess Rollins; (next row) Grant Collins, Casey Senter, Rei Miller, Christopher Ryan, Kristy Hoff and Christina Senter; (next row) Hillary May with Grace Oren, Craig Oren with Kayla Oren, Jonathan Burls, Ryan Suchan, David Miles and Brady Haynie.

Lighthouse to present "The Sounds of Christmas"

"The Sounds of Christmas" will be presented at Lighthouse Baptist Church Saturday, December 18, at 7 p.m. and Sunday, December 19, at 6 p.m. The church and Lighthouse Christian Academy are combining their programs to provide a musical extravaganza.

The Lighthouse Puppets also will have two programs, "The Judean News" and "Mr. Pennypincher's First Christmas."

The church is at 7022 Jessie DuPont Memorial Highway, between Kilmarnock and Wicomico Church.



Rev. James and Marilyn Grinnen

Rev. James Grinnen joins Nazarene staff

The White Stone Church of the Nazarene welcomes Rev. James Grinnen and his wife, Marilyn. Rev. Grinnen joins the staff as minister of pastoral care.

The Grinnens come to White Stone from Warren, Pa., where he had served on staff at the Nazarene church there since July 1999.

The Grinnens have two children. Their daughter, Melissa, lives with her husband, John, in Quincy, Mass. Their son, Brad, also serves on staff at the White Stone Church of the Nazarene as pastor of youth and families. He and his wife, Danielle, live in Irvington.

Churches . . . (continued from page B2)

333-9659; Walker Gaulding, Minister
Sunday, December 19:
10 a.m., Sunday School
11 a.m., Worship
6:30 p.m., Worship

Wednesday, December 22:
7 p.m., Prayer and Bible Teaching

River of Life Assembly of God
Waverly Avenue, Kilmarnock; 438-5307
Rev. Leroy Froyen, Pastor

Sunday, December 19:
10 a.m., Sunday School
11 a.m., Worship and Children's Church, ages 4-9

Wednesday, December 22:
7 p.m., Bible Study

Seventh-Day Adventist
401 South Main Street, Kilmarnock
Clinton M. Adams, Pastor
804-925-1175/804-443-1821

Thursday, December 16:
7 p.m., Bible Class

Saturday, December 18:
9 a.m., Worship Service
10:30 a.m., Sabbath School

Shachah World Ministries of the Northern Neck
Pastor Dean Carter

Sunday, December 19:
8 a.m., Worship @ Holy Tabernacle

Thursday, December 23:
7:30 p.m., Bible Study @ Holy Tabernacle

St. Francis de Sales Catholic
151 East Church Street, Kilmarnock
Rev. James C. Bruse, Pastor

Saturday, December 18:
4-4:40 p.m., Sacrament of Reconciliation
5 p.m., Vigil

Sunday, December 19:
11 a.m., Mass

Monday - Thursday
9 a.m., Mass

Friday, December 24:
No 9 a.m. Mass
5 p.m., Christmas Mass

Saturday, December 25:
10 a.m., Christmas Day Mass
7-4:40 p.m., Sacrament of Reconciliation

5 p.m., Vigil

The Church of Jesus Christ of Latter-Day Saints
11650 Mary Ball Road

Sunday, December 19:
9:30 a.m., Meeting

Wednesday, December 22:
11 a.m.-4 p.m., Genealogical Library Open to Public

The Lord's House
1027 Jessie duPont Memorial Highway
Burgess; 453-7773

Rev. Enid DeArmon
Thursday, December 16:
7 p.m., Ministry Training
Sunday, December 19:
7 p.m., Worship

Unitarian Universalist Fellowship of the Rappahannock
Woman's Club of White Stone
560 Chesapeake Drive
White Stone
758-4790; L. Lowrey

Sunday, December 19:
10:30 a.m., Worship

Victory Temple Church
1252 Morattico Road
Rev. Annie Gaskins, 462-5512

Sunday, December 19:
11 a.m., Sunday School
12 noon, Praise and Worship
7 p.m., Worship Service

Friday, December 24:
7 p.m., Bible Study

White Stone Church of the Nazarene
Ministry Center & Office: 419 Rappahannock Drive, White Stone;
Office hours: Mon.-Thur., 9 a.m.-1 p.m.
435-9886

Rev. Jim Jackson, Pastor
Rev. Brad Grinnen, Pastor

Worship Center: Chesapeake Academy
Gymnasium, Steamboat Road, Irvington

Sunday, December 19:
9:30 a.m., Sunday School,
10:30 a.m., Praise & Worship Service &
Children's Church - Christmas Program
Nursery provided

At the Ministry Center, Rt. 3, White Stone:

Sunday, December 19:
6 p.m., A.F.T.E.R. Hour for teens

Monday, December 20:
6:30 p.m., First Place Weight Loss Program

Tuesday, December 21:
7 p.m., Overcomer's Outreach

Wednesday, December 22:
6:30 p.m., Women's Bible Study

Thursday, December 23:
7 a.m., Women's Prayer
7:30 a.m., Men's Breakfast at Lee's Restaurant



From left are Rev. Scott West, Allen Cornwell and Michael Smith.

Trinity Church gets Mustard Seed Grant

Trinity Episcopal Church in Lancaster recently received a Mustard Seed Grant from the Diocese of Virginia totaling \$8,245.

Michael Smith, a member of the Diocesan committee on congregational development and liaison through the grant process, presented a check and a commemorative trowel to Allen Cornwell, junior warden at Trinity, on Sunday, November 28.

Grant monies will be used for renovation projects and enhanced programming for the church. Projects include a new sign; roof painting; restoring and repainting the 1884 shutters; renewed sacristy plumbing; replacing the furnace in Townsend Hall; resurfacing and expanding the parking lot; a new carillon; new kitchen equipment; new flags; items for the children's Sunday school program; "Godly Play,"

and enhancing the parish's outdoor lighting. Members and friends of Trinity have contributed generously as well.

The Episcopal Diocese of Virginia sponsors Mustard Seed Grants through its Fifth Century Fund with the revitalizing and renewing existing parishes among its five goals. Parishes and individuals throughout the Diocese have contributed to the fund.

Hospice of Central Virginia Richmond, Farmville, Charlottesville and Tappahannock/Northern Neck Areas

We are seeking volunteers to provide life-enhancing support to terminally ill patients and their families in the following areas: Southside, Tri-Cities, Central Virginia, Charlottesville, Tappahannock and surrounding counties. We have three areas in which a volunteer may provide services:

Patient/family, bereavement, and clerical support.

The volunteer may help in a number of ways, including a friendly visit, reading to patients, providing caregiver relief, or more importantly just being there to listen. Our volunteers provide invaluable services in each area. We offer a training course, which upon completion allows the volunteer to visit patients in the home, hospital, or nursing home setting. It is recommended that individuals having a significant loss should wait at least one year before applying or attending the training.

The next training is scheduled for: Part I on Jan. 22nd & Part II Jan. 29th 10:00am-4:00pm

If you are interested in becoming a volunteer and are over the age of 18, please call: Bobbie Griffith, Volunteer Coordinator at (804)281-0451 or toll free (800)501-0451

Wondering about the new Medicare-approved drug discount cards?

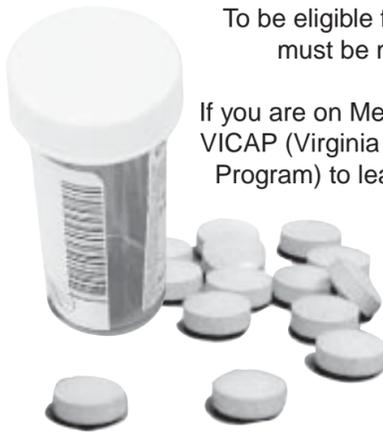
If your income is \$12,569 or less for an individual or no more than \$16,862 for a couple, you may be eligible for the \$600 credit to help pay for prescriptions in 2004 and again in 2005.

To be eligible for the 2004 \$600 credit applications must be mailed by December 31, 2004!!!

If you are on Medicare or are eligible for Medicare, call VICAP (Virginia Insurance Counseling and Assistance Program) to learn more about how you can get help paying for your prescriptions. VICAP can help you make the best decision - after all, VICAP specializes in helping people understand Medicare.

Call Lisa Walker, Bay VICAP Coordinator 758-2386 or 866-758-2386 - Toll Free

Bay VICAP is funded through a grant from the Virginia Department for the Aging and Medicare.



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Church Notes

Catch the spirit

The children and youth of Wesley Presbyterian Church will perform the Christmas musical "Catch the Christmas Spirit" on Sunday, December 19, at 6 p.m. The annual Santa party will follow the production.

Concert is Saturday

The Church of Deliverance will hold a Christmas concert on Saturday, December 18, at 6 p.m. with the Conaway Brothers and special guest Maple Grove Baptist Church of White Stone.

Pageant is Dec. 19

On December 19 at 6 p.m. the children of Bethany Baptist Church in Reedville will present "The Backward Christmas Pageant," the story of the birth of Christ, told with humor, mystery and awe.

Refreshments follow the program.

Musical to be presented

The Kilmarnock United Methodist Church choir will present "The Promise Fulfilled" at 11 a.m. on Sunday, December 19.

This is a Christmas story with narration by Steve Rice and musical selections. The brass and handbells will join the choir and the program will include some Christmas hymns for the congregation to sing.

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My maiden name was Mary Michael, but I like being called Mike. And, I like living here at Mayfair House. I did lots of research and found that this was the place for me. It's nice and quiet, which suits me just fine, and the people here are really special. Besides, my two daughters have moved nearby, so it worked out quite well for all of us. Come and see for yourself. Just tell 'em Mike sent you."

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Karen Burke signs "Claude" for customers Georgeann Cahen and Carol Martin.

Rivah Remembrance keepsakes are unveiled

Burke's Jewelers unveiled the first of its Rivah Remembrance Collection keepsakes at a holiday open house on December 11.

Karen Burke designed the sterling silver crab, which she named "Claude," as a decorative Christmas tree ornament or as a necklace.

Fred and Karen Burke noted the keepsake represents "this wonderfully charming area that we are blessed to call home."

They hope customers make the keepsake a part of their family's holiday traditions, they said. They plan to introduce a new keepsake annually.

Burke's also unveiled "Sanda Claws," a gold pendant cast from a crab claw Fred Burke found on the beach in front of his home near Reedville. The original claw wasn't grasping a diamond like the one set in the store's version.

Virginia Tourism launches Jamestown awareness campaign

Jamestown 2007 represents the most significant American anniversary since the 1976 bicentennial of U.S. independence; yet a recent consumer survey administered by the Virginia Tourism Corporation (VTC) revealed that 74 percent of those surveyed could not correctly identify the name of the colony that formed the first permanent English-speaking settlement in the New World—Jamestown, Virginia.

"We knew then that we needed to make Jamestown 1607 relevant before beginning to promote the 400th anniversary commemoration," said Alisa Bailey, VTC president and chief executive officer. "People can't get excited about something they can't identify with."

The VTC has launched a four-phase strategic marketing plan to heighten awareness about Jamestown 1607. The campaign will

direct folks to www.Jamestown1607.org.

The highlight of the website is an interactive game that challenges players to survive the Jamestown settlement of 1607.

"Players are confronted with similar life and death situations and face the tough realities of the decisions they choose to make," said Bailey. "As the game changes with time, players must make tough, new decisions and live with the consequences. Only 12 percent of the original Jamestown settlers survived. We hope our website viewers do better."

The initial campaign will be followed by a promotion of the "The New World," starring Colin Farrell and Christopher Plummer and scheduled for a fall 2005 release. The movie was filmed on location at Jamestown and details the challenging early days of the settlement.

The movie promotion will lead into a campaign to promote the 2007 anniversary commemoration.

The VTC campaigns are coordinated with those of other entities charged with promoting the event, particularly the Jamestown 2007 Steering Committee.

Jamestown 2007 will feature major events at or near Jamestown as well as special programs at communities throughout Virginia. The event is intended to reintroduce Virginia as the birthplace of modern America. American democracy and free enterprise trace their roots to Jamestown.



Chip Hudnall



Heidi Wilkins

Bank names two members to its local advisory board

The Bank of Lancaster has named H.G. "Chip" Hudnall and Heidi L. Wilkins to the Northumberland Community Reinvestment Advisory Board. They join members David Hundley, Lara Kelley, Jason Patton, Daniel Pritchard Jr. and chairman Ray Beasley.

A native of Northumberland, Hudnall has been a general contractor specializing in custom homes throughout the Northern Neck and Middle Peninsula for over 20 years. He earned the graduate master builder in 2000 from the EE University through Dominion Virginia Power at the University of Virginia. He received his U.S. Coast Guard captain's license in 1980.

Hudnall is past president of the Home Builders Association and a member of the Reedville Fishermen's Museum. He also is a member of Mila United Methodist

Church. Hudnall lives in Northumberland with his wife, Margaret, and 9-year-old daughter, Elizabeth.

Wilkins has been a resident of Reedville since 1993. She is co-owner of Jett's Hardware in Reedville.

Wilkins earned a bachelor's in education from Moravian College. She also has completed various banking and real estate appraisal courses.

Wilkins is a member of St. Mary's Episcopal Church where she has served two vestry terms and is past treasurer.

"Our bank is very pleased to have Heidi and Chip join our bank's family and we know they will be an asset to our Northumberland advisory board," said president and chief executive officer Austin L. Roberts.

Agency is seeking comment on small business size standards

The U.S. Small Business Administration is seeking comments from the general public on key issues relating to its small business size standards.

The standards are used by the SBA and other federal agencies to determine whether a business is small.

"In developing important policy changes regarding the small business community that SBA is here to serve, we are reaching out to engage our stockholders in the process," said Allegra F. McCullough, associate deputy administrator for government contracting and business development. "We believe a number of areas concerning size standards need to be examined and input from the small business community will greatly assist us in formulating meaningful and relevant changes."

Last March, SBA proposed to restructure its size standards by reducing the number of different size categories from 37 to 10, and by expressing all size standards in terms of the number of a company's employees. In comments submitted to the SBA, the public expressed concern about several aspects of SBA's approach, prompting the SBA to withdraw that proposal for further study on July 1.

The SBA published a notice of the comment-seeking process in The Federal Register on December 3. The notice, an Advance Notice of Proposed Rulemaking, didn't propose any specific changes to the agency's size standards.

However, before SBA considered a different approach to restructuring its size standards, it is seeking comments on a number of general issues that were raised

by the public in response to the March 2004 proposed rule.

Specifically, the agency is seeking comment and suggestions on:

- approaches to simplify size standards,
- calculating business employment size,
- use of receipts to measure business size,
- designating size standards on federal procurements,
- establishing a separate set of size standards for federal procurement,
- establishing tiered size standards for small business sub-categories,
- simplification of the affiliation and joint venture provisions,
- grandfathering existing small businesses from revised size standards,
- identifying the use of size standards on non-SBA federal programs and regulations
- the impact of size standards changes.

The SBA will conduct a series of public meetings across the country on size standards. Information on these meetings will be announced in early 2005.

The SBA also is seeking comments regarding the participation of small businesses that are majority-owned by venture capital firms in the Small Business Innovation Research Program and the relationship between franchisees in the Temporary Staffing industry.

The SBA will consider a new size standards proposal once a thorough review of comments received from the public is completed. The public will have an additional opportunity to comment on those specific changes once they are formally proposed.

Two agents join United Country-Bay River Realty

Kevin Peyton and Teresa Vanlandingham have joined United Country-Bay River Realty as real estate agents.

They will work in the company's Callao and Topping offices, said broker/owner Jason Patton.

Peyton grew up in Warsaw. He's been a building contractor in the Northern Neck for 15 years.

"I can help prospective buyers analyze undeveloped land or an existing structure, giving them a good feel for what is involved in fulfilling their plans," Peyton said. "It seemed like a natural move for me. I've always been involved in real estate in some way, and have known Jason for a long time. I'm pleased to be a part of his team."

Vanlandingham grew up in the Northern Neck, and has been involved in sales for 17 years. She sold appliances at Noble's in Kilmarnock. She left that job after giving birth to her second child to become a full-time mother, and decided it was time to take her career in a new direction.

"A family friend, who is in real estate, said he thought my sales background and experience work-



Kevin Peyton (left) and Teresa Vanlandingham recently joined United Country-Bay River Realty.

ing with people would help me be successful in real estate," Vanlandingham said. "Jason gave a very good presentation on his company, and I was so impressed with his team, and his approach to selling real estate. It was an easy decision."



From left are Caroline Shifflett, Dr. Matthew B. Shifflett and Pamela Dawson.

Chiropractor recognized for excellence in healthcare

Dr. Matthew B. Shifflett of Pure n' Simple Family Chiropractic in Kilmarnock received The Family Practice Excellence Award at a recent convention in Atlanta.

Dr. Shifflett was honored for his commitment to providing and promoting holistic health care to families.

"I am excited and humbled at receiving this incredible honor," said Dr. Shifflett. "I feel that I am blessed to be doing what I love and to love what I do. I'd also like to take a moment to acknowledge my incredible team who made it possible for me to excel in my service to the community. Caroline Shifflett and Pamela Dawson need to be recognized for their outstanding work as chiropractic assistants. Thank you for helping to take our service from good to great."

Chiropractors from all over North America were in attendance at the conference that featured Dr. Eric Plasker, Dr. Ciro Rustici and Dr. Cheryl Langley. Topics included the

latest information on chiropractic pediatrics and chiropractic for the aging patient.

"The demand for holistic, natural healthcare is soaring in the U.S. and abroad as scientific research has begun to support its safety and insurance providers have expanded their coverage," said Dr. Shifflett.

"Regular chiropractic care boosts the body's natural immunity, in one study, up to 200 percent," said Dr. Shifflett. Chiropractic has been proven to increase immune cell production in HIV/AIDS patients and patients who receive chiropractic care make an average of 30 percent fewer visits to traditional medical doctors," he added.

Nearly 80 percent of employer health plans now contribute to chiropractic care, he continued. Medicare will pay 80 percent of the adjustment fee with future plans for increasing Medicare coverage for seniors.

For a free information package, call 435-2273.

Belle Mount Vineyards opens

Belle Mount Vineyards recently opened near Warsaw.

"We are excited to see businesses focusing on our area with the prospects of promoting agriculture and tourism together," said Richmond County economic development director Patty Long.

The vineyard is on the 243-acre estate once known as Belle Mount Plantation. Four years ago the grape vines were in the planning stage and now they are producing about 50 percent of their 5 ton per acre potential. The vineyard includes a banquet hall and log

cabins and overlooks the Rappahannock River and Cat Point Creek.

Belle Mount offers classic styles of wine including Chardonnay, Cabernet Franc and Merlot.

"With 8 acres under cultivation and old-growth vineyards off-site, the winery has started to generate a great deal of excitement," said Catherine Petrie, one of the owners.

Belle Mount Vineyards is at 2570 Newland Road. For more information, call Belle Mount Vineyards at 333-4700, or visit www.bellemount.com

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Collecting toys for Ty's Friends

The Woman's Club of White Stone recently collected, wrapped and labeled toys for the Ty's Friends Christmas Fund. Club president Nancy Lee (right) presented the toys to Irvin Nickens. The toys will be distributed at the fund's 10th annual Christmas party December 20.

Answers on Aging

When is my father too old to drive?

While age alone is never a determining factor, and many older adults are excellent drivers, age-related changes in the body can affect the ability to drive. Many of the physical assets necessary for safe driving, good vision, hearing, flexibility and reflexes, begin to decline as one grows older.

There is not a defined age when a person should stop driving and each instance should be judged individually. Aging drivers can adopt safer driving

practices to offset some of these physical changes as time passes.

Older drivers can improve their driving by recognizing their limitations, identifying unsafe practices, and educating themselves in ways that they can continue to drive safely. There are driving safety programs offered especially for older adults.

For more information on older adults and driving, including a list of senior adult driver safety programs, visit www.seniornavigator.com.

Community foundation announces grant program

The River Counties Community Foundation will again provide \$10,000 to non-profit charities serving the counties of Lancaster, Northumberland and Middlesex in its third annual Competitive Grant Program.

The grants will generally range in size from \$1,000 to \$5,000 to area charities "to implement or continue programs that have an innovative, direct community impact and improve the quality of life for the residents of one or more of these

counties," said grant committee chairman Leland James. Requests for grants to fund physical plant will not be considered.

According to the grant guidelines, a letter of intent must be received no later than January 7 at 11 a.m. at the office of the River Counties Community Foundation at 2293 Steamboat Road in Irvington. Detailed grant program guidelines can be found at www.trccf.org, or call director Margaret Nost at 438-9414.

Kilmarnock Museum News

"Christmas in ole Kilmarnock" is the name of the current exhibition at the museum. The display features a large collection of antique toys and games from the start of the century through the 1950s.

Also on display is the new centerpiece of the museum's exhibits, Leon Rice's Soda Shoppe in miniature by Nancy Hubbard Clark. The diorama depicts the

store exactly as it was before the disastrous fire of March 1952. Rice was one of the few merchants who never rebuilt.

This display will appeal to not only former residents of that era, but to anyone interested in the history of Kilmarnock.

The museum will close December 18 for the season and will open anytime by request. Call 435-2473 or 435-0874.

Lancashire Lines

by Joan M. Foster

For Lancashire residents, December 6 began with stretches, leg lifts and other range-of-motion exercises. They later enjoyed bread pudding with rum raisin sauce.

December 7, 1941, Pearl Harbor Day, was the focus on Tuesday as Garland Canada gave his firsthand account of that tragic day. Bingo was played later in the afternoon. Florine Basker was the winner, followed closely by Thomas Hoar. The Lancashire thanks cub scouts and brownies who presented the residents with handmade decorations and walked the halls singing Christmas carols.

Rev. Hall led Bible study on Wednesday morning. Handmade penguins "came to life" later as residents created images of them during arts and crafts. The Lancashire thanks the children's ministry team which visited following dinner.

Students from the Lancaster

Middle School Choir delighted residents with Christmas carols on Thursday. Miss Marie excelled with her keyboard playing, providing Christmas carols later in the morning. Residents played bingo in the afternoon, then enjoyed pet therapy with T.J. and Susie.

Rappahannock Wing residents challenged one another in games of horse racing on Friday. A hymn sing was the highlight of the morning. The Lancashire thanks Jean Luttrell for playing piano for the event. The faithfulness of the volunteers was celebrated Friday afternoon with a reception and the presentation of poinsettias and other gifts.

Bingo was enjoyed by all on Saturday. Jones Ministries led folks in praise and worship in the afternoon. Beulah Baptist Church hosted a worship service on Sunday. The Lancashire thanks all volunteers for their commitment to the residents and for the fine activities which they provide.

A Rose by Any Other Name

by Jackie Willis

My apologies for no columns recently; I've been under the weather, but am doing better now.

I'm writing this on Monday, so by Thursday when this is published, we will have had three or four killing frosts, according to the weather man. At this point, one may feel free to put their roses to bed. The routine is as follows.

Cut the roses back to about two feet so they won't whip in winter winds, which might loosen the roots and possibly kill the plant. Remove all leaves from the roses and the area around the rose beds to prevent diseased leaves wintering over. Don't put diseased leaves in the compost pile. All canes and leaves should be bagged and taken to the dump.

I have a very protected rose garden so I don't mulch for winter protection. However, those who have unprotected gardens may want to put down three to five inches of mulch; then both gardeners and roses can rest until March. Those with questions may call me at 462-7069.

I have ordered all the roses I'll need for planting in the spring, which makes a good winter project. I also try to do some extra reading since I'm usually too busy in spring. But now, the Christmas is season is upon us and I wish each and every one of you a wonderful Christmas and New Year, and may all your roses be queens.

Woman's Club holds luncheon

On Wednesday, December 1, The Woman's Club of White Stone held its annual Christmas Pot Luck Luncheon at the clubhouse.

The program focused on how the birth of Jesus might have been seen through the eyes of three women of the Bible, Mary, Anna and the Inn Keeper's wife.

The supposed musings and thoughts of these women were portrayed by Sally Clark (Mary), Linda Coye (Anna) and Sue Donaldson (The Inn Keeper's Wife).

Guests are always welcome at the meetings; call 435-0398.

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Chesapeake Academy first-grade teacher Joan Marple (left) explains the legend of St. Lucia. (Photos by Robert Mason, Jr.)

First-grade students lead St. Lucia Day celebration

The Day of St. Lucia, December 13, is a cherished holiday in Sweden and Swedish America. The first-grade class at Chesapeake Academy last Monday observed the holiday by performing a pageant for their parents and fellow students.

Named after a young Sicilian martyr, the Lucia legend merged in the 19th century with legends from Varmland about a young woman bringing food to the starving in the mid-winter, explained teacher Joan Marple, who is Swedish.

In keeping with the tradition,

the girls made crowns with candles and described the special saffron buns they would carry to members of their family. The boys made cone-shaped hats to become "starboys" who would accompany her.

The students have been studying the geography and culture of Sweden. Last summer Marple traveled to Sweden and brought back many treasures to share with the students.

In the spirit of the legend, the students heralded the return of light to the earth and wished everyone a "God (good) Jul."

St. Margaret's announces academic achievements

Head of school Margaret R. Broad last week announced the names of students who earned the Honor and Merit Rolls for the first trimester of the 2004-05 academic year.

Students named to the Honor Roll have an average of 90 or above with no grade below a B. Michelle Burch of Burges earned the Honor Roll.

Other students named to the Honor Roll are Palmer Ware, Ligon Brooks, Chelsea Jacobs, Nozomi Yamaguchi, Jennie Lynne Leonard, Eileen Tsai, Sujin Jeon, Da Hae Lee, Aubrey Sozer, Katherine Burnett, Hope Holland, Hyun Hwa Jung, Hannah Kessler and Heather Lin.

Students named to the Merit

Roll have an average of 87 or above with no grade below a C. Catherine Chilton of Lancaster earned the Merit Roll.

Other students named to the Merit Roll are Neillee Katona, Megan Burton, Sydney Harris, Allison Ryan, Katy Saunders, Laura Gorham, Christina Beckham, Kelsey Harris, Hannah Hunt, Jessica Bailey, Elizabeth Brown, Rachel Chang, Jennifer Clark, Christine Hayward, Sade Bowen, Sally Giles, Taylor McEwen, Emily Reynolds, Brooke Shafer, Julie Tezuka, Saori Kaneko, Sara Kissel, Taylor Miller, Hannah McKee, Bukola Omotade, Praew Veeratanabutr, Gabi Price and Dany Magallanes.

Elizabeth Clark Hood Martin earns National Board Certification

Elizabeth Clark Hood Martin, the daughter of Dr. and Mrs. Eugene D. Brand of Wicomico Church, has attained National Board Certification, the highest credential in the teaching profession.

A voluntary process established by NBPTS, certification is achieved through a rigorous performance-based assessment that takes between one and three years to complete and measures what accomplished teachers and school counselors should know and be able to do.

Martin completed her project and took the examination for the National Board Certification in one year. She ranks in the top one percent of teachers in the United States. Martin is media specialist/librarian at the Westminster Catawba Presbyterian Christian school in Rock Hill, S.C.

"With teacher quality serving as the benchmark in determining a student's academic success, the National Board congratulates all teachers who went through the rigorous National Board Certification process," said former Georgia Gov. Roy E. Barnes, chair of the NBPTS board of directors. "This announcement is especially significant with more and more solid research confirming that teachers who earn this distinction represent the gold standard in teaching and are among the most effective teachers in our classrooms today."

Several recent studies confirm the effectiveness of National Board Certified Teachers.

Research by the CNA Corporation, by Arizona State University Research, by the University of Washington, and The Urban Institute have found that students of National Board Certified Teachers experienced year-end testing improvements that average 7 to 15 percent more than peers whose

teachers were not National Board Certified Teachers.

The research found also that all else being equal, teachers who had achieved National Board Certification helped their students achieve larger testing gains than did colleagues without the certification. This included the Stanford-9 Achievement Test as well as other national tests.



Shaketia L. Wilson

Wilson graduates

Shaketia L. Wilson of Lancaster graduated from Bryant Straton College in Richmond on December 8 with a 4.0 GPA and a degree in Medical Billing and Coding.

She is a member of the Medical Association of Billers.

Wilson is a 2000 graduate of Lancaster High School. She is the daughter of Blanche M. Thompson of Lancaster and Clinton L. Wilson Sr. of Sandy Point. She is the granddaughter of Ferrell Palmer Jr. of Browns Store and the late Classie Mae Palmer and Marshall and Georginna Wilson of Sandy Point.

Wilson is employed at MCV-VCU Medical Center in Richmond.



Garden club supports trip

The Kilmarnock Garden Club recently contributed \$500 to the Lancaster High School Marching Band trip to London. From left are Midge Speight, band director Robbie Spiers, president Sue Woodard, Genny Chase, Peggy Wilson and Page Carlson.

School Menu

Following are next week's breakfast and lunch menu in Lancaster County. Choose 1 entree for breakfast, one entree and two sides for lunch. Peanut butter and jelly or yogurt can be substituted for an entree only. Chilled milk is served with each meal.

LANCASTER
Monday, December 20:
 Chicken Biscuit or Cereal & toast
 Apple juice
 Hot dog on bun or Chicken quesadilla w/salsa
 Potato wedges
 Golden Corn
 Mixed fruit
 Fresh fruit
Tuesday, December 21:
 French toast w/syrup or Cereal & toast
 Grape juice
 Chicken nuggets w/ roll or Ham w/cheese sandwich
 Mashed potatoes
 Green beans
 Spiced peaches
 Fresh fruit
Wednesday, December 22:
 Scrambled eggs & toast or Cereal & toast
 Apple juice
 Pepperoni pizza or cheese pizza
 Garden salad
 Green beans
 Spiced applesauce
 Fresh fruit

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Darryl Doggett Jr. (left) and fellow scouts landscape the grounds at Lancaster County Jail.

Doggett plans dinner to fund Eagle project

Eagle Scout Candidate Darryl Doggett Jr. and fellow members of Boy Scout Troop 222 in Lively recently landscaped the Lancaster County Jail for Doggett's Eagle project.

The project was approved by Doggett's Scoutmaster Steve Pittman, the troop committee and a Northern Neck Eagle Board of Review representative Tom Reade. Landscaping materials, including the plants, were supplied by Bill Bonnell of Green Point Nursery in

Kilmarnock. To fund the project, Doggett has organized a spaghetti dinner at Queen Esther Baptist Church on Route 354 in Mollusk on Saturday, December 18, from 3 to 6 p.m. Donations are requested. Checks should be made payable to Darryl S. Doggett Jr. with a notation for the Eagle Scout project.

Those who cannot attend may support the project by sending a check to Darryl S. Doggett Jr. at P.O. Box 60, Mollusk, VA 22517.

Writing contest seeks submissions from youth

The Virginia Outdoor Writers Association Inc. recently announced rules for its 2004 youth writing contest. Visit www.vowaw.org for details.

The contest is open to students in grades 9 through 12. The theme is "What I learned about myself from a memorable outdoors experience." The organization encourages submissions from any Virginia student

active in outdoor pursuits or clubs.

The deadline for all post-marked or electronically submitted entries is January 14. Prizes from sponsoring businesses will be awarded to first-, second-, and third-place winners.

Questions about the contest can be directed to Sally Mills at mills@vims.edu, or during business hours at 684-7167.

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Christchurch School posts Headmaster's, Dean's lists

Christchurch School headmaster John Byers and academic dean Neal Keese last week announced the Headmaster's and Dean's lists for the second marking period of the 2004-05 school year.

Named to the Headmaster's List with a GPA of 3.5 or better are Young Hoon An, Lee Ernest, Anne Arnston, Anh Bui, Tyler Chambers, Sam Chang, Connor Charlton, Julian Cornwell, Jess Crabill, Clay Dingle-dine, Ben Eberline, Larkin Epstein, Dryden Epstein, Courtney Faudree, Jordan Hardin, Franz Haertel, Molley Hardin, Michael Harris, Spencer Helsel, Scott Heyman, Ryan Holbrook, Neil Hung, Chad Jensen, Evelyn Jessie, Kyle Jones, Hyun-Soo Kim, Sang Ho Kim, Kyeonghee Kim and Angela Lewis.

Also named to the Headmaster's List are Ryan Lewis, Gwan Lim, John Lin, Peyton Longest, Meredith Martin, Scott Meyers, Justin Miller, Sangyup Oh, Tripp Person, Madeleine Przybyl, Kelsey Robusto, Jack Roebuck, Luke Saunders, Caroline Selby, Jessie Shields, Je Youn Song, Trey Stillman, Ann Thomasson, Jon Walker, Robby Walker, James Wall, Arielle Wildt, Nathan Wildt, Janie Wil-

liams, Andrew Wilton and Sae Won Yoon.

Named to the Dean's List with a GPA from 3.0 to 3.499 are Matt Auer, Ann-Gordon Bennett, Samantha Bigg, Alana Bigg, Brent Bullard, Sung Jin Cho, Landon Clark, Pedro Corniel, Jeanne Courtney, Mack Cowan, Frank Everest, Lindsey Faulkner, Matthew Fluhr, Woodruff Hales, Taylor Harris, Khouri Howard, Martin Huff, David James, Charles Johnson, Tyler Jones, Charles Jumet, Yong Hwi Kim, Geoff Koslow, Jeremy Koslow, Andy Lee, Corey Lewis, Alexandra Longest and Colin McGuirk.

Also named to the Dean's List are Megan McNeal, Travis Meyers, Jake Michael, Hyung Joon Nam, Foster Nost, Michael O'Shaughnessy, Lynn Pettyjohn, Garrett Pinder, Mason Powell, Li Prillaman, Cori Radtke, Julio Ravelo, Clark Russell, Grace Schroeder, Eric Shepherd, Carlo Sinagra, Jae-Yun Song, Cole Sullivan, Cody Tinsley, Chelsea Trotter, Katharine Vail, Myles Vaillancourt, Melvin Ward, Austin West, Jay West, Lee Wheelwright, T. Whittaker, Tavon Wiggins, Courtney Williams, John Williford and Winfield Willis.

The Rappahannock Record

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Audrey Sullivan, RN, trains RCC nursing students at Mary Washington Hospital in Fredericksburg. From left are Sullivan, Amanda Schwarting, Rashaun Yerby, Eric Ward, Suzanne Reiser, Alison Bishop, Tiara Jones and Erin Jenkins.

Foundation expands support for RCC nursing instruction

Demonstrating the success of its association with Rappahannock Community College, The Mary Washington Hospital Foundation recently upgraded its grant to provide for an instructor to teach Rappahannock Community College students at the Mary Washington Hospital facility in Fredericksburg. The grant was increased from \$10,000 to over \$11,000.

"We're quite pleased with the outcome of our partnership with RCC," said foundation president Xavier Richardson. "RCC has been an excellent supplier of skilled nurses for Mary Washington Hospital, and we are pleased as well to be able to join forces with RCC to address nursing vacancies statewide."

He, Mary Washington Hospital chief nursing officer Shirley Gibson and RCC nursing programs coordinator Catherine

Courtney were the prime movers in the process of putting together the original foundation grant. The object was to make it easier for RCC students to achieve a smooth transition from nursing student to working RN. It was their hope, they said, that many of these students would choose to establish their professional careers at the hospital.

"The Mary Washington Hospital program gives RCC nursing students experience which enables them to excel—experience which can only be gained in a large hospital such as Mary Washington's 410-bed facility," said Courtney.

"The benefit of well-trained registered nurses is immediate to the community that supports this education at RCC," said RCC president Dr. Elizabeth Crowther.

Gouldin earns nomination to West Point

U.S. Sen. George Allen last week announced the names of students who have been nominated to attend United States Service Academies from Virginia.

"I am honored to have the privilege to nominate these students to our nation's Service Academies," said Sen. Allen. "These fine young men and women are the very best of Virginia and I am confident that they will represent our Commonwealth and nation well."

Walton Gouldin of Warsaw has been nominated to the U.S. Military Academy. Gouldin attends Rappahannock High School where he is a member of the varsity football and track teams. In addition, Gouldin is the Virginia State BETA Club vice president and a Boys State delegate. He is the son of Richard and Susan Gouldin.

Every year, Senator Allen can nominate up to 10 students to each Service Academy, with the exception of the Coast Guard Academy which does not require a congressional nomination for appointment.



Chewing graduates

Ebony B. Chewing graduated December 11 from Virginia Commonwealth University in Richmond with a bachelor's in human resources management and industrial relations. She plans to pursue a master's of business administration with a concentration in human resources management at Strayer University in Newport News. Chewing is the daughter of Edward B. Chewing Jr. of Houston, Texas, and Jackie S. Chewing of White Stone.



Exemplifying integrity

Lancaster Primary School PTA's November Breakfast with the Principal was held for students who exemplified integrity. From left are (front row) Deshay Smith, Sophie Headley, DeNesha Maiden, Quincy Waddy, James Coleman, William Clark; (next row) Da'Kwain Veney, Hanna Gordon, Nia Curry, Stephanie Armstrong, Mary Frere, Shykeila Brown; (next row) Stephen Nicholson, Samantha Woodcock; Ellie Hyde, Mary Kathryn Haydon, Jakeis Smith, Reva Hudson; (next row) Collin Fauntleroy, Alesha Ball, Steven Cox Jr., Tyler Martin, Drew Smith and Abby Nelson.



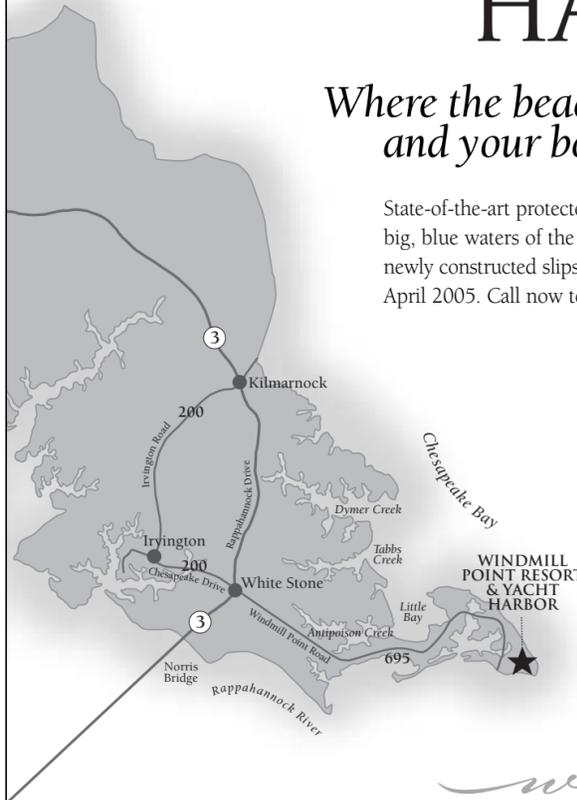
From left are (front row) DaVante Stewart, Jonathan Towles, Caroline Merryman, Alexis Smith, Sean Jones, Dominique Taylor; (next row) Quintasia Graham, Kyle Bennett, Emily Lux, Taylor Woolard, Noah Hook, T'Kala Brown; (next row) Brittany Ashburn, Tyquan Brown, Katherine Keyser, Kaliq Noel, Carlee Broadus, Justin Lewis; (next row) Tiffany Ross, Joshua Moore, Kenosha Stewart, Chelsea Alldredge, Bridell Carter; (next row) principal Merle Stables.



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Nat Burrell, shucking oysters at the Irvington Packing House in the 1960s. Burrell was said to be so fast that "he could keep an oyster in the air at all times." (Photo courtesy of Harman Treakle, Sr.)

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The Foundation for Virginia issues report on core services

RICHMOND—At a recent forum in Richmond, The Foundation for Virginia released its "Report to Virginians—The State of Our Core Services."

In addition to the published report, a detailed briefing was provided on each core service including K-12 education, the environment, health care, higher education, public safety and transportation. Leaders in each of the core services addressed the impact of investments approved by the 2004 Session of the Virginia General Assembly.

Gov. Mark R. Warner, Sen. John Chichester and Del. Vince Callahan spoke after the briefing. Attending the forum were legislators and citizens who are active in each core service. The Virginia Chamber of Commerce and the Virginia Business Council cooperated with the Foundation for Virginia in sponsoring the forum.

"The Foundation for Virginia's goal is to educate citizens on the importance of investing in Virginia's core government services," said chairman Paul S. Triple Jr. "We are honored that these groups have come together in a show of solidarity. I have no doubt their report will provide a comprehensive blue print for the current and future investments needed by state government to ensure a strong future for our Commonwealth."

Triple is president of Christopher Newport University.

K-12 education

Princess Moss, an elementary school teacher in Louisa County for 20 years and president of the Virginia Education Association, provided a briefing on K-12 education.

She reinforced the findings contained in the report, noting that the 2004 investments in education have yielded important results such as 17,000 new children in preschool programs; innovative teacher mentoring programs; and Project Graduation to help students pass the Standards of Learning.

Environment

Roy Hoagland, vice president for environmental protection and restoration for the Chesapeake Bay Foundation, and Michael Lipford, Virginia executive director for The Nature Conservancy addressed natural resources.

The report explains how the 2004 investments made by the governor and the legislature represent the first new investment in environmental protection in many years. Highlights are \$30 million for improving water quality and \$5 million for land conservation.

Health Care

Lauren Sartoris, president of the Virginia Hospital and Healthcare Association, addressed

health care.

Sartoris provided several recent examples of how important the 2004 investments in health care are to infants, children and senior citizens.

Five small rural hospitals in Virginia had closed their obstetrical services and the declining availability of obstetricians increasingly posed serious threats to healthy childbirth for hundreds of new mothers and babies in the Shenandoah Valley.

The investment in health care made by the people of Virginia through increased Medicaid reimbursements has begun to help keep obstetrical care available to the new mothers who need it most, she said.

Higher Education

Dr. Charles Steger, president of Virginia Tech, spoke on higher education.

The legislature restored appropriations by \$252 million over two years for higher education. The report lists numerous ways the investment is being realized in college classrooms throughout the Commonwealth.

Five hundred full-time faculty, a large number of part-time instructors and 1,500 course sections are being restored. Class sizes and overcrowding have been eased, and students are finding it easier to enroll in the courses their futures require.

Public Safety

Fairfax County fire chief Michael Neuhard and Fluvanna Sheriff Ryan Washington, a member of the board of directors for the Virginia Sheriffs Association, outlined improvements to public safety resulting from the 2004 budget appropriations.

Although \$7 million was cut from the Fire Programs Fund over the past several years, critical equipment and training expenditures are now possible for Virginia's first responders.

The two new prisons authorized in the budget will help relieve overcrowding in local jails. The new funds provide long overdue salary increases for state troopers and deputy sheriffs.

Transportation

James Dunn, president and chief executive officer of the Greater Richmond Chamber of Commerce, emphasized that transportation is the only core service not to benefit from legislative action in 2004.

He underscored findings in the report that transportation needs will only further deteriorate and become more expensive unless action is taken to address critical transportation issues.

"Unfortunately, I have nothing positive to report to you about the 2004 Session because there were no positive developments for transportation," said Dunn.

Santa to bring additional police presence

RICHMOND—Since 1981, every president of the U.S. has confirmed his commitment to preventing impaired driving by proclaiming December "National Drunk and Drugged Driving Prevention (3-D) Month."

Just as steadfast in its support for the annual 3-D Month campaign is the Virginia State Police, which will have troopers patrolling extra vigilantly for those driving while impaired by alcohol or drugs this holiday season.

"With Christmas and New Year's Day both falling on Saturdays this year, we are anticipating record volumes of holiday travelers and revelers," said Superintendent Col. W. Steve Flaherty. "Therefore, it is especially imperative that no one gets behind the wheel of a car while under the influence of alcohol or drugs. Let's end 2004 by making December our safest month yet in Virginia."

During 2003, a total of 361 lives were lost and 7,819 individuals were injured in alcohol-related crashes on Virginia roadways.

"The increased patrols our troopers provide during holiday periods are of immense benefit to the public's safety," said Col. Flaherty. "With everyone's help, we can put a stop to fatalities and personal injuries caused by drunk or drugged driving."

Throughout December, troopers will also promote responsible holiday celebrations through the "None for the Road" educational campaign. On December 10, Virginia State Police joined forces with law enforcement agencies from Virginia, Delaware, Maryland, Pennsylvania, West Virginia and the District of Columbia to kick off the Checkpoint Strikeforce holiday campaign. Every week through January 3, State Police and local law enforcement officials will conduct sobriety checkpoints on designated roadways.

Also as part of the 3-D Month campaign, the International Association of Chiefs of Police and Operation C.A.R.E. (Combined Accident Reduction Effort) are designating the weekend immediately prior to the Christmas holiday as National Holiday Lifesaver Weekend. This time period was chosen because traditionally, the holiday season is a time of increased travel and alcohol consumption. Beginning Friday,

December 17, through Sunday, December 19, State Police and local law enforcement will be maximizing efforts on problem roads during times when collisions are most likely to occur.

"These various safety initiatives are extremely valuable this time of the year because they focus on

the serious dangers of driving both drunk and/or drugged," said Col. Flaherty. "Even one drink is too many when it comes to operating a motor vehicle. The only way to ensure your safety and everyone else's is to serve as a designated driver, take a taxi or stay put for the night."

Police . . . (continued from page B1)

Northumberland County Sheriff Wayne Middleton reported 13 arrests last week.

Amy Michelle Jones, 25, of Kilmarnock was charged December 4 with failure to appear in the Circuit Court.

Robert C. Boyle, 71, of Callao was charged December 6 with a probation violation in the Circuit Court.

Dayton Martices Waddy, 24, of Lancaster was charged December 7 with conspiracy to distribute cocaine and distribution of cocaine.

Bernard Orlando Howard, 41, of Heathsville was charged December 9 with possession of crack cocaine and felony cruelty to children.

Richard Walters, 34, of Lancaster was charged December 9 with a probation violation in the Circuit Court.

A Warsaw man, 42, was charged December 2 with writing a bad check for \$24.16 to a Heathsville area business.

Misdemeanors

A Lewisetta man, 47, was charged December 6 with driving under the influence of alcohol.

A Heathsville woman, 40, was charged December 8 with contributing to the delinquency of a minor.

A Heathsville man, 49, was charged December 6 with appearing in public in an intoxicated condition.

A 14-year-old Heathsville juvenile was charged December 10 with violation of a court order.

A Heathsville man, 39, was charged December 10 with writing a bad check for \$100 to a Callao area business.

A Callao woman, 25, was charged December 11 on a Richmond County warrant with the larceny of gasoline valued at less than \$200



A 14-year-old female Hispanic juvenile was reported missing from the Callao area. She is 5 feet 4 inches tall, weighs 115 pounds, and has brown eyes and hair.

It is believed that she has left the area voluntarily with a 32-year old Hispanic male, who has misdemeanor charges of contributing to the delinquency of a minor pending in relation to this case.

Report any information involving this case, to the Northumberland County CrimeSolvers at 580-8477.

from a Haynesville area business. A Heathsville man, 44, was charged December 12 with writing bad checks for \$50 and \$56.83 to a Wicomico Church area business.

A Wicomico Church man, 27, was charged December 12 with driving under the influence of alcohol, driving while having a suspended license and reckless driving.

The sheriff's staff also responded to reports of:

- the larceny of a property sign in the Burgess area. The estimated value of the sign is \$20.
- the larceny of a vehicle from a residence in the Callao area. Taken was a red 1993 Ford Explorer valued at \$3,500.
- a break-in at a part-time Callao area residence. Reported missing were \$3 to \$4 in quarters.

Governor proposes \$824 million transportation program

RICHMOND—Gov. Mark R. Warner last week proposed the Transportation Partnership Act of 2005, which would provide \$824 million in new funding to jump-start public-private partnerships, promote greater use of rail and transit, encourage local oversight of road projects and eliminate deficits on completed projects in Virginia's six-year transit program.

Eighty percent of the new reve-

nues would come from one-time funding sources: \$374 million is a proposed repayment from the General Fund to the Transportation Trust Fund, and the remaining \$450 million would come from additional state and federal transportation revenues that Virginia will receive in the current budget cycle.

"Today I am pleased to announce the next step in our continuing efforts to reform VDOT

and strengthen transportation in Virginia," Gov. Warner said. "This plan will improve the quality of our citizens' lives, ease traffic congestion, and help sustain Virginia's rebounding economy."

If approved by the General Assembly and signed by the governor as proposed:

- \$256.4 million would be used to end deficit financing within the transportation program
- \$147 million would be used

for transportation projects

- \$140 million would be used to promote public-private partnerships
- \$23 million would be used to create rail partnerships
- \$80 million would be used to strengthen local partnerships
- \$80 million would be used to invest in transit partnerships
- \$97.4 million would be used to maintain bridges and highways

(continued from page B1)

▼ Lancaster school board meets . . .

\$45,932, said Parks.

The school board reduced the number of full-time positions in food service from 18 to 15 prior to the start of the school year to make the department more financially self-sufficient.

"It's been really hard, but we're able to get the job done," said Parks.

Latimore said a state review of the food service department was recently conducted and the department was found to be operating efficiently. He also noted

that the bonus incentive for food service employees remains intact if the department continues to operate profitably.

"It appears it is really making a profit even though we don't have the historical data to compare it to last year," said Latimore.

Other reports

Latimore reported that Lancaster Middle School has achieved full accreditation status from the Virginia Department

of Education for the 2004-05 school year based upon recalculated Standards of Learning scores.

In a letter from state superintendent Jo Lynne DeMary, the school division was officially informed that the middle school's English SOL scores were recalculated using scores from both the fifth and the eighth grade rather than only the eighth-grade scores, which had kept the school from full accreditation.

Lancaster had requested a

review of the scores since fifth-graders and eighth-graders are housed at the same school. As a result, full accreditation was achieved at the building level.

Middle school principal Craig Kauffman reported that the middle school is coordinating the district PTA "Reflections" contest involving creative writing and art entries for 18 area school divisions. A ceremony will be held January 9 at 1 p.m. in the middle school theater. The theme is "A Different Kind of Hero."

(continued from page B1)

▼ Rescue squads seek volunteers . . .

implement a recruiting program. Their goal is to recruit at least five new members per squad per year, with at least three members per squad per year going on to become EMS certified.

By consensus, the board agreed to seek someone among county employees or the community who would be willing to coordinate a recruiting program.

"If we meet this goal, the manpower requirements of all squads will be met and the emergency medical needs of our citizens will be served," Shepard said.

"Over time, Callao would be able to handle its weekday call volume, the strain on Mid-County would be alleviated and Northumberland would be able to assign an ambulance to serve the southern part of the county, ending the situation whereby citizens living in that part of the county have to pay for services (through Kilmarnock) that are provided at no charge elsewhere in Northumberland. In this latter regard, we have the equipment necessary to serve southern Northumberland County, but we do not have the trained volunteers in that area."

Shepard is one of the newer volunteers in Northumberland. Prior to moving to the Northern

Neck from Fairfax County, where he was the chief financial officer for a government organization, he rarely volunteered save for his sons' soccer teams.

Shepard became interested in first aid several years ago when a guest collapsed at a family wedding.

"I decided I never wanted to be in a situation again where somebody needed help and I wasn't knowledgeable enough to do something about it," he said.

When Shepard and his wife moved to the Ophelia area in 1996 he began volunteering for Northumberland.

"I have never gotten more satisfaction out of anything I have ever done," he said. "Every member of the rescue squad has saved a life and usually many lives. When you know you are directly responsible for somebody being able to live, nothing beats that."

The rescue squads are seeking more volunteers like Shepard, caring people with time to give. Rescue squad volunteers don't need to have any previous medical experience. They need to be self-disciplined, interested in learning and have supportive families. Those with organizational talents, leadership skills

and problem-solving abilities will thrive in the field.

"There is nothing special about those of us who are members," Shepard said. "For people who had careers like mine in the city, it's nice to finally see the product of your efforts."

Members are assigned to a team of three or four people and given a 12-hour night shift to cover once a week. That team is responsible for answering any calls that come in during the night. Available rescue team members take daytime calls on an as-needed basis. Having assigned shifts helps the volunteers by giving their lives some order.

New members are sent to an eight-hour Health Care Provider CPR training course and start by riding along on calls until they pass their ambulance drivers test. The training for the Emergency Vehicle Operators Certificate requires several days of classes with a written test and practical exam at the end.

After spending at least one year as a driver, volunteers can decide to earn their basic Emergency Medical Technician (EMT) certification, which requires 111 hours of classroom time and 10 hours of field experience. Above that, rescuers can earn their

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