Rappahannock Record

Thursday, November 22, 2006 • Kilmarnock, Virginia • Ninetieth Year • Number 8 • Three Sections • 50¢

LPS kindergartener Joseph Gardener (right) gives a placemat to Virginia Pittman, a resident of the Lancashire Convalescent and Rehabilitation Center.

Shampane Redmond and Mears Pollard make turkey placemats during art class. Some 108 placemats were made by the kindergarten students for the residents of the Lancashire.

LPS students make and share holiday placemats

by Lisa Hinton-Valdrighi

Thanksgiving typically begins a month-long season of giving, and for that reason Lancaster Primary School kindergarteners shared their art with their elders last week.

With a touch of love, the 5- and 6-year-olds made turkey placemats during their art classes for pre-Thanksgiving delivery to the Lancashire Convalescent and Rehabilitation Center in Kilmarnock.

"We did it for the old people to make them happy," said Madison Davis, one of a handful of students who visited the center to deliver the placemats last Wednesday.

If the residents don't want to use them as placemats, she said, "they can just hang them on the wall and look at them."

LPS art teacher Mary Grafton Yagel helped the students make placemats, while kindergarten teacher Martha Crittenden spearheaded the project and chaperoned the delivery.

Ymm, turkey flavored with pizza! Kindergartners share their recipes

by Lisa Hinton-Valdrighi

Even the youngest of cooks knows a Thanksgiving feast is only as good as the bird that is its centerpiece.

While the trimmings — the stuffing and candied yams, the mashed potatoes and pumpkin pie — are all important, it's the traditional turkey that sets the annual fall gathering apart from other family dinners.

To find out how some novice chefs and veteran turkey eaters prepare their main dishes for the holiday, we asked a sampling of 5- and 6-year-old kindergartners from Lancaster Primary School how to cook a turkey.

Here are some of the responses:

• "First, you get a turkey from the forest. Then you shoot it. Then you bring it into the house and put it in the oven on 45 degrees and cook it for 10 minutes. Then you cut it and eat it." —Emily Weddle

• "First you get the turkey from Food Lion. Then put it in a pan with salt, pepper and pizza. Put it in the oven for 50 hours on 22 HOT. Take it out of the oven and eat it." — Nija Hunter.

• "You get the turkey from Wal-Mart. Put pepper on it. Put it in the oven on 2 degrees for 30 hours. Take it out and eat it." —Tae-Shawn Veney

• "Get a turkey from the farm. Shoot the turkey. Take all the meat and the feathers off, then send it to the supermarket and they cook it." —Joey Hoffman

• "First you go hunting for it. Then clean it. Then put it on the stove for 10 minutes." —Lakia Woodson

• "Get a turkey from the woods. Put in the oven for 5 minutes on 100 degrees." —Brooke Spring

• "First, the turkey is cold so you warm it up. Then you put it on the oven for 8 hours." —Cintasia Jackson

• "Pluck the feathers. Put some oil on it then cook it." —Joseph Gardner

• "Put it on a pan then put it in the oven and cook it 5 hours on 4 degrees." —Kaylee Sheets

• "You take the turkey out and put chicken sauce on it. Then you put it in the oven on 45 degrees. Then you eat it." —Abrianna Lowery

•"You get the turkey from the store. Put some salt on it. Cook in the oven for 2 days on 26 degrees. Take it out of the oven and eat it all. Then I wash my hands." —Asiph Frazier

• "Get a turkey from the woods. Cook it on the grill for 3 minutes. Put salt and pepper on it. Take it off the grill and eat it." —Hunter Cutting

Lancaster planners hear road concerns

by Audrey Thomasson

LANCASTER—When it comes to imposing standards for private roads and increasing setbacks on highways, developers were unanimous in the opinion that "one size does not fit all."

About three dozen people attended two public hearings of the Lancaster planning commission last Thursday, many of them builders and developers.

The first hearing addressed the county's proposal that all subdivision streets be built to Virginia Department of Transportation (VDOT) standards, although neither VDOT nor the county will maintain the streets. VDOT standards would mean every subdivision planned for over five homes would have to be built with a 50-foot wide easement including an 18-foot wide roadway and four-foot gravel shoulders.

Commission chairman David Jones said the requirement "is to ensure that all roads come up to a level of quality" and to allow enough width for emergency vehicles to turn around. Driving the proposal, Jones said, is the large number of complaints the county has received from residents about the poor quality of some subdivision roads.

Commissioners indicated they will have to work out how to enforce the standards, but sug-

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Northumberland County officials release meeting minutes; details lacking

by Reid Pierce Armstrong

HEATHSVILLE—Following a request for disclosure from the Rappahannock Record last week, Northumberland County officials have released the draft minutes from a meeting that went into closed session November 9.

The minutes reveal more about the purpose of the meeting but provide no details concerning action taken by the board following the closed session.

According to the minutes of the Northumberland County Board of Supervisors, the closed session was held to talk with architect Doug Westmoreland about design and materials for a new combined middle and high school. The board cited an exemption in the Virginia Freedom of Information Act (FOIA) that deals with contract negotiations as the reason for holding a closed session.

Four of the five supervisors along with two school board members, the county administrator and the superintendent of schools took part in the discussion. The details of their conver-

(continued on page A15)

Record office closed for Thanksgiving holiday

The Rappahannock Record office will be closed Thursday, November 23, and Friday, November 24, for the Thanksgiving holiday.

The regular deadline schedule resumes next week. The deadline for display advertising is 5 p.m. on Mondays; the deadline for classified advertising is noon on Tuesdays; the deadline for news with photos and for calendar listings is 11 a.m. on Tuesdays; and the deadline for all other news is 2 p.m. on Tuesdays.

By email, news items may be submitted at any time to editor@rrecord.com and advertisements may be sent to mail@rrecord.com.

Items also may be sent by fax to 804-435-2632, by mail to P.O. Box 400, Kilmarnock, VA 22482, or dropped through the slot in the front door at 27 North Main Street in Kilmarnock.

Letters to Santa are due by December 13

The Rappahannock Record will publish letters to Santa in the December 21 issue.

Letters must be in the Record office by Wednesday, December 13, in order to appear in the special section. If letters are written as a class project, teachers are urged to submit them by December 6.

Letters should be written with a dark pencil or ink and include the child's name, age and hometown. Parents, teachers and others are asked to make certain the letters are legible. Teachers are reminded to include their first and last names with the class submission.

The Rappahannock Record mailing address is P.O. Box 400, Kilmarnock, VA 22482. Letters also may be faxed to 435-2632, emailed to mail@rrecord.com, or dropped through the front door slot at 27 North Main Street in Kilmarnock.

The December 21 issue also includes holiday greetings from area merchants and others. The deadline for these advertising messages also is December 13.

A bottle of Wasmund's Single Malt Whisky rests in a bucket of Thoroughbred barley.

Alternative agriculture: Local farmers raising barley for new whiskey

by Lisa Hinton-Valdrighi

This is the first installment of a two-part series on the production of a single malt whisky from locally grown barley. In part two, we'll take a tour of the distillery.

CLARAVILLE—The constant hum of an engine and the sound of corn pinging off metal like sleet on a tin roof muffled Billy Dawson's voice. He was high in the air, changing a filter on his mill.

During an age of quick fixes and multi-tasking, Dawson is taking his time.

"This is a lot of work, something a lot of farmers don't want to fool with," said Dawson, a Northumberland farmer whose time-consuming and tedious work is helping to produce a new brand of Virginia whisky.

Wasmund's Single Malt Whisky is a direct product of Dawson's labor.

Naturally flavored and colored with toasted applewood, cherrywood and oak, Wasmund's is distilled in Sperryville by Copper Fox Distillery.

Rick Wasmund was in search of a farmer to grow a special brand of barley — Thoroughbred barley — for his whisky about two years ago when the Virginia

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Billy Dawson (above) changes the filter on his mill in Claraville. Mason Brent (right) fills a bag of whole kernel corn for shipping.

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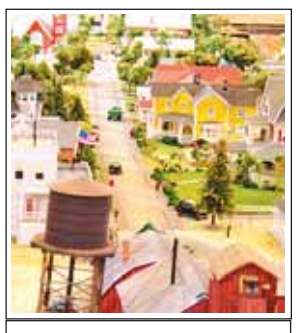

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November

22 Wednesday

The Kiwanis Club meets at 7:30 a.m. at St. Andrews Presbyterian Church in Kilmarnock.
The Rotary Club for Kilmarnock, Irvington and White Stone meets at 12:30 p.m. at Rappahannock Westminster-Canterbury.
The Northern Neck Bay Tones meet at 2:30 p.m. at St. Andrews Presbyterian Church in Kilmarnock. 438-5127.
The RFM Quilters meet at 9:30 a.m. at Reedville Fishermen's Museum. 453-6529.
The Lancaster Lions Club will meet at 6:30 p.m. at Rose's Crab House in Kilmarnock.
A Yard Sale will be held by the Bethel-Emmanuel United Methodist Men's group at their warehouse on Route 201 near Lively from 3 to 6 p.m.

23 Thursday Thanksgiving

The RFM Modelers meet at 10 a.m. at Reedville Fishermen's Museum. 453-6529.
Al-ANON meets at 8 p.m. at Palmer Hall in Kilmarnock.
Al-ANON meets at 7 p.m. at Riverside Warsaw Medical Arts building in Warsaw.
The Seventh Annual Turkey Trot And Animal Food Drive will begin at 8 a.m. at the Irvington Commons. Races include a two-mile run at 9 a.m., a five-mile run at 9:45 a.m. and a 100-yard tot trot at 10:45 a.m. Awards at 11:30 a.m. $18 per race, plus a bag of dry dog or cat food. Register in advance at the Irvington Town Office or race day at the Chesapeake Bank in Irvington at 8 a.m.

24 Friday

Bingo is played at the Upper Lancaster Ruritan Center in Lively at 7 p.m.
Alice Hershiser plays the piano from 7 to 9 p.m. at The Blue Heron Pub and Grill in Kilmarnock.

Library book sale is next weekend

The fall book sale at Lancaster Community Library will be Thursday, November 30, and Friday, December 1, from 9 a.m. to 6 p.m. and Saturday, December 2, from 9 a.m. to noon. The sale will feature a selection of books at low prices. Call 435-1729 for details.

24 Friday

An Open House and Barrel Tasting featuring the 2005 Cabernet Sauvignon/Merlot Blend will be held at Athena Vineyards near Glebe Point.

25 Saturday

Alice Hershiser plays the piano from 7 to 9 p.m. at The Blue Heron Pub and Grill in Kilmarnock.
An Open House and Barrel Tasting featuring the 2005 Cabernet Sauvignon/Merlot Blend will be held at Athena Vineyards near Glebe Point. Alice Hershiser will entertain from 2 to 5 p.m.
A Gospel Show With Michelle Thacker will be featured at Donk's Theater on Route 198 in Mathews at 8 p.m. 725-7760.

26 Sunday

The Widowed Persons Service for Lancaster and Northumberland counties holds its lunch brunch at The Tavern in Heathsville immediately following church services.

26 Sunday

Dinner at Seven will meet for brunch at 1 p.m. November 26 at Rose's in Kilmarnock. Respond to David at nblade10@yahoo.com, or 436-2026, or Judi at 462-5430.
An Open House and Barrel Tasting featuring the 2005 Cabernet Sauvignon/Merlot Blend will be held at Athena Vineyards near Glebe Point.

27 Monday

The Historyland Community Workshop volunteer craft group meets at the Lancaster Woman's Club from 10 a.m. to 2 p.m. Brown bag lunch. Guests welcome.
The First-Place Weight-Loss Class meets at 6:45 p.m. at the White Stone Church of the Nazarene at 57 Whisk Drive. 435-5701.
Open Mike Night is from 7 to 9 p.m. at the Gables Coffee and Ice Cream Shop on Main Street in Reedville.
Duplicate Bridge will be played at 1 p.m. at the Woman's Club of White Stone. Men, women and newcomers, are invited. No reservations needed. 462-7605.
Party Bridge is featured at 11:30 a.m. at the Northumberland Woman's Club in Lottsburg. Bring a sandwich. Side dishes, dessert and beverages provided. $5. For reservations, call 580-8205.

28 Tuesday

The Kilmarnock & District Pipe Band rehearses at 7:15 p.m. at Campbell Memorial Presbyterian Church in Weems. 462-7125.
Al-ANON meets at 8 p.m. at Kilmarnock United Methodist Church.

28 Tuesday

The Virginia Marine Resources Commission will meet at 9:30 a.m. at the VMRC headquarters at 2600 Washington Avenue in Newport News. Habitat permit applications are considered during the morning session, followed by fisheries items. Hearings are set at noon.
Bridge will be played at 1 p.m. at Rappahannock Westminster-Canterbury.
Books Alive will meet at 7 p.m. at the Northumberland Public Library in Heathsville.
The Lancaster School Board will hold a public meeting at 6 p.m. in the Lancaster County Middle School Theater in Kilmarnock to learn what qualities and strengths the community desires in a new superintendent of schools.

29 Wednesday

The Rotary Breakfast Club meets at 7:30 a.m. at Lee's Restaurant in Kilmarnock.
The Kiwanis Club meets at 7:30 a.m. at St. Andrews Presbyterian Church in Kilmarnock.
The Rotary Club for Kilmarnock, Irvington and White Stone meets at 12:30 p.m. at Rappahannock Westminster-Canterbury.
The Northern Neck Bay Tones meet at 2:30 p.m. at St. Andrews Presbyterian Church in Kilmarnock. 438-5127.
The RFM Quilters meet at 9:30 a.m. at Reedville Fishermen's Museum. 453-6529.
Del. Rob Wittman will meet with folks at the courts building at 39 Judicial Place in Heathsville at 7 p.m.

30 Thursday

The RFM Modelers meet at 10 a.m. at the Reedville Fishermen's Museum. 453-6529.
Al-ANON meets at 8 p.m. at Palmer Hall in Kilmarnock.
Al-ANON meets at 7 p.m. at Riverside Warsaw Medical Arts building in Warsaw.
The RFM Modelers meet at 10 a.m. at Reedville Fishermen's Museum. 453-6529.

(continued on page A3)

LET'S EAT!

Your guide to the most delicious food & tastiest treats in the Northern Neck and Middle Peninsula.

THE BLUE HERON PUB & GRILL: 37 N. Main Street, Kilmarnock. Casual dining with a diverse menu. Full bar with an excellent selection of specialty draft and bottled beers and extensive wine list. Open for lunch and dinner from 11am-10pm, Tuesday-Saturday. 804-435-7005.

BUENOS NACHOS MEXICAN GRILL: Delicious Mexican fare in an exciting atmosphere. Outdoor seating available. Join us for Sunday Brunch 11am-8pm. Open 7 days a week. Mon-Thurs 11am-8:30pm, Fri-Sat 11am-9pm. 45 S. Main St. Kilmarnock. 435-6262.

CONRAD'S UPPER DECK RESTAURANT & MARINA: Featuring fresh local seafood in an inviting atmosphere. Expanded hours: Wed. & Thurs. 5-8pm, Friday 5-10pm, Sat. 11am-10pm, Sunday Brunch 11am-2pm, lunch & dinner 2pm-8pm. All you can eat hard shell crabs, crab legs and shrimp. Wed.-Sun. Welcoming our new Chef, Cedrick Sanders, formally of the Tides Inn. On/Off site catering, now booking for Christmas banquets. Mollusk 462-7400.

DIXIE DELI: Family owned and operated (forever!) Serving lunch 5 days a week, Mon-Fri., 10:30-3:00, Subs, soup, our famous potato & chicken salad and sandwiches, 50 Irvington Rd., Kilmarnock 435-6745.

FADED GLORY CRUISES: -Irvington "Faded Glory" -the Hope and Glory Inn's classic 1952 Chesapeake Bay dead rise. **Friday Night Crab Cruises:** $65 per person/wine and beer inclusive. Departure 6:30 pm-90 minutes. **Saturday Cocktail Cruises:** $30 per person/Libations a la carte. Departure: 4:30 pm. 90 minutes. Reservations required for cruises-438-6053 and 800-497-8228.

HOPE and GLORY INN: ***Dinners at our Chef's Table:*** $65.00 per person++/Four courses/wine paired/one table limited to 18/prix fixe/7 pm. Reservations required for dinners-438-6053 and 800-497-8228. 65 Tavern Road and King Carter Drive, Irvington.

LANCASTER LANDING RESTAURANT: Seafood, Steaks and daily dinner specials. Located at the foot of the White Stone Bridge. Hours: Main Dining Room: 5:00–10:00 Tues.–Sat; Lounge Dining Room: 4:00–12:00 Tues.–Thursday & 4:00–1:15 Fri. & Sat. Entertainment Friday & Saturday (in the lounge). 436-9060

LEE'S RESTAURANT
Hometown cooking and atmosphere in a popular downtown Kilmarnock tradition. Full menu, fresh local seafood in season, homemade pies made daily, Beer & Wine on premises. (B,L,D) Main St. Kilmarnock, 435-1255

THE MOUNT HOLLY STEAMBOAT INN:
Overlooking beautiful Nomini Creek in historic Westmoreland County. Winter Hours Dinner Wednesday to Saturday. 5:00-9:00 Grand Sunday Brunch Buffet 11:00-2:00. 804-472-9070. 3673 Cople Highway (Rt. 202 at Nomini Bay)
www.mthollysteamboatinn.com

NETCRUISERS CAFE:

PAPERBACK WRITER: 367 Chesapeake Drive, White Stone 804-436-9339. Open 7 days 7:30 am-5:30pm, Sat 9-5, Sun 11-3. Fresh Arabica Coffees, espresso, cappuccino, fresh baked pastries and sweets, soft ice cream, reading rooms, music, free WiFi for customers.

ROSE'S CRAB HOUSE AND RAW BAR: Relax and savor delicious food inside or on the deck outside. Enjoy live entertainment. L/D. Open daily, closed Tuesday, Sunday Brunch 11-3. (888) 323-CRAB (2722) or 436-8439. Across from Holiday Inn.

SANDPIPER RESTAURANT:
Est. 1982. Casual relaxed dining with friendly service. Featuring nightly specials, charbroiled steaks and fresh seafood dishes. Full menu. (D) Route 3, White Stone. 435-6176.

ST. ANDREWS GRILL AT THE TARTAN GOLF CLUB:
Open for lunch 10-3. Open Monday, Wednesday thru Saturday. Closed Tuesday. Daily Specials. Homemade Soups, Salads, Seafood and Sandwiches. Call 438-6009.

THE STEAMBOAT RESTAURANT:
Enjoy casual dining while overlooking the beautiful Piankatank River Golf Club. We offer a traditional lunch menu, gourmet and traditional evening menus and Sunday Brunch selections. Open Tues.-Sat., 11:00 am - 2:30 pm, Thurs., Fri. & Sat. evenings 5:30 pm - 9:00 pm, and Sunday Brunch 10:30 am - 2:00 pm. Banquets, functions and group outings also available. Call 776-6589 (Reservations suggested). Located off Rt. 33 at 629, Hartfield, Va.

TALK OF THE TOWN COFFEE HOUSE: Featuring a wide selection of gourmet coffees. Freshly prepared pastries, wraps and salads. 41 S. Main St., Kilmarnock 435-TALK (8255).

THAI POT: Authentic Thai cuisine. Serving lunch and dinner. Dine in and carry-out. Hours: Tuesday-Saturday Lunch: 11:30am-3pm. Dinner: 5:30pm-9pm., Catering available. 238 N. Main St., Kilmarnock, 436-Thai.

THE TAVERN RESTAURANT:
In the heart of Heathsville, Va. Chef Branden Levine serves a pleasing Progressive American Cuisine. Enjoy steak, seafood, chicken, lamb, and gourmet desserts. Open for lunch: Wednesday - Saturday 11:30 - 2:30, Dinner: 5:30 - 9:00 and Sunday Brunch 10:30-2:00. Call 804-580-7900 for reservations.

TOWN BISTRO:
Casual upscale dining in an intimate setting. Featuring Modern American Cuisine. Open Kitchen. Wine & Beer on premises. 62 Irvington Road, Kilmarnock. 435-0070. Tue.–Thur. 5-9 Fri. & Sat. 5-9:30.

WILLABY'S:
Comfortable casual atmosphere. Featuring daily chef's specials, gourmet burgers & delectable desserts. Eat in or carry out available. Monday-Saturday 11-3. Items available for take home until 4:00. White Stone. (L) 435-0044.

Newsome's Restaurant
Will be closed Thursday & Friday Nov. 23 & 24
Re-Opening Saturday, Nov. 25th
6:00 am to 3:00 pm
Route 200, Burgess 804-453-9071

Christmas Trees
Choose from five varieties
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The Seabreeze Restaurant, Gwynn's Island 725-4000
The Mathews County Visitor Center, Mathews 725-4229
N&N Services, Woods Cross Roads, Gloucester 693-7614

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Rappahannock Record

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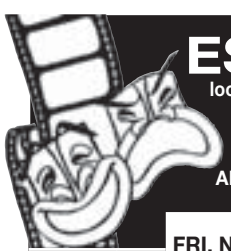
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FRI. NOV 24	SAT. NOV 25
DEJA VU (PG13)	DEJA VU (PG13)
1:30, 4:20, 7:10, 9:50	1:30, 4:20, 7:10, 9:50
HAPPY FEET (PG)	HAPPY FEET (PG)
12:00, 2:30, 5:00, 7:25, 9:35	12:00, 2:30, 5:00, 7:25, 9:35
CASINO ROYALE (PG13)	CASINO ROYALE (PG13)
2:00, 4:30, 7:15, 9:45	2:00, 4:30, 7:15, 9:45
FLUSHED AWAY (PG)	FLUSHED AWAY (PG)
12:30, 2:45, 4:45, 7:20, 9:20	12:30, 2:45, 4:45, 7:20, 9:20
SANTA CLAUSE 3 (G)	SANTA CLAUSE 3 (G)
1:15, 3:15, 5:15, 7:25, 9:30	1:15, 3:15, 5:15, 7:25, 9:30

SUN. NOV. 26	MON.-THURS. NOV. 27-30
DEJA VU (PG13)	DEJA VU (PG13)
1:30, 4:20, 7:10	7:15
HAPPY FEET (PG)	HAPPY FEET (PG)
12:00, 2:30, 5:00, 7:25	7:25
CASINO ROYALE (PG13)	CASINO ROYALE (PG13)
2:00, 4:30, 7:15	7:20
FLUSHED AWAY (PG)	FLUSHED AWAY (PG)
12:30, 2:45, 4:45, 7:20	7:30
SANTA CLAUSE 3 (G)	SANTA CLAUSE 3 (G)
1:15, 3:15, 5:15, 7:25	7:35

No one under 17 admitted to R Rated films without parent or adult accompaniment - ID's required

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BRKIG (10/01)

Upcoming

(continued from page A2)

30 Thursday

The Airport Club of Hummel Field meets at 6 p.m. for a dinner meeting at The Pilot House at Topping. 758-5500.

The Wetlands Board for Northumberland County will meet at 7:30 p.m. at the courthouse in Heathsville.

The Marine Corps League Detachment will meet at 7:30 p.m. at the Callao firehouse. 462-7868.

The "Like New" Book Sale, conducted by the Friends of the Lancaster Community Library, opens at the library on School Street in Kilmarnock. Hours are 9 a.m. to 6 p.m. The sale continues through December 2.

30 Thursday

The White Stone Town Council will meet at 7 p.m. at the town office.

No-Name Needlers will gather at 1 p.m. at The Art of Coffee in Montross. 493-0873.

The Board of Supervisors for Lancaster County will meet at 7 p.m. at the courthouse in Lancaster.

The Virginia Institute of Marine Science After Hours Lecture Series will continue at 7 p.m. at the Freight Shed on the Yorktown Waterfront. The topic will be "A Mercurial Change for the Bay?" Reservations required, 684-7846.

(Submit calendar items to Robert Mason Jr., editor.)

This stylish 1958 Cadillac owned by Mary Brill will appear in the Christmas parade.

Costumed dogs, antique cars to join town parade

For the first time, the illuminated Kilmarnock Christmas parade, December 8 at 7 p.m., will have a category for costumed dogs.

Known as Kilmarnock's K-9 Christmas dog walk, all dogs and handlers are invited to participate.

Also making its first appearance will be Mary Brill's 1958 Cadillac that appeared in "Great Balls of Fire," a movie about Jerry Lee Lewis.

The parade will feature two award-winning bands, the Henrico High School Mighty Marching Warrior Band and the Lancaster High School Red Devil Marching Band. The Warriors have recently won four championships in Norfolk, Portsmouth, Henrico County and Richmond.

Some 50 parade entries thus far include clowns, celebrities, antique cars and fire trucks, marching groups, majorettes, large and small horses, llamas, alpacas, boy and girl scouts, Ronald McDonald, Smokey Bear, and Frosty the Snowman.

Tim Beazley will portray Gen. George Patton. TV reenactor Buckskin Tommy and his horse Main Man will lead the equestrians. Championship ice skaters Jessica Powers and Bryant Lampkin will appear.

All entries must be pre-registered. The deadline is December 1. To enter floats, call Jean Light at 435-3476. To enter horses, call Jamie Barrack at 462-5638.

To enter dogs, call Sharon McCann at 435-0781. All others, call Carroll Ashburn at 435-2473.

Tree of Lights Illumination scheduled for December 3

The Rappahannock General Hospital Auxiliary will hold its annual Tree of Lights ceremony December 3 at 5 p.m. at the hospital.

The project offers individuals and organizations an opportunity to express appreciation to loved ones by illuminating the tree with lights in memory of or in honor of friends and relatives.

The tree also is a symbol of community support and involvement in the hospital.

The Reverend Jim Ritter will give the invocation. Members from both Lancaster Primary School and Lower United Methodist Church Youth Group will present seasonal songs and Dr. Dennis Martin of White Stone Baptist Church will give the benediction.

Refreshments will be served in the lobby of the hospital following the ceremony.

Proceeds benefit Rappahannock General Hospital. To contribute to the Tree of Lights, call 435-8546.

"Who says there's no such thing as a Free Breakfast?"

Everyone's invited to a

"Meal and a Message"

Trinity Episcopal Church

Route 3, Lancaster Courthouse

Informal Breakfast:
Sunday, Dec. 3 at 8:30 am
Worship at 9:30 am

The Little Church with a Big Heart

ATTENTION

MARY YOUNG'S HERBS will be at Heathsville Golden Christmas on Dec. 2 from 9:00-3:00 featuring her * fresh boxwood/magnolia/bay wreaths, arrangements as well as dried wreath and topiaries.

*Order early, supplies limited

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A Victorian Holiday Party

Saturday, December 2nd
3 to 7 pm
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- Stilt Walkers
- Victorian Carolers
- Horse Drawn Carriages
- Story Tellers
- Visit from Santa
- Holiday Music
- Regional Foods

Sponsored by: White Stone Business Association
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trick dog cafe

Come Try Our Winter Menu

Appetizers and Soup

Crab and corn chowder
cup 4 bowl 6
Shrimp and grits
...pan seared white grits cakes, fresh basil, thyme and parsley roasted roma tomatoes amontillado sherry pan sauce
8 ¼
Grilled vegetable salad
...grilled artichoke hearts, Serrano ham, drunken goat cheese and grilled eggplant dressed with lemon and thyme vinaigrette
9
Fried Calamari
dusted with seasoned flour, lightly fried and served with horseradish chive Remoulade
7

Entrees

Pork Tenderloin
pan roasted served with a sauté of caramelized onions, julienne sweet potatoes, baby bok choy and fresh sage with pork jus
18 ¾
Lasagna
roasted butternut squash scented with star anise, whole milk ricotta cheese, mix baby greens, fresh mozzarella and asiago cheese finished with silky butternut squash puree
15
New York Strip
pepper corn crusted, with Yukon gold potato and gruyere cheese gratin, mixed winter vegetables and red wine veal reduction
23 ½
Duck
Maple leaf farm Asian braised duck legs served with forbidden black rice, seared green cabbage green onions and carrots
21
Lamb Shank
slow braised red wine and lamb jus with rosemary and mint, served with turnips, grilled red potatoes, asparagus and minted pan sauce
20 ¾
Fettuccine
with seared black angus sirloin, crushed hazel nuts, chives and crumbled blue cheese cream sauce
16
Cod
poached casco bay cod wrapped with tender green cabbage leaves with zucchini, carrots, green bean and parsnip broth
21
Free Range Chicken
roasted with chanterelle mushrooms, garlic, turnips, carrots over black pepper risotto and brown chicken stock
17
Scallops
seared Hokkaido scallops served with a leek risotto, baby carrots and cauliflower puree with black truffles
24

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Excerpts

by Henry Lane Hull

"Patriotism is a virtue. History is a science. The two must not be confused." Those were the words of the 19th-century French historian, Numa Denis Fustel de Coulanges, the acknowledged founder of the school of scientific history. His position held that history should be studied in the same manner as physics, chemistry or biology, that is, with no taint of personal bias. The historian should present the facts, the conclusions of which should be as demonstrable as those of the hard sciences.

Fustel was combating the simplicity of narrative history, which merely tells the story of what happened in the past with no analysis or interpretation, as well as didactic history, which focuses on swaying the reader to a specific set of values, be they religious, political, or moral. Narrative history answers only the question of what, but does not answer the questions of why or how.

Didactic history leaves the reader uncertain of what the truth really is because the historian's bias in favor of his or her own views overwhelms the presentation of the facts of times, peoples and places past.

Another 19th-century French historian, Jules Michelet, introduced a fourth type of history, which he termed developmental. In his approach, the historian is to present the facts and show their unfolding across time, trying always to keep personal views either out of the narrative, or admitting them so that the reader can judge freely as to what actually had happened in the past.

I have been thinking of Fustel and Michelet as I have been reading some of the recent articles about Thanksgiving from the newspapers, and hearing some of the commentaries various would-be authorities have enunciated. Old myths die hard and each year at this time, invariably the old canard about the Pilgrims and the first Thanksgiving resurfaces.

I had thought one of President John F. Kennedy's lasting achievements had been to put it to rest for good. Sadly, he did not. In 2006, 43 years to the day after his death, it is alive and well.

Kennedy issued three Thanksgiving proclamations during his brief presidency. In the first, in 1961, he referred to the origins of Thanksgiving having been in his native Commonwealth of Massachusetts, with all the usual verbiage about the Pilgrims and the Indians, and what a jolly good time they all had together celebrating the harvest.

On this issue Kennedy was not showing bias; he simply was uninformed. In 1962, his second proclamation showed that he had learned during that year that the Commonwealth of Virginia had an indigenous Thanksgiving of its own, namely at Berkeley Plantation on the James River, where colonists and Indians shared their bounty and offered thanks. That time he referred to "Massachusetts and Virginia."

Perhaps in that edict he could not quite bring himself to put Virginia first, as our Thanksgiving occurred in 1619, a year ahead of that of the Pilgrims in 1620, but he had come a long way towards expressing the historical truth.

In his last issuance, a few days before the Thanksgiving that his death prevented him from celebrating, he referred to the early observances in "Virginia and Massachusetts," earning him a posthumous "A" for historical and chronological accuracy. That time he wrote pure developmental history, acknowledging the facts of reality, purging himself of bias and correcting his previous errors. Would that others in the media and public office should do as well.

To all who read these lines, Happy Thanksgiving! Isn't it wonderful that this great festival of appreciation for the bounty of Providence has spread from Virginia across our land, even if we grant that the Pilgrims in Massachusetts came up with it on their own a year later?

Delegate's Report

by Del. Robert J. Wittman

I am wrapping up my series of public meetings and have been very happy with the resulting discussions. One of the main topics has been funding for cleaning up the Chesapeake Bay. Many great ideas have been presented and I will use them to draft legislation.

This week I will focus on issues that have arisen beyond funding the cleanup. One involves placing adequate controls on the application of biosolids in Virginia. The discussions pointed out that we must do everything possible to keep nutrients out of the bay from all sources, including biosolids. The thought is that the Department of Environmental Quality, the Department of Conservation and Recreation and the Virginia Health Department should all play integral roles in regulating biosolids to ensure that we prevent them entering the bay. These agencies should work in unison to insure that nutrient management plans are developed for the application of biosolids, that public health is protected and that on-site supervision of application is performed by a state agency.

It was stated that if biosolids are not properly regulated, they not only affect bay water quality, but potentially also the water quality of shallow wells by adding excess nitrogen to the ground water.

There were a number of concerns brought up involving the quality of ground water, ranging from chemicals in it to salt water intrusion in the aquifers. The leading concern was ensuring that localities have the ability to formulate water supply plans based on their long-term water needs. This means providing local governments the tools to address demands on water supplies and to limit those demands when the supply is inadequate.

Another issue that I heard much about is Camp Kittamaqund, also known as Camp Kitty. It was recently announced that a Girl Scout organization was looking to sell the camp. This has raised many concerns about development of the 387-acre tract along the Great Wicomico River. I am currently in discussions with the Department of Conservation and Recreation and the conservation community about what can be done to provide alternatives to development for the Girl Scouts of America to consider for this property.

What is most interesting about these three topics—biosolids, water quality and Camp Kitty—is that they all relate to the health of the bay. Cutting down on nutrient runoff also helps keep aquifers and creeks clean and maintaining open spaces in the bay watershed also limits sediment and nutrient deposits in the bay.

As mentioned last week, due to meeting conflicts and many requests for an alternate date, I will hold an additional public meeting in Northumberland County Wednesday, November 29, in the General District courtroom at 39 Judicial Place in Heathsville at 7 p.m.

If I can be of assistance, call me at 493-0508, or email robwittman@verizon.net. I wish you all a happy and safe Thanksgiving holiday.

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Letters to the Editor

Execute justice, not people

From **Jim Romeo,**
Catholic Prison Ministry,
Diocese of Richmond

I am writing about Rev. Farmer's Reflections about Thanksgiving in the mountains, ending, "We can become a blessing to those who care for us, if we put ourselves on the team. They need us. We need them."

Would it be possible to care about another group of the "least of our brothers" who are underserved in our state: those on Virginia's death row?

It is a tragedy that we continue to execute those on death row more than any other state except Texas.

The per capita murder rate in Virginia is higher than almost any other state without the death penalty. It also costs at least twice as much to execute a person, versus incarcerating them with life without parole.

John Yancey Schmitt's recent execution foreshadows that of Percy Walton who is clearly schizophrenic and spends most of his day in his jail cell putting salt and pepper packets into piles. He is scheduled to die December 8.

The death penalty is a hate crime. May we instead execute justice, not people.

Please return wallet

From **Peter Weil,**
Rappahannock Westminster-Canterbury

As an 80-year-old resident of a local retirement community, I must have had the bad luck of somehow losing my wallet somewhere last Friday.

By Saturday, some person or persons who had either picked it up somewhere or stolen it out of my pocket, had used my VISA credit card to make a huge purchase at Wal-Mart for more than $1,800.

Now, I know "stuff happens," but when I got a call from my Credit Union Sunday asking if my wife or I had been Christmas shopping on Saturday and did I have my credit card in my possession, I panicked and started looking all over our apartment for my wallet, which not only has my credit card but my driver's license, life-time hunting license, Medicare card, voter registration card, Sears Charge Card, Social Security Card, hospitalization insurance card (Mutual of Omaha), library card, wallet-size auto insurance card, COSTCO membership card and a number of other more personal items. There also was a tad more than $100 cash.

When I could not find my wallet, and given the fact that I was notified that someone had actually used my credit card for illegal purchases, I was forced to admit that I had been lax in terms of personal security and had somehow lost my link to our modern Cyber world.

In the unlikely event that the perpetrator(s) still have the remainder of my wallet (since the credit card has been cancelled and the money is presumed to be gone), I would appreciate its return—no questions asked—so I can avoid the hassle of having to obtain a new driver's license and all of the other items that are of no use to those who purloined this personal possession.

It is too bad that this great society is beset by such problems, but credit card fraud and identity theft seems to be running rampant.

Shame on you, whoever you are. If you need help, go talk to your welfare department, but don't steal from super-annuated Federal retirees.

President forces his religion on others

From **Charles Stetson Jr.,**
Kilmarnock

The United States' Constitution ensures every citizen's right to religious freedom. But does that require President George W. Bush to force his religion on every citizen?

The United States is not a country based on one religion; it is a country based on many religions. President Bush's faith-based approach on decision making and policies is contradictory to the religious freedoms we as a country enjoy.

President Bush's views on same-sex marriage, stem cell research, and abortion are obviously influenced by his religious background. He has created policies and used his influence to steal Americans' rights. He has used his influence to deny same-sex couples the right to get married; he has decreed stem cell research immoral, and abortion murder, taking the right to choose from the mothers who are unable to care for a child.

President Bush referred to our era as the "Third Awakening" in American devotion. Maybe this is an awakening, maybe it is an awakening for people of different religious persuasions to the threat President Bush imposes on our rights.

A time to say Thanks

In the spirit of Thanksgiving, we invited readers to express gratitude to a person or organization that has been helpful to them this year. Here are their letters:

From **Emma Oliver,** 2,
Hartfield

I am thankful for all of the people that take good care of me when mommy and daddy need help.

Thank you Ghee and PopPop, Nannie, aunt Su-su, and all the ladies at day care: Miss Jane, Alfreda, Kim, Adell and Julia. Also thank you to Dr AB's office for answering all of mommy's questions. I am so thankful to have my grandparents and family living nearby.

I am also thankful for lollipops, baby dolls, books, restaurants, Dora shows, Shelby, Odie, Dot and my cousins Maggie and Chas. It is fun to be 2.

From **Doug Gerald,**
White Stone

After some 40 years I have been blessed to receive the fellowship and guidance along a "spiritual path." Betsy Wineland of the White Stone Church of the Nazarene has been focused in deep and devout faith to navigate my very tumultuous life. My recovery has been the result of her solid, steadfast direction to take the "leap of divine faith" over the morbid abyss. Truly, she is a dedicated giver, who rises above the masses to "give back" to church, community and her fellow man.

From **Bill and Diane Goss,**
White Stone

Our family has been blessed to have the devoted and loving attention of five very special women taking care of our elderly mother.

They personify the goodness that more of us should have.

We would like to thank them and ask that God continue to bless them and their families every day.

"Every day is a holiday and every meal a feast." Happy Thanksgiving.

From **Rebecca Lemmon,**
Reedville

I send a special thank you to Cheri Sheridan of Reedville for all of her support, kindness, thoughtful gestures and business that she has given me throughout the year.

I don't know what I would do without her and the rest of the Sheridan-Drake family. Thank you for being such a wonderful neighbor, cheerleader and friend.

Both my parents and I appreciate it.

From **Alvaro Ibanez,**
Hughletts Point

To all who have been here for us in our cultural activities, the artists, writers, poets, musicians, photographers, audience, students, teachers, neighbors, friends, all who dislike us, our children and families, all who travel a long way to support and enhance our vision, the county officials and personnel, the media in general, the workers and contractors, volunteers, pets and little unicorn who die leaving a gift to the imagination, the veterinarian, the parents, Aileen at the supermarket, the mail carrier, my wife Denise and our little Delia, but more to the God who bless us with all of you. Thank you.

From **Mariah Mears Pollard,**
Mollusk

On behalf of Trinity Episcopal Church in Lancaster Courthouse, I thank all of those who helped make the ham and oyster dinner on November 11 a wonderful success.

Whether you donated food for the dinner or time and energy or just came to enjoy the meal, the event would not have been possible without you.

Thanks to you, over 170 people were fed and approximately $2,900 was raised. The proceeds will go to the church's local outreach fund so that the congregation of Trinity, the little church with a big heart, can continue to do what it enjoys doing: helping others.

From **Bianca Nunez,**
Kilmarnock

My name is Bianca Jasmin Nunez. I am thankful for my mother Zaida Enid Wohleking. My mother is always there for me when I need her. She is my role model, my inspiration. It would be the biggest honor and blessing even to be the least bit like her when I grow up. To be a wonderful mother, wife, and citizen like she is. Although sometimes we have our times, in the end everything is great because she is the greatest mom anyone could ever have.

From **Sarah Wohleking,**
Kilmarnock

My name is Sarah Wohleking. I am seven years old. I am thanksful for my family. My mom Zaida, my dad Timothy, my sisters Bianca and Alexis, and my brother Nicholas, and my grandma Gloria. Even my dogs London and Cinnamon.

From **Zaida Wohleking,**
Kilmarnock

My name is Zaida Wohleking. I thank our Dear Lord for allowing us to wake up every morning, to another beautiful day to enjoy our wonderful family. I also thank my dear husband, Tim, our children, Bianca, Sarah, Nicholas John.

From **Brian and Ann Wood**
Reedville

Thanksgiving is about recognizing the true blessings in our lives. And there are no better gifts than love, family and friendship.

From the first day we were fortunate enough to be "come heres," our special Little Creek neighbors made us feel welcomed and accepted. Then through the years, and trying hurricanes, balanced by the multitude of joyous occasions, we've grown into a phenomenal family unit, with a level of love and respect that can only be thought of as heaven sent.

May this little letter of heartfelt appreciation for the good souls, Bob and Barbara Schott, make them smile.

From **Betcie Farmar Thrift,**
Irvington

I would like to thank those folks in advance that will be donating toys to our Toys for Tots Campaign this holiday season. We are collecting toys now for those less fortunate children in the area that will not be receiving a gift this Christmas. Please drop by Long and Foster in White Stone and donate what you can and make a local child's Christmas brighter. If you have any questions about our campaign, please call me at 804-761-1242.

From **Connie Drew & Gail Griffith,**
co-chairs, Tavern Quilt Guild

On behalf of the Tavern Quilt Guild we thank the community for its wonderful support of our Quilt Gala, Auction and Show on October 21 and 22.

We especially thank the local businesses that bought ads in our auction catalog, the local newspapers and Northern Neck Cooperative magazine for its coverage, Reedville Fishermen's Museum Quilt Guild for lending us quilt stands, Manuel Haynie, our auctioneer, Rice's Hotel/Hughlett's Tavern for use of the Transportation Building for the Hoffman Exhibit and help by their members, and the hundreds of people who attended.

A time to say Thanks

In the spirit of Thanksgiving, we invited readers to express gratitude to a person or organization that has been helpful to them this year. Here are their letters:

From **Sallie Rankin,**
Irvington

I thank the merchants of Irvington, Kilmarnock and White Stone for their very generous gifts in support of the Benefit Bridge Luncheon given by the Women of Grace Church (and men who so graciously served).

The proceeds of the luncheon go to the Outreach of the community.

The support of the merchants and community was wonderful for this very worthwhile cause.

From **Norma Vanlandingham**
Ottoman

My life has been blessed with so many wonderful people, and I'm so thankful for them all. Special thanks to Earl and Elloween for always being there and for all the nice things they do; Robbie, Lisa, Joel and Nathan Spiers for letting me be a part of their wonderful family; Ken Thompson for being the greatest boss in all the world; Lissa for being my sister; Dr. Pahle, my doctor and friend; Kilmarnock Animal Hospital for giving me "Tony" and "Abby"; Christine, Annie, Sammy, Faye and especially my mom. God bless you all.

From **Yvonne Dulany**

Many thanks for the many kindnesses shown to me as a patient at Rappahannock General Hospital a short while ago.

From the EMTs to the doctors, nurses and other attendants. In emergency and after being admitted, every kindness and care were shown to me.

From **Tripp Thrift,**
Irvington

I thank God for giving me my dog. Ethel is the best thing that ever happened to us. She gives me love and plays with me all the time.

I give her treats. She really likes bacon cheeseburger snacks and doggy ice cream.

She wakes me up every morning with a bunch of licks and lays on me barking until I get up to play.

Ethel is a jumping dog that likes to jump on the couch and chase me around the house.

She thinks she is human, but I am not telling her she is not.

To be continued during Thanksgiving 2007...

Rappahannock Record Deadline

Display advertising:
Monday at 5 p.m.

Classified advertising:
Tuesday at noon

News with photos and for calendar listing:

Tuesday at 11 a.m.
All other news:
Tuesady at 2 p.m.

This Side of 60

by Marie Snider

Enjoy change

Most days, I am at my computer five or six hours—writing, doing my accounting, reading the news, playing games. I love my computer, and I can't imagine life without it.

But at the same time, I have a love/hate relationship with that computer. And last weekend was one of those hateful, frustrating times.

For no reason at all, the printer had a mind of its own. At first, my word files printed, but my calendar and e-mails didn't print.

Then after a few hours of troubleshooting, my e-mails and web pages printed, but my word files didn't print. So back and forth it went until one of my husband's students, from a few years back, stopped in and fixed it.

Curtis, who is now a computer expert, writes software for his clients, services websites and troubleshoots. Howard had asked Curtis to bring a new flat screen for me.

As much as I wanted the new screen, it still frustrated me because I had to pay for it. And it reminded me of the thousands of dollars I had already spent on hardware and software in the past 25 years.

When I bought my first computer in 1980 it had very limited capacity and cost $3,000. Just two years later when I tried to trade it in, the vendor said it was worthless and he could only give me $25 for it.

Now, six or seven computers later, my computer has enormous capacity and cost less than $1,000.

It reminds me that when my husband completed his Ph.D. dissertation in the early 1970s he used an IBM 360 computer that filled a whole room—a computer that had less capacity than my current computer.

And then I thought about the exciting new portable Underwood typewriter my parents gave me one Christmas in high school, only 60 years after the typewriter was invented.

From typewriters to powerful computers. It's just the tip of the iceberg of change in our current society.

From telegrams to e-mail. From the Model T to airplanes. From wood stoves to breadmakers. From shopping downtown to shopping on-line. From "the butcher, the baker, the candlestick maker" to hundreds of unheard-of new jobs.

"A defining characteristic of change today is its pace. Events move swiftly, and acceleration affects everything," said Alvin and Heidi Toffler in their 1994 book, *Creating a New Civilization*. And the pace of change has continued to accelerate since that publication.

In another book, *Future Shock,* Alvin Toffler warned us of the effects rapid industrial and technological changes would have on individuals, families and society.

Future shock will become epidemic when people are no longer able to cope with the pace of change, said the futurist.

To avoid emotional stress, Toffler advised us to take charge of providing stability in our lives by refusing to let some things change. Even keeping an old familiar car or refusing to move could help.

But on the other hand, resistance to change could produce continual stress, result in rigidity and reduce creativity.

So why not enjoy the change. After all, aren't computers better than typewriters and breadmakers better than kneading dough by hand? And instead of resisting change, why not go with the flow and try to construct new ways of thinking.

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Do you remember?

This photograph shows a portion of Main Street Kilmarnock in the 1960s. The retail stores may have changed since then, but the structures remain. From left are the Virginia ABC Store, Marks & Sullivan, Cockrell's Super Market, Kilmarnock Service Shop, Best Repair Company, Hair Etc. and McGinnes Chevrolet Oldsmoble. (Courtesy of the Kilmarnock Museum)

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Area Events

■ Church bazaar

Irvington United Methodist Church will hold its final bazaar of the season December 2 from 8 a.m. to 3 p.m. at the church educational building in Irvington. Crafts, baked goods, specialty foods and Christmas decorations are among the items available for purchase.

■ Seeking contributions

The local unit of the Salvation Army last week launched its seasonal fund drive to help those less fortunate to enjoy a merry Christmas. Tax-deductible contributions may be sent to the Salvation Army, 1229 Weems Road, Weems Va. 22576.

"We keep 90 percent here and send 10 percent to Washington," said project chairperson Dianna Carter. "We help with electricity and food and rent a truck to pick up toys in Richmond for children in this county."

■ Ty's Friends

Ty's Friends Christmas party will be held from 11 a.m. to 2 p.m. December 21 at The Beacon in Topping. Ty's Friends Xmas Fund hosts an annual party for those in the community with mental and physical disabilities. The fund seeks donations to provide the party, a holiday meal and gifts of warm clothes, toys and personal care items.

Donations may be monetary, new gifts, or gift certificates. Gifts can be wrapped or not, or placed in bags with a description of contents, labeled for males, females or children. Churches, youth groups and civic organizations are welcome to sponsor an individual, family, or an "angel tree."

Gifts must be received by Tyrell Nickens at 9445 Jessie Dupont Memorial Highway in Kilmarnock, VA 22488, by December 18. Checks may be sent to Ty's Friends Xmas Fund Account, c/o Northern Neck State Bank, P.O. Box 2036, Kilmarnock, VA 22482. For more information, call Nickens at 435-8831 or 761-5127.

■ Book sale

The Friends of the Lancaster Community Library will conduct its annual sale of "like new" books November 30 to December 2 in the meeting room of the library on School Street in Kilmarnock.

The sale will be open from 9 a.m. to 6 p.m. November 30 and December 1, and 9 a.m. to noon December 2.

■ Holiday open house

The River Counties Chapter of the American Red Cross will host a holiday open house for all Red Cross Volunteers December 7 at 6 p.m. at the Woman's Club of Lancaster at 16 Mary Ball Place in Lancaster.

R.S.V.P. by December 4 to arcrivercol@verison.net, or call 435-7669.

■ Spaghetti supper

Henderson United Methodist Church at 72 Henderson Drive in Callao off Route 202, will host a spaghetti supper December 1 from 5 to 7 p.m. to raise funds for clothing and supplies for the children who come with their mothers for shelter and services at The Haven in Warsaw.

A minimum donation of $5 is requested for the meal, including salad, spaghetti, Italian bread, beverage and dessert.

■ Turkey trot

The seventh annual Turkey Trot and Animal Food Drive will be held Thanksgiving Day, Thursday, November 23, at the Irvington Commons. Races will include a two-mile run/walk at 9 a.m.; a five-mile run at 9:45 a.m. and a 100-yard tot trot at 10:45 a.m.

Register in advance at the Irvington Town Office or race day at the Chesapeake Bank in Irvington beginning at 8 a.m. The fee is $18 per race. Awards will be given around 11:30 a.m. Bring a bag of dry dog or cat food.

■ Urbanna parade

The 10th annual Urbanna Christmas Parade will be held at 7 p.m. December 1. Civic organizations, churches, schools and businesses have been invited to enter units in the parade.

Following the parade, a visit from Santa and related children's activities will take place at the Urbanna firehouse. There also will be a 50/50 raffle sponsored by the Midddlesex Volunteer Fire Department Ladies Auxiliary.

■ Book signing

The Book Nook in Kilmarnock will host a book signing Saturday, November 25, from 11 a.m. to 1 p.m. for Dr. John H. Harding Jr. of Lilian. Harding is the author of The Reluctant Rebel, Shortchanged and Alvin: Recollections and Reflections.

■ Dinner and a show

The music department of Lower United Methodist Church in Hartfield is planning "Dinner and Some Theatre - a Christmas Celebration" at 6:30 p.m. December 9 and 10. A gourmet dinner will be served by the choir members followed by a selection of Christmas music. Tickets will be sold at all EVB locations and Wilton Cottage & Garden in Hartfield.

■ Sunday breakfast

The Upper Lancaster Volunteer Fire Department will serve its monthly community breakfast Sunday, December 3, at 8 a.m. at the firehouse in Lively. A $10 donation is requested. Proceeds support the construction of a new firehouse and purchase of new equipment.

■ Christmas concerts

The Chesapeake Chorale will present seasonal concerts December 2 at 8 p.m. at Lancaster Middle School in Kilmarnock and December 3 at 3 p.m. at St. Clare Walker Middle School in Locust Hill. Tickets are $5 and are available at Twice Told Tales, Rappahannock Westminster-Canterbury, Ross's Rings and Things, Bank of Lancaster main branch, All Occasions and Main Street Fine Art and Antiques.

■ Christmas program

On December 10 at 2:30 p.m., a Christmas program will be held at Ball Library and Museum in Heathsville, presented by Northumberland County Historical Society. The local trio, Evening Song, featuring Dave and Alice Hershiser and Bill Duvall, will perform folk and Christmas music. Refreshments will follow. Visitors are welcome.

■ Gallery shopping

The Holiday Shop at the Studio Gallery in Kilmarnock is open for business from 10 a.m. to 4 p.m. Monday through Saturday. Items for sale include paintings, photographs, note cards, ornaments, jewelry, pottery, knitting and stocking stuffers.

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?
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General Admission
Adults (ages 12 and up) - $12.00
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Answers on Aging

Can I use my father's IRA (his name is solely on this account) to prepay his funeral expenses?

Any IRA withdrawals would be taxable to your father. There is no deduction in income tax returns for funeral expenses.

This is assuming that the IRA is not a ROTH IRA, and that there were no after-tax contributions to the IRA.

There are issues to consider. What is your father's current marginal tax rate? Who are the beneficiaries of the IRA? Are the joint accounts payable to the survivor? You can obtain this information from your father's bank. Is your father on Medicaid or likely to be on Medicaid in the future?

A financial advisor would be able to assist you in answering these and any other questions you may have.

To locate a financial advisor in your community, visit www.seniornavigator.org and type in the topic 'Financial Advisor' and your ZIP Code.

Variety show to feature local talent

The Boys & Girls Club of the Northern Neck will sponsor a Variety Show December 1 at 7:30 p.m. at the Lancaster Middle School Theater in Kilmarnock.

The show will feature local performers of all ages offering original poetry, solo and group vocals, dance, solo and ensemble instrumentals, and a comedy piece.

"In our Variety Show, we want to demonstrate the amazing talent and abilities of local kids," said producer and director Joan McBride, secretary for the board of directors.

"We aim to demonstrate that the Boys & Girls Club will truly be 'The Positive Place for Kids' just like the national organization says, a special place for all kids to develop character and leadership skills while emphasizing the importance of education, expressing themselves in the arts, promoting health and fitness, and learning about career choices."

The program will feature two original poetry readings by teens, assistant director Racquel Francis and Tyesha Harvey.

Award-winning vocalist Catie Miller, duo Ashley-Rose Alberts and Samoya Ball, the New St. John's Men's Chorus, and the River Song barbershop quartet will perform.

Professional dancer and Northern Neck Family YMCA instructor Joyy Hess will bring a lyrical element to the show. The hip hop dance duo of Kris Johnson and Detric Smith will offer an original number. The Dancing Divas of Linda's School of Dance, the adult YMCA Swing Dancers, and the high school girlfriends' troupe 1-3 Deep will liven things up.

Instrumentalists include clarinet soloist Kaylee Selph, the Northern Neck Big Band, and the Lancaster High School Jazz Band.

The acting trio of Amy Lewis, Randal Tyler and John Pitman will present two comedy skits.

Dr. Robert Westbrook will serve as master of ceremonies with Linda Kelly, Julien Patterson and Ken Knull offering a brief overview of plans for the Northern Neck Boys & Girls Club.

Advance tickets are $8 for adults, $4 for children 4 to 18, and children 3 and under are free.

Tickets are on sale around Kilmarnock and will be offered at the performance, subject to availability.

Decorating a Premier Sailing Sunfish for the "Lite Lights" catagory are event co-chair Larry Worth, Premier Sailing owner Philip Denvirs, Tides Inn dockmaster Stormy Pearson, Tides Inn executive assistant Paula Meredith and Premier Sailing owner Arabella Denvirs.

Boat parade to include home and dock contest

Residents living on Carter's Creek are urged to participate in the home and dock decoration contest in conjunction with the seventh annual "Lights on the Creek" boat parade December 2 at 6 p.m. on Carter's Creek in Irvington.

Those with properties on all branches of Carter's Creek are asked to participate, not just those living on the "Lights on the Creek" parade route.

This year contestants' homes and docks will be visited by a panel of judges on Friday evening beginning at 6 p.m. and the winners will be contacted by phone as well as announced at the Tides Inn Commodore's viewing area during the parade. In addition to a plaque, winners will receive two tickets to the "Captain's Party" at the Tides Inn following the boat parade.

Prizes will be awarded for best house decoration category and for best dock and shoreline decoration category.

Hope and Glory Inn hopes to run special creek cruises aboard Faded Glory. For information, contact Hope and Glory at 438-6053, or inquiries@hopeandglory.com.

To enter the home and dock decoration contest, contact jmworth878@verizon.net, or 438-9371, or Paula Meredith at pmeredith@TidesInn.com, or 438-4421, or lightsonthecreek.com.

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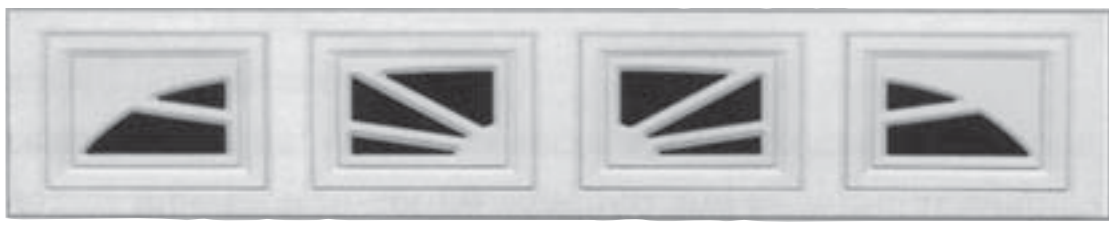
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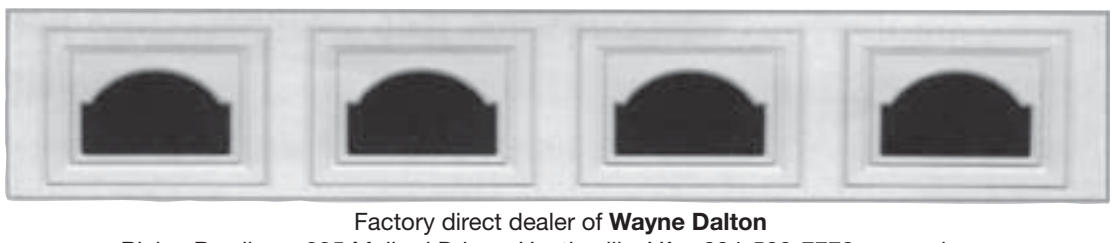
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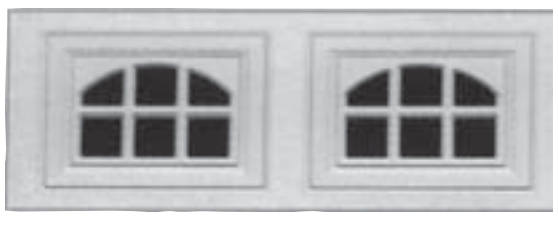
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Annual Festival of the Trees to benefit Guardian Program

The annual Festival of the Trees, Friday, December 1, through Sunday, December 3, is one of the largest fundraisers to benefit the Northern Neck Famly YMCA Guardian Program.

Each year businesses, civic groups and individuals donate their time, wares and talent to help raise money to support this much needed and appreciated program, said co-chair Donna McGrath.

The Guardian Program is a scholarship fund supported by community contributions to provide programming, membership, childcare, and afterschool activities to anyone who needs financial assistance, she said.

As a charitable non-profit organization, the YMCA is dedicated to being available to everyone in the community, said McGrath. In just over a year since a new facility has been operating, over 2,000 members and program participants are enjoying the facility, and not one of them has been turned away for the inability to pay. But as enrollment in membership and programs has grown, so has the need for scholarship funding, she said.

The festival committee, while keeping in mind the objective of helping support the Guardian Program, makes sure that everyone may take part in the event, said McGrath.

There are fees for special activities, but entry to the festival is free, as are several of the children's activities on Saturday.

Face painting, crafting with Abrakadoodle and cookies and milk with Santa are activities geared towards giving the children something fun to do while their parents wander through a winter wonderland of trees, wreaths, centerpieces and other holiday decorations in the silent auction hall, said McGrath.

Shopping for gifts to give in Santa's workshop or attending a viewing of "How the Grinch Stole Christmas" and purchasing raffle tickets for a small fee encourages the children to help others with all their contributions benefiting the Guardian Program, she said.

Although bidding on the silent auction entries represents the major source of donations, there are other options as well for anyone who wants to contribute.

Patrons may purchase and sign an Angel Card for $1, or more, for the "Guardian Angel Tree."

Participants are urged to tie the bills right to the tree. David Jones and Connamera will match the total raised by the tree, said McGrath.

Photos taken with Santa on Sunday by Picture Me of Kilmarnock, are available at reasonable prices.

The public voting process to pick a Best in Show entry has been changed from writing down the entry number, to placing a dollar in specially marked containers by the entry.

Attendees to Friday night's Lighting of the Trees/Tastes of the Northern Neck gala may purchase raffle tickets at $10 an arm length's worth for some special prizes.

A 50/50 raffle will be available to those dancing to the sounds of Sweet Justice at Saturday night's Light up the Dance floor event.

The festival also will showcase the talent of the Lancaster Middle School chorus, and students of Celeste Gates throughout the weekend. Scout Troop and Pack 235 of White Stone assembled and donated a "North Pole" to help direct traffic, and members of the Lancaster High School Key Club will assist with set up and take down.

Festival schedule

The Festival of the Trees will be held at the Northern Neck Family YMCA Harris Family Building on Billy Graham Circle in Kilmarnock.

Free activities

The exhibit hall and silent auction will be open to the public from 9:30 a.m. to 5 p.m. Saturday, December 2.

Also on Saturday, Santa's workshop for children will be open from 9:30 a.m. to 1 p.m. Crafts with Abrakadoodle will be held from 10 a.m. to noon. Face painting for children will be held from 10:30 a.m. to 1:30 p.m. Cookies and milk with Santa will be held from 1 to 2 p.m. Saturday Childwatch hours are 9:30 a.m. to 5 p.m.

The exhibit hall and silent auction will be open to the public from 11 a.m. to 3 p.m. Sunday, December 3. Sunday Childwatch hours are 11 a.m. to 3 p.m.

Fee activities

The lighting of the trees party featuring "Tastes of the Northern Neck" will be held from 7 to 9 p.m. Friday, December 1. Tickets are $30 each.

A holiday decorating session will be held from 10 to 11:30 a.m. Saturday. Tickets are $15 each.

Also on Saturday, a children's movie, "How the Grinch Stole Christmas," will be shown from 2:30 to 4 p.m. Tickets at $3 each and children under age 4 must be accompanied by an adult. A tile decorating session will be held from 10:30 a.m. to 2 p.m.; fees vary. A dance with the Sweet Justice band will be held from 8 p.m. to midnight. Tickets are $20, including beer, wine and soft drinks.

A holiday photo/card session with Santa will be conducted by Picture Me by appointment from 11 a.m. to 3 p.m. Sunday.

To reserve tickets for fee activites, call the YMCA at 435-0223.

Books Alive to host local freelance writer

Barbara Shine

What makes a true-life story grab us so fiercely and hold us to the end? How does the passion of a memoir touch us as deeply as the most eloquent fiction?

Freelance writer Barbara Shine of Callao will address questions like these at the Northumberland Public Library's Books Alive program Tuesday, November 28, at 7 p.m.

"I hope to help the avid readers at Books Alive understand the power of first-person writing: how the overlay of our own memories and perceptions adds depth to writing about actual events," says Shine. "There is an immediacy and sense of importance to memoir-style writing that seduces readers, calls out their empathy, and makes them allies with the writer. There has been a lot of controversy over memoirs lately, but first-person literature just keeps growing in popularity."

Shine will read excerpts from a newly published anthology, *The Pen Is Mightier Than the Broom: Memoirs, Stories, and Poems,* which she co-authored and edited. She also will review first-person works by such diverse 20th-century authors as Russell Baker, Alan Alda, Amy Tan, and John Updike; and she'll recommend notable first-person books as holiday gifts. Her anthology will be available for sale and signing after the presentation.

Books Alive, sponsored by Friends of the Northumberland Public Library, is presented the fourth Tuesday of each month in the community room of the library, which is on Route 360 in Heathsville. The public is invited to enjoy the book reviews and light refreshments.

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Dec. 1-3 Get in the holiday spirit with Athena wines and gifts!!

Dec. 9-10 *"Christmas on Cockrell's Creek"*, the Reedville Fisherman's Museum Parade of Homes includes a visit to Athena's Tasting Room and Gift Shop

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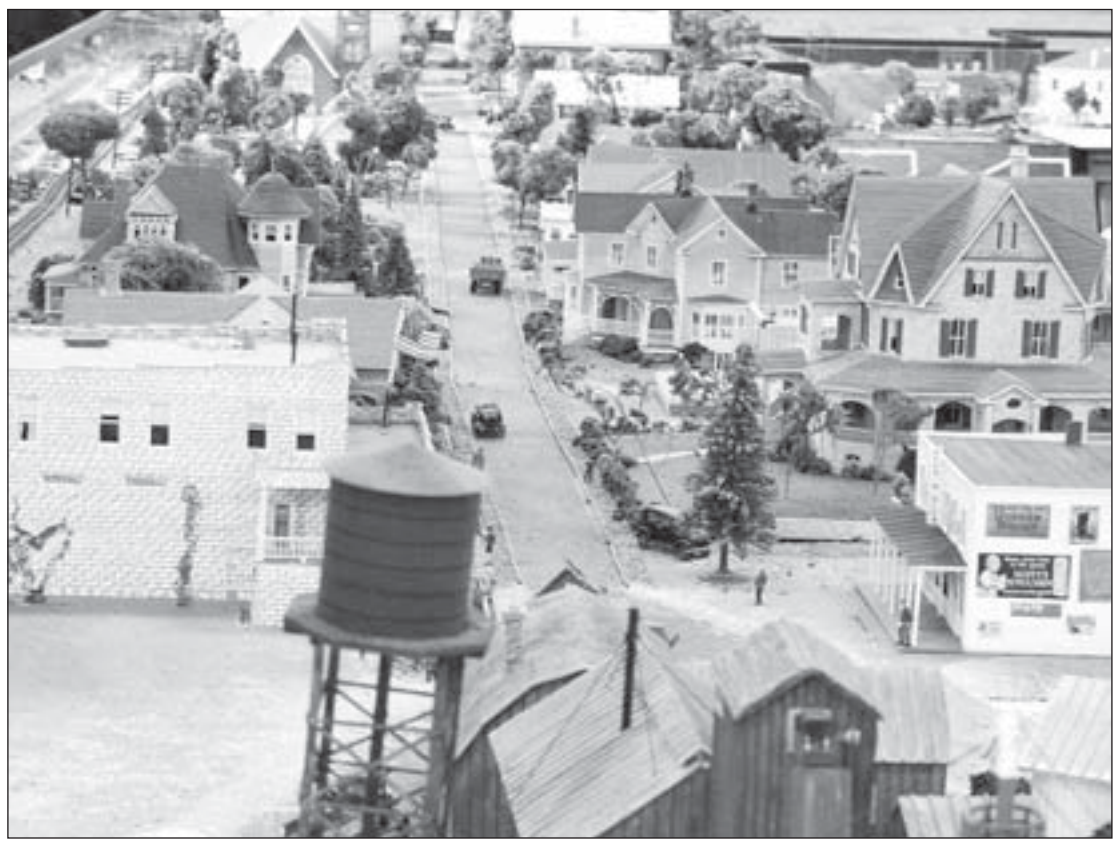


Reedville's early 20th century Main Street comes to life at the Reedville Fishermen's Museum.

Northern Neck Railroad to begin its annual run

On Friday, November 24, the Northern Neck Railroad begins its annual holiday run at the Reedville Fishermen's Museum.

Turn-of-the-century Reedville and surrounding communities have carefully been re-created in miniature with model trains, realistic scenery and precision models.

The 2006-07 season debuts the newly completed Fredericksburg area including a lighted tunnel and hilltop dairy farm. And no visit to the exhibit would be complete without watching "The Railroad That Never Was," an exciting new video that gives you a rider's eye view and behind the scenes look at this delightful exhibit.

Come and discover the past as it might have been. Bring your whole family to enjoy an imaginary journey on the Northern Neck Railroad.

Sponsored by Lilian Lumber Company, the Northern Neck Railroad exhibit will be open from 10:30 a.m. to 4:30 p.m. every Friday, Saturday and Sunday from November 24 through December 17, as well as December 22, 23, and the 26 through 30. The 2007 dates are January 5, 6, 7, 12, 13, and 14. Admission is $5 for adults, $3 for Seniors. Children 12 and under, and members of the Reedville Fishermen's Museum are admitted free.

Community services board plans suicide prevention training sessions

The Middle Peninsula-Northern Neck Community Services Board's (MP-NN CSB) Prevention Services Division will offer two free "QPR Gatekeeper" training sessions Tuesday, November 28, at 1 p.m. and Thursday, November 30, at 10 a.m.

The sessions will be held at the Prevention Services office at 872 General Puller Highway in Saluda.

The sessions will enhance general awareness about suicide through public education.

The program will assist participants in learning the key warning signs of suicidal thinking and behavior.

Participants will be empowered by learning three basic intervention skills that can help avert the tragedy of suicide: Question, Persuade, and Refer.

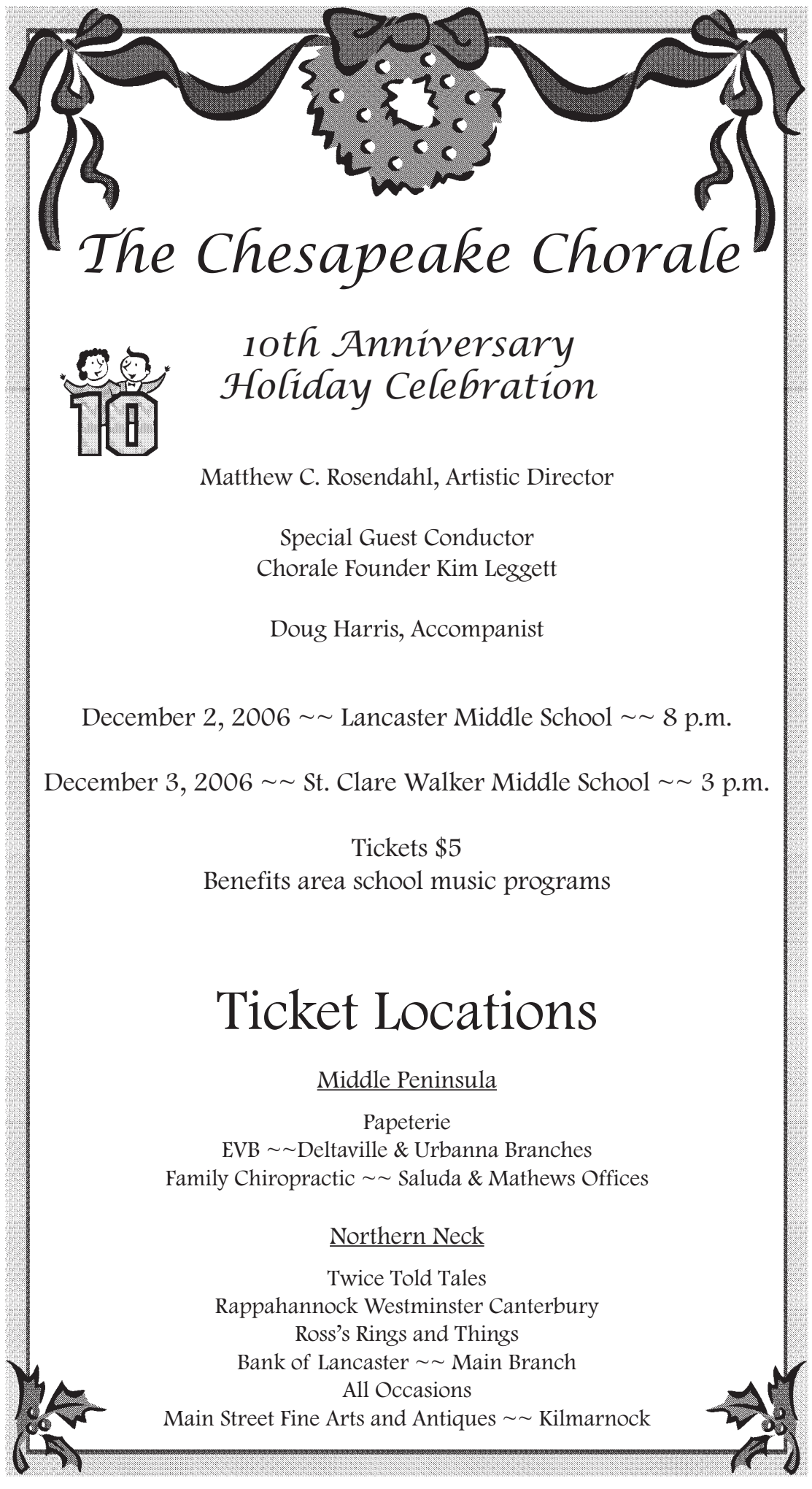
The Middle Peninsula-Northern Neck Community Services Board's Prevention Services Division was awarded a grant from the Virginia Department of Health for addressing the critically important issue of preventing suicide in Middle Peninsula and Northern Neck communities.

This three-year grant is making it possible for the MP-NN CSB Prevention Services Division to train and educate the public on preventing suicide in their communities.

Suicide is the third leading cause of death among young people ages 10 to 24 in Virginia and is the third leading cause of death in that age group nationally.

On average, one Virginia teenager dies each week from suicide. According to the Center for Injury and Violence Prevention Virginia Department of Health publication "Injury in Virginia 2003: A Report on Injury-Related Deaths and Hospitalizations," there were 621 male suicides and 176 female suicides with 46 of those youth suicides in Virginia during 2003.

The sessions are free and open to the public. To attend, email Prevention Services administrative assistant Gina Endres at gendres@mpnn.state.va.us, or call 1-888-773-8550.



Urbanna holiday tour to feature eight sites

The annual Historic Urbanna Christmas House Tour will be held from 10 a.m. to 5 p.m. December 2.

Tickets are $20 in advance or $25 the day of the tour.

Advanced tickets are available in Urbanna at T.S. Bristow Store, Cyndy's Bynn, Make Thyme, Papeterie and the Wild Bunch. On the day of the tour, tickets will be available at Urbanna United Methodist Church.

Free parking, boxed lunches and baked goods for sale will be available at Urbanna United Methodist Church.

Tour shuttle buses will leave the church every 30 minutes. The first tour of the eight homes/buildings will begin at 9:45 a.m., and the last tour of the day ends at 4:15 p.m.

Homes and buildings on the tour include Urbanna Light, The Tavern, Atherston Hall, The Craine House, The Adams "New" Home, The Palmore Residence, Historic Middlesex County Courthouse (Women's Club building) and James Mills Scottish Factor Store (Old Tobacco Warehouse).

The tour stops will be decorated for the holidays.

The tour is sponsored by the Town of Urbanna and Urbanna Business Association.

Fund helps buy emergency vehicle

Trustees of the Jessie Ball duPont Fund recently awarded $76,000 to the Northumberland County Rescue Squad Inc., to assist in the purchase of a new emergency services vehicle.

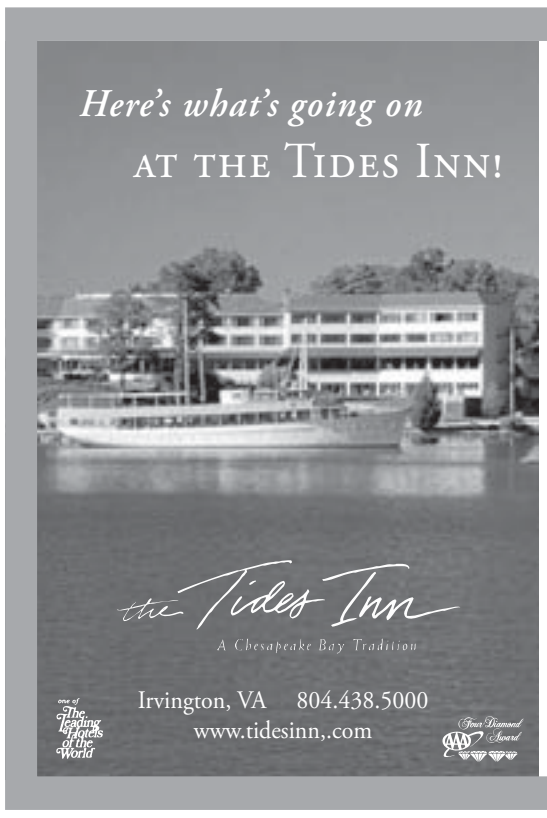
The grant was among 28 awards, totaling $2.9 million, made by the trustees during their November meeting.

Like many rural Virginia counties, Northumberland County relies on nonprofit rescue squads to provide emergency services to residents. The Northumberland County squad remains all-volunteer and provides services free-of-charge. Through fund-raising efforts, its volunteers will contribute $60,000 toward the purchase of the new emergency services vehicle.

Other grants awarded by the trustees include $107,469 to the Robert E. Lee Memorial Association, Inc. at Stratford Hall to hire a curator.

Trustees also re-elected Mary K. Phillips as chair and Leroy Davis as vice chair, Sherry P. Magill as president and Northern Trust Bank as the corporate trustee.

The Jessie Ball duPont Fund makes grants to more than 330 eligible organizations identified by Mrs. duPont in her will. The fund has assets of more than $296 million and has awarded $241 million in grants since 1977.



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BY ROSS CHRISTIANSEN

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Autumn Leaves

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... Our greatest thanks for all you've given during this fabulous year!

Rappahannock Westminster-Canterbury Foundation, Inc.

Colonial Williamsburg to offer variety of holiday programs

Colonial Williamsburg's 2006 holiday programs and activities will recreate an old-fashioned Christmas. Throughout the town's Historic area citizens focus on spiritual celebration and festive gatherings with family and friends.

From the Governor's Palace to the Capitol building, guests will be filled with cheer as they experience the Colonial Williamsburg holidays in grand style. Guests can join in the illuminations of Colonial Williamsburg's historic buildings and hear about their history and the people who lived in Williamsburg during the time of the Revolution.

Gun and cannon salutes commonly were used in the 18th century to celebrate weddings, royal birthdays and holidays. Today, fife and drum music accompanies the firing of the Christmas guns in Colonial Williamsburg's Historic area. The Fifes and Drums also perform their own concert of international military music.

A variety of seasonal walking tours, musical programs and evening plays for every age complement the vast offerings of Colonial Williamsburg during this special time of the year. "The Christmas Decorations Walking Tour" takes a guided look at Colonial Williamsburg's picturesque buildings and streets, decked in their holiday splendor. The evening program, "Christmastide at Home," examines holiday celebrations spanning three centuries. "A Capitol Evening" offers guests an evening of elegant dancing, lively fast-paced hilarity and amusements for the senses. Guests can enjoy country dances, reels and the minuet during "An Evening of Dance at the Palace."

Discover how the enslaved Virginians celebrated the holiday season with two programs at Great Hopes Plantation. During "Kate's Christmas Box," Kate will discuss the customs and practices of slaves during the holidays. "The Night the Animals Spoke" features an enslaved family and a free family telling two versions of the same story.

Witness how the residents of the colonial capital of Virginia worshipped through the re-enactment of famous 18th-century evangelist George Whitefield's appearance at Bruton Parish Church on December 16. A minister of the Church of England and colleague of John and Charles Wesley, Whitefield was an important figure in the Great Awakening, a series of revivals that swept through Britain and North America in the first half of the 18th century.

In addition, the Feast of St. John the Evangelist is an annual day of celebration for the local Masonic Lodge. Costumed interpreters and members of Williamsburg Lodge No. 6 will re-enact the annual procession on December 27 from the Masonic Lodge to Bruton Parish Church to hear a sermon for the occasion and then return to the lodge.

For additional information and reservations or to request a free copy of Colonial Williamsburg's 2006 Holiday Planner highlighting holiday programs, concerts and special dining events, call 800-447-8679, or visit www.ColonialWilliamsburg.com.

Holiday activities for children entice families to Williamsburg

Colonial Williamsburg's 2006 captivating holiday atmosphere will appeal especially to families with young children the weekends of December 9-10, 16-17 and 30-31. On these weekends, the Colonial Williamsburg's Historic Area will offer families an opportunity to experience the beauty, fun and anticipation of the holiday season in 18th-century Williamsburg with selected sites focusing on interpretations and activities for families.

Programs include dressing up for the holidays; 18th-century entertainment including music, dance, storytelling and a puppet show; celebrating several religious traditions; singing carols; preparing for life passages and children's moral education; participating in food preparation as well as a variety of leisure activities such as Loo (a popular card game); introduction to British holiday traditions; and conversations with a Founding Father.

The programs are included with any Colonial Williamsburg admission ticket.

Guests can enhance their children's holiday weekend experience with "A Kid's Holiday Memories" day package for $15 per person with any Colonial Williamsburg admission ticket. A parent must accompany his or her child.

The package will include all regular programming, plus visiting with a character interpreter, making holiday decorations and playing various colonial games with a trained costumed guide. As guides also lead guests through the Historic Area, families will discover where the first Christmas tree was placed in Williamsburg, how colonial Virginians observed Christmas, whether or not 18th-century children received holiday gifts as children do today and if slaves received gifts.

For reservations or to request a free copy of Colonial Williamsburg's 2006 Holiday Planner highlighting holiday programs, concerts and special dining events, call 800-447-8679, or visit www.ColonialWilliamsburg.com.

Commission for the Arts to offer financial workshops

The Virginia Commission for the Arts in partnership with the Virginians for the Arts Foundation and Virginia Tech Outreach and International Affairs recently announced financial management workshops for nonprofit arts organizations of all sizes.

The workshops will address recent changes in accounting standards, the effect of the Sarbanes-Oxley Act, principals of nonprofit finance and budgeting; types and purposes of financial statements and cash flow statements. The fee is $49 per person. Pre-registration is required.

The workshops will be held from 10 a.m. to 3 p.m. November 30 in Richmond at the Virginia Tech Richmond Center at 2810 Parham Road, Suite 300, and December 1 in Virginia Beach at Virginia Tech Hampton Roads at 1444 Diamond Springs Road.

To register, contact Charlotte Anders at 757-363-3930, or charlotte.anders@vt.edu.

For driving directions, call the Virginia Commission for the Arts at 225-3132, or visit www.arts.virginia.gov, www.richmond.vt.edu, www.hrc.vt.edu.

Marian Zimmerman

Christ Church to host floral demonstration

Florist Marian Zimmerman will present "Flowers of Christmas," a special demonstration on holiday arrangements, December 12, at 1:30 p.m. in the Bayne Center at Christ Church.

A native of England who now resides in Fredericksburg, where she owns Marian's Flowers, Zimmerman makes arrangements for the National Cathedral and leads floral workshops throughout the region.

This session will teach participants the secrets to putting together Christmas arrangements. Tickets are $10 per person. Space is limited to 100 people. To reserve a spot, contact the Foundation for Historic Christ Church office at 438-6855, or fhcc@crosslink.net.

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A King William defender dives to trip up Lancaster's Marcus Betts, who slips by for a short gain in last Friday's regional semifinal.

Lancaster fullback Kenny Wilson rushes into a pack of King William defenders.

Lancaster's postseason trip to the finals ends with 46-20 loss to King William

by Lisa Hinton-Valdrighi

Marcus Temple proved to be the lethal weapon that killed Lancaster's hopes of advancing in post-season play.

Temple rushed for a whopping 224 yards and scored four touchdowns as the King William Cavaliers defeated Lancaster, 46-20, in a Region A, Division 2 semifinal last Friday.

Temple rushed 16 times and scored on carries of 22, 8, 63 and 10 yards to give Cavs' coach Roger Brookes his 250th career win.

King William (10-1) will visit unbeaten Essex (11-0) Saturday, November 25, in the regional championship game. The Trojans earned a spot in the final with a 23-6 win over Washington & Lee.

Friday's game may have been the last the Cavaliers will ever play on their current football field; construction of a new one will begin next month.

They ushered the field out in style, using an explosive offense to rack up 315 yards rushing for six touchdowns.

Lancaster actually outgained the Cavs, however, with 372 total yards — 258 on the ground and 114 in the air. The difference: Lancaster gained most of its ground from the 30 to the 30.

Temple scored on runs of 22 and 8 yards to give the Cavs a 13-0 lead in the first quarter.

The Devils got on the board on the first play of the second quarter with a 26-yard halfback pass from Marcus Betts to Nick Gibson.

Betts also scored Lancaster's last TD with 3:46 to go in the game and finished as Lancaster's leading rusher with 22 carries for 135 yards.

Kenny Wilson, who's made the move periodically this season from the front line to fullback, scored Lancaster's other TD on a 1-yard carry in the third quarter. Wilson's scoring run was set up by a 61-yard scamper by Betts, who took the ball to the KW 3-yard line.

Quarterback Travis Baker of Lancaster scrambles for ground in the second half.

King William widened the lead to 26-7 at the half after a risky call by LHS to go for it on 4th-and-10 at the Devils' own 35. Although the pass was complete to Baker, it was inches shy of the first down and the Cavs took over at the LHS 45. Five plays later, after a 23-yard break by Temple, G.W. Washington scored on a 2-yard run.

Washington was the Cavs' other workhorse, carrying the ball 15 times for 87 yards and a score.

The Devils took another fourth-down risk in the third quarter, going for it on 4th-and-1 at their own 44. Again, the Cavs' defense shut them down and Temple opened the ensuing possession with a 28-yard burst to set up his third TD.

Travis Baker, who went in at quarterback for LHS in the second half, gained 54 yards on nine rushes. Starting QB Larry Brown had 48 yards on 10 carries and Nick Gibson rushed twice for 13 yards.

Gibson also caught two passes for 35 yards and Betts had two catches for 19 yards. Baker caught three passes for 44 yards.

Brown completed seven of 14 passes for 68 yards, while Betts completed two of four for 46.

The Devils ended the season at 7-4 overall.

Lancaster.....0 7 6 7 - 20
King William.....13 13 14 6 - 46
KW — Temple 22 run (Noce kick)
KW — Temple 8 run (kick failed)
L — Gibson 26 pass from Betts (Saunders kick)
KW — Temple 63 run (Noce kick)
KW — Washington 2 run (kick failed)
KW — White 1 run (Noce kick)
KW — Temple 10 run (Noce kick)
L — Wilson 1 run (kick failed)
KW — Faggins 70 interception return (kick failed)
L — Betts 1 run (Saunders kick)

Sign-up continues for rockfish tournament

The 12th annual Rockfish Derby sponsored by the Bethel-Emmanuel United Methodist Men of Lively will be held Thanksgiving weekend November 24 and 25.

The registration fee will be $25 per person and cash prizes of $500, $250 and $100 for first, second and third places will be awarded. The registration fee also will include a free travel mug. Bonus prizes of $100 and $50 will be awarded for the largest rockfish caught between the White Stone and Tappahannock bridges. An additional bonus prize of an EE bond will be awarded to the youth who lands the largest rockfish.

Twelve consolation prizes donated by area merchants and trophies for the largest fish overall also will be awarded. All fish will be weighed at Conrad's Upper Deck on Greenvale Creek in Mollusk. The derby raises funds to help the Methodist Men support their community and church projects.

Registration forms are available by calling 462-7712, 462-6103, or 462-7229 and at all local tackle shops and marinas. The registration deadline by mail is November 22. Late registration will be conducted until 9 a.m. at the Upper Deck on November 24 and 25, or visit www.beumm.org

Sports Shorts

■ Football contest finale

Virginia Ashburn of Weems missed just one game and took first in the final Rappahannock Record Football Contest of the season. Drew Butler of Palmyra beat out seven others who missed two games to win the second-place prize on the first tie-breaker.

Among Butler, Jackie Veney, George Earle, Bill Goss, Larry Barker, Hank Bedell, Mike Bedell and Suzanne Wheatley, all tied for second with two misses; only Wheatley picked Lancaster to beat King William in the first tie-breaker. Butler guessed 54 points would be scored; all the other predictions were lower. King William won, 46-20.

A drawing among all contestants who entered this year but didn't place in the weekly contests also was held this week. The winner of the $50 consolation prize is Elliot Steward of Grundy.

Thanks to all who participated in the 2006 contests and to each of the contest sponsors.

■ Awards assembly

Lancaster High School will hold its annual fall sports award assembly Tuesday, November 28, at 6 p.m. at LHS. All athletes playing a fall sport and their parents are urged to attend.

Essex trumps Washington & Lee for a crack at King William and the Region A Division 2 trophy

Essex got a 38-yard touchdown run from quarterback Jordan Wind and a 1-yard scoring run from running back Lamar Stewart in the second half last Friday night to open up a close contest and beat Washington & Lee, 23-6, to advance to the Region A championship game.

The Trojans (11-0) will host King William (10-1), a 46-20 winner over Lancaster, on Saturday, November 25, at 1 p.m. in the Division 2 final. The Trojans beat King William, 17-14, the first time the two met this season. It was the Cavs' only loss of the year.

Essex had also beaten Northern Neck District rival Washington & Lee pretty easily, 49-13, two weeks ago.

The win this time around didn't come as easy.

The region's fourth-seeded Eagles (6-5) trailed just 9-6 at halftime with W&L kicker Andres Brasil missing a 23-yard field goal as time expired that could have tied the score at the break.

The Eagles had controlled the ball on offense and managed to stop Stewart in the first half. In fact, W&L continued to hold the Trojans on their first two possessions of the second half, but on the third drive, Wind got loose and went up the middle for a 38-yard TD run that shifted momentum.

Wind finished the game with 107 yards on 12 rushes. At defensive back, he had two interceptions.

Wind set up Stewart's second TD of the night, intercepting a pass by W&L quarterback Eric Travis and returning it to the W&L 34-yard line.

Stewart did most of the work in the drive with runs of 17 and 21 yards. A W&L 10-yard penalty moved the ball to the 1-yard line for Stewart's score with just over three minutes to go in the game.

Stewart had a game-high 123 yards on 24 carries and two touchdowns, and with last week's performance became the Northern Neck District's career leading rusher.

Scoreboard

Varsity football
Division 2 semifinals
Region A
King William 46, Lancaster 20
Essex 23, W&L 6
Region B
Goochland 21, George Mason 7
Gretna 48, Wilson Memorial 0
Region C
Giles 50, James River 8
Division 1 semifinals
Region A
Sussex 24, Middlesex 0
Surry 18, Franklin 9
Region B
William Campbell 42, Lunenburg Central 14
Riverheads 10, Stonewall Jackson 8
Region C
Rural Retreat 28, Covington 24
Bath County 38, Northwood 20

Varsity volleyball
Group A tournament
Final
Glenvar def. Gate City, 3-0
Semifinals
Glenvar def. Mathews, 3-0
Gate City def. Rappahannock Co., 3-0
Quarterfinals
Mathews def. Nelson Co., 3-1
Rappahannock Co. def. Northumberland, 3-0
Glenvar def. Rye Cove, 3-0
Gate City def. Grayson Co., 3-2

Upcoming Games

Varsity football
November 25 (1 p.m.)
Division 2 finals
Region A
King William at Essex
Region B
Gretna at Goochland
Region C
Grayson-Lebanon winner at Giles
Division 1 playoffs
Region A
Surry at Sussex
Region B
Riverheads at William Campbell
Region C
Bath County at Rural Retreat

St. Anne's-Belfield beats Christchurch for VISFA Division II championship

Undefeated St. Anne's-Belfield (STAB) beat Christchurch School 21-10 last Friday night in Charlottesville for the VISFA Division II championship.

The defining moment of the contest came with 6:04 to play in the fourth quarter. The Seahorses led 10-7 and had put up a goal-line stand to force STAB into a fourth down situation on the three-yard line.

STAB tailback Colin Pehanick bulled his way into the end zone for the TD. Pehanick also added the extra point and STAB led 14-10.

The ensuing kick-off went into the end zone and the Seahorses were faced with driving 80 yards in 6 minutes. The STAB defense sacked Christchurch quarterback Dustin Nelson for a 5-yard loss on first down, and then forced two straight incompletions.

The Seahorses punted and STAB took possession on the Christchurch 40-yard line with about 4 minutes remaining. The Warriors ran off some clock by picking up one first down, but were stopped on their next series of downs on defensive plays by Collin McCune, J'Courtney Williams, and CCS linebacker Ben Vokes, who dumped Pehanick for a 2-yard loss on fourth down.

The defensive stand gave the Seahorses offense one last chance with 1:36 to play and the ball on their own 23-yard line. On first down, however, Nelson was pressured and hit by STAB's Obum Akunyili as he passed, and the ball was intercepted by Chris Mereen and returned 30 yards for the game-clinching touchdown. The Warriors added the extra point for the 21-10 win.

Christchurch finished the season with an 8-2 record, both losses coming at the hands of the 11-0 state champions.

✳ Rappahannock Almanac ✳

White Stone/Grey's Point Tides, Sun, & Moon – November/December,

Fri	**11/24**	Sunrise	6:55	High	1:07	1.3′
		Moonrise	10:40	Low	7:24	0.1′
		Sunset	**4:49**	High	**1:35**	1.6′
		Moonset	**7:58**	Low	**8:25**	0.1′
Sat	**11/25**	Sunrise	6:56	High	1:54	1.3′
		Moonrise	11:23	Low	8:13	0.1′
		Sunset	**4:49**	High	**2:24**	1.6′
		Moonset	**9:08**	Low	**9:14**	0.1′
Sun	**11/26**	Sunrise	6:57	High	2:47	1.3′
		Moonrise	11:59	Low	9:09	0.1′
		Sunset	**4:49**	High	**3:17**	1.5′
		Moonset	**10:20**	Low	**10:06**	0.1′
Mon	**11/27**	Sunrise	6:58	High	3:46	1.3′
		Moonrise	**12:30**	Low	10:12	0.2′
		Sunset	**4:48**	High	**4:16**	1.5′
		Moonset	**11:30**	Low	**11:00**	0.1′
Tue	**11/28**	Sunrise	6:59	High	4:49	1.4′
	1st Q. - 1:29	Moonrise	**12:57**	Low	11:20	0.2′
		Sunset	**4:48**	High	**5:18**	1.4′
				Low	**11:55**	0.0′
Wed	**11/29**	Moonset	12:41	High	5:53	1.5′
		Sunrise	7:00	Low	**12:30**	0.1′
		Moonrise	**1:23**	High	**6:20**	1.4′
		Sunset	**4:48**			
Thu	**11/30**	Moonset	1:52	Low	12:51	0.0′
		Sunrise	7:01	High	6:55	1.6′
		Moonrise	**1:49**	Low	**1:37**	0.1′
		Sunset	**4:48**	High	**7:22**	1.4′
Fri	**12/1**	Moonset	3:04	Low	1:45	-0.1′
		Sunrise	7:02	High	7:54	1.7′
		Moonrise	**2:17**	Low	**2:40**	0.0′
		Sunset	**4:47**	High	**8:20**	1.4′

Corrections	High	Low	Height
Piankatank River, Cherry Pt.	-1:42	-1:44	86%
Great Wicomico River Light	0:30	0:20	76%
Smith Point Light	1:01	0:44	86%

PM times are in **boldface type**.
Unusually high & low tides are also in **boldface**.
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Happy Thanksgiving

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Rappahannock Record
www.RRecord.com

From left, Norm Smith and Fred Smith watch Ted Kattmann as he prepares to hit the ball in the first game at Indian Creek Yacht and Country Club since September 30, 2005.

Members get preview of renewed golf course

Indian Creek Yacht and Country Club opened its renovated golf course to members November 17 through 19.

The course will not be fully open until mid-2007, but the golf and greens committees decided to allow play over last weekend for members.

"Although she is a bit tender at this time, the course was deemed ready for a test drive," said greens superintendent Pete Stephens.

Over 100 members took advantage of the fun and informative event.

Ault, Clark & Associates were the architects and Mid-America Golf did the construction for the $1.8 million renovation. Chief architect Tom Clark plans to enter the course as a candidate for Golf Digest's Renovation of the Year.

"The playing tour was held to encourage members to become acquainted with the new layout, observe its current status, and note what finishing touches are required," said golf chairman D.F. Williams.

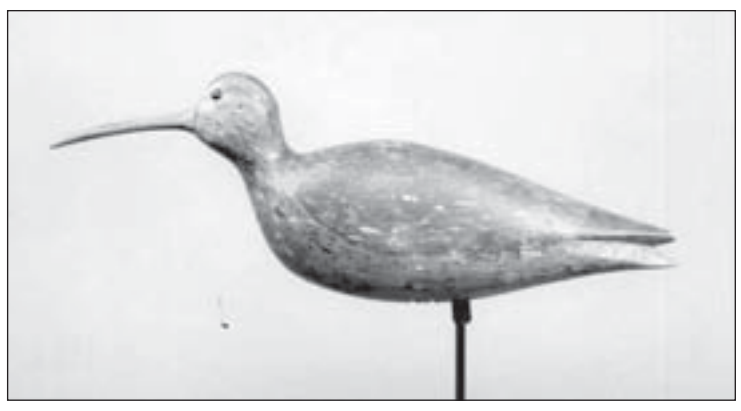
"We set the course up, marked hazards and placed flags for the event. We invoked special rules to speed up play and minimize damage to the new course. We let players tee up on fairways, move the ball from any lie, and recorded no scores. Carts on path was the rule of the day," said golf pro Kevin Aines.

"The new course has had all major work completed and is in the grow-in phase. It has good drainage, new sand in all bunkers, new and reshaped bunkers, about 1,000 yards of added length, new teeing areas designed for all levels of play, and all greens and fairways have been refurbished or are new," said greens chairman Dave Greenbaum. "The course has double row irrigation throughout, six new ponds, and all new grasses. The course also appears wider due to tree removal and trimming."

Greenbaum also noted, "The course is yet to be accessorized with yard markers, hole identification, new scorecards, pond fountains, and so on. It has not been fully manicured either. No flowers, shrubbery or other beautification has been added. This will take a bit more time."

Participants were surprised at the views on new holes and how the layout provided exciting risk-reward shots.

"It was really great. The greens are perfect. We can't wait until we open for good," said Fred Ripley, in the first group to play the new course.



A world auction record was established for a Virginia decoy when this running curlew by Nathan Cobb Jr. sold for $390,000.

Virginia decoy fetches $390,000

Guyette & Schmidt Inc. conducted its annual fall decoy auction November 8 and 9 at the Talbot County Community Center. The sale grossed $4.5 million with 59 lots selling for over $10,000 and 4 lots selling for over $100,000.

Top lot in the sale was a "dust jacket" feeding plover by Elmer Crowell of Cape Cod, Mass. It sold for more than twice it's high estimate at $830,000. The price established a new world auction record for any decoy. The previous record price was achieved in January 2003 when Guyette & Schmidt Inc. in a joint effort with Christie's sold a preening pintail by Crowell for $801,500.

A preening curlew, circa 1880, by Thomas Gelston of Long Island, N.Y., sold for eight times it's estimate at $467,000. This established a record price for any New York state decoy ever sold.

A running curlew, circa 1870, by Nathan Cobb Jr. of Virginia sold for three times its estimate at $390,000, establishing an auction record for a Virginia decoy. The previous record price for a Virginia decoy was $248,000 for a hollow brant decoy by Cobb sold by Guyette & Schmidt Inc. in 2004.

Cobb and his family owned and operated the Cobb Island Hotel in the late 1800s. He carved hundreds of duck, goose and shorebird decoys for hunters to use while staying at his hotel.

Guyette & Schmidt Inc.'s next decoy auction will be January 19 at Christie's in New York. The auction will be held as a joint effort with Christie's and will feature decoys from the collection of Alvin Freedman Keen. For more information, visit www.guyettandschmidt.com.

Guyette & Schmidt Inc. provide free decoy appraisals to anyone sending a decoy photo and a stamped, self-addressed envelope to Guyette & Schmidt Inc., P.O. Box 1170, St. Michaels, MD 21663.

Health fair draws a crowd

The Northern Neck offices of Virginia Cooperative Extension hosted a Community Health Fair November 4 at the A.T. Johnson Human Services Building near Montross.

The Three Rivers Health District reports that 161 people received flu shots at their clinic. Many attendees also received blood pressure, glucose, cholesterol, dental, vision and hearing screenings provided by the Lions' Club, the Rappahannock Area Health Education Center, the Westmoreland Medical Center and the American Screening Association.

The health fair was made possible in part by grants from the American Cancer Society, Northern Neck Adult Learning and Literacy Council and the Tappahannock Wal-Mart.

Representatives of Virginia Cooperative Extension, Head Start, the Westmoreland County Department of Social Services, Healthy Beginnings, Northern Neck Adult Learning and Literacy Council and the Rappahannock Area Health Education Center served on the planning committee.

Organizations and individuals interested in joining the committee may call Kathleen Watson at 333-3733

Flight group views WWII film

Dennis Sulick's changing schedule forced him to cancel a program prepared for the November luncheon meeting of the Northern Neck/Middle Peninsula Chapter of the Virginia Aeronautical Historical Society at the Pilot House Restaurant November 16. However, a film was shown about American military flying activities during World War II. There are a few veterans of that war who are members of the chapter, as well as others, that love aviation and were fortunate enough to live through that period.

No meeting will be held in December. The next chapter meeting will be January 18 at the Pilot House Restaurant in Topping.

All meetings are open to the public, and anyone interested in aviation may join.

Club Golf

Hole-in-one

Frank Dennis of Heathsville last Friday aced hole 3 at Quinton Oaks Golf Course near Callao. He used a number 8 iron on the 145-yard shot.

King Carter

The King Carter Golf Club held its first Club Championship November 17. Low gross champion was Top Allaun (83). Low net champion was Klaus Schachek (78).

Bridge Results

Eight tables of bridge were in play November 14 at Rappahannock Westminster-Canterbury.

Winners north/south were first, Dianne Monroe and Beverly Oren; second, Ginger Klapp and Judy Peifer; and third, Kate Frayne and Ronnie Gerster.

Winners east/west were first, Virginia Adair and Jim Hazel; second, Liz Hargett and Tot Winstead; and third, Peggy Dent and Terry Taylor.

The next bridge for this group is Tuesday, November 28, at 1 p.m.

Sports Shorts

■ Pistol course

The Rappahannock Pistol and Rifle Club will conduct a National Rifle Association First Steps Pistol Orientation Course December 1 and 2. The course is a model specific program, and teaches the most basic shooting skills.

The course consists of two three-hour sessions. The first session is in a classroom on proper handling of firearms, information on gun parts, safety, ammunition, cleaning and storage. The second session will be held at the club firing range in White Stone where students, supervised by instructors, will fire their own handguns. To enroll, call Barry Kennedy at 435-2909.

■ Turkey trot

The seventh annual Turkey Trot and Animal Food Drive will be held Thanksgiving Day, Thursday, November 23, at the Irvington Commons. Races will include a two-mile run/walk at 9 a.m.; a five-mile run at 9:45 a.m.; and a 100-yard tot trot at 10:45 a.m.

Register in advance at the Irvington Town Office or race day at the Chesapeake Bank in Irvington beginning at 8 a.m. The fee is $18 per race. Awards will be given around 11:30 a.m. Bring a bag of dry dog or cat food.

■ Boating course

The Northern Neck Power Squadron will offer the Boat Smart course from 9 a.m. to 5:30 p.m. December 2 at Northern Neck Insurance Co. in Irvington. The class is intended for ages 13 to adult. The fee is $35, or $45 for two family members sharing a book.

To register, contact Twy Williams at 529-5093, or twynan@msn.com.

Northern Neck Family YMCA Recognizes Our Members of the Week

OCTOBER 23, 2006

BETTY JEAN BERRY OF LANCASTER

- Betty has been a member of the YMCA for 5 years.
- She attends the Senior Specialty Class 3x a week at 11:15.
- Before her class she uses the weight room to warm up.
- Betty spent her career in Northern Virginia working in banking and with the government.
- She loves people and that is one of the reasons why she loves the Y and she thinks the Y employees are terrific!
- She enjoys talking to members in the common area and sharing God's word.
- Betty's hobbies include a life long love of gardening, especially oriental arrangements.
- She has three grandchildren.
- The Y has definitely made a difference in her life.

OCTOBER 30, 2006

CAROL (TIM) AND JOAN HENDERSON OF MOLLUSK

• The Hendersons have been Y members for over 10 years since retiring to the Northern Neck from New Jersey. On the recommendation of their children who are both physicians, they joined the Y. They wanted their parents to stay healthy in retirement and understand the importance of working to keep your body healthy as it ages.
• As retirees they wanted to add some structure to their lives and do something physically active.
• Tim participates in water aerobics 3x a week and then comes back to the Y to lift weights. Joan takes floor aerobics at the same time and walks on the treadmill.

- At the Northern Neck Family YMCA they have made many friends. Some of their closest comrades are from relationships that were developed at the Y.
- They love the Y because it is a place where everyone is welcome.
- The Y has something for everyone and everyone can take advantage of the programs regardless of their financial situation.
- As a community based Y they hope that the Y will continue to reach out to everyone in the community and let them know there is a place and a program to suit all.
- They feel that if the Y doesn't have a program that they are interested in, all they have to do is ask and someone will listen.
- The Hendersons are happy to be part of the healthy, wholesome environment offered at the Northern Neck Family YMCA.

NOVEMBER 13, 2006

WENDY CHARLTON OF WHITE STONE

- Wendy has been a member for almost 12 years.
- She is the mother of two very musically talented boys in their 20's. Her husband is David.
- Wendy comes to the Northern Neck Family YMCA 5-6 times a week to work out on the machines and lift weights. She used to do classes, but likes the flexibility of using the elliptical machine and the ARC Trainer.
- Wendy has always been physically active and needs to exercise for mental and physical wellbeing.
- When she first moved here, the Y (Oakwood at the time) was a great place to meet people. Now it has become almost like a family to her.
- During the past 6 months, the Y staff have become her constant cheerleaders. Wendy just can't say enough wonderful things about the staff. She appreciated Mark monitoring her workouts and giving her valuable information about heart rates, and other things that she did not know about fitness.
- Wendy loves the acceptance of members and employees. There is a real equalization/ leveling feeling at the Y.
- It is also great to see and hear the kids around the facility during the summer months.
- It is wonderful to see so many types of people at the Y doing so many different things.
- A very fond memory that Wendy has was during Ernesto. It was a real community place where people were coming to take showers, workout, eat… what a sense of community!
- Everybody knows Wendy as the member that always has a back scratcher with her on the machines!

NOVEMBER 20, 2006

THE McGRATH FAMILY OF IRVINGTON

(L-R): Michael, Ame, Danny, Grace Sottilaro, Kevin, Kaeli, Donna and Marina

• The McGrath family moved to the Northern Neck 11 years ago from Long Island and has been active in Y programs since they arrived. They became official "Family Members" in 2000.
• Donna has been very involved in many aspects of the Northern Neck Family YMCA. Not only does Donna use the Wellness Center on a regular basis, but she also participates in Yoga, Salsa, Jazzercise and Mark Favazza's Specialty Class. Donna has volunteered in many capacities including chairing the Festival of the Trees this year. She has been on the Festival of the Trees committee since 2001. She is also on the Ball in the Halls committee, has been a soccer coach and helps with the dance program.

- Kevin has been a soccer coach for 6 years and was the assistant line coach for football this year. Kevin and Donna have participated in two ballroom dance sessions and have volunteered at the Ball in the Halls. Kevin says bartending for the Ball in the Halls is one of his favorite things to do.
- Ame attends UVA but uses the Y when she comes home. She has danced with Miss Linda's School of Dance since it first came to the Y. Ame was a Diva and was part of the first group to have been invited to dance at Disney World.
- Marina has also danced with Miss Linda's School of Dance since it first came to the Y. Marina danced at Disney World in 2005 and will go again in 2007. Marina has participated in Karate for the past two years and played soccer for 3 years. This winter Marina plans to spend time in the Wellness Center after school to keep in shape for Cross Country and Track.
- Danny has played soccer for 8 years, played football this year, played basketball for 3 years and loves to spend time in the Teen Room.
- Michael has played soccer for 4 years and likes to play basketball in the gym. Michael also enjoys the Child Watch room where he has been going since infancy.
- Kaeli has been dancing for two years, did gymnastics for 2 years and also loves the Child Watch room.
- Grace Sottilaro is Donna's grandmother. She moved to Irvington from Atlanta 6 years ago. She is a native New Yorker having grown up in Queens. Grace participates in the Senior Specialty Class 3x a week. Grace likes to stay active, loves getting out to come to the Y and has met many friends through her class. She also loves to attend the Festival of the Trees.
- The Northern Neck Family YMCA has definitely made a difference in the lives of the McGrath Family. It provides a great family atmosphere, a place where the kids can come and hang out. Everyone is so helpful and friendly.

A Doctor Speaks

by George Moore, MD

The cost of anger

Anger is a normal human response to unfair treatment and other injustices, and it's a common reaction to frustration and criticism, whether justified or not. But normal anger is one thing, excessive hostility quite another.

Some people get angry without provocation, others react excessively to minor adversity, and still others experience inappropriately intense or prolonged anger to legitimate triggers. Outbursts of anger can damage relationships and careers and they also can bring on heart disease, stroke or personal injury.

Harvard researchers have demonstrated in a seven-year study of 1,300 men with an average age of 62 that the angriest men were three times more likely to develop heart disease than the most placid men. The link was independent of differences in blood pressure, smoking or other cardiac risk factors. Thus, over the long run, anger can increase a middle-aged man's risk of developing coronary artery disease.

Can a single burst of anger trigger a heart attack? Another Harvard study found that it could. About 1,600 patients were interviewed four days after they had suffered a heart attack and found that intensive anger that took place in the two hours previous to the heart attack more than doubled the risk of heart attack. Other studies nationally and in Canada support these findings.

Although most research that links anger and heart disease focuses on mature men, scientists at John Hopkins looked back to the years 1948-1964 to see if anger in young adulthood was associated with heart disease in maturity. The subjects were 1,050 medical students who had been evaluated for health risk factors including anger. It was found that the angriest medical students were six times more likely to suffer heart attacks by age 55 and three times more likely to develop any form of cardiovascular disease.

Heart attack and stroke share many risk factors, from cholesterol to hypertension. A recent Israeli study evaluated 200 consecutive stroke patients and found that an experience of intense anger was linked to a 14-fold increase in the risk of stroke within two hours of the negative emotion.

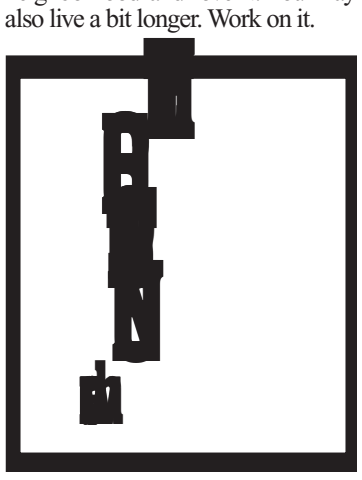
Excessive anger can also boost a man's risk of injury. Data on 2,500 patients who went to an emergency room in Missouri for an acute injury showed that 20 percent experienced anger just before the injury. The greater the anger, the higher the risk; anger does lead to aggressive or careless behavior and especially in men.

If you are an angry person, you no doubt know it. If you are not sure, ask a friend or relative in pleasant confidence. You will need his honest opinion without getting angry. If the verdict is in, you can reduce the risk of heart attack by taking a single 81 mg tablet of aspirin a day. Harvard researchers found that a single aspirin tablet can reduce the likelihood of an anger-induced heart attack by 40 percent.

You can and should do more. Try to identify the things that bother you most and do your best to change them. Learn to recognize the warning signals of building tension and take steps to relieve the tension before it reaches the boiling point. Often something as simple as a brief walk or a snack can cool things down nicely. Build strong relationships and talk out your feelings instead of bottling them up inside.

You can also use behavioral techniques to help stay calm. Practice during your daily life so you'll be able to keep your cool in times of stress. Drive your car in the slow right-hand lane. When you approach a toll plaza, join the longest lane, even if you have the exact change. Use your car horn only to prevent car accidents, not to vent frustration. Eat slowly. Talk slowly and try not to interrupt others. Don't raise your voice in anger. Don't use expletives; substitute less hostile phrases like "darn" or "rats." Don't permit outbursts of anger; instead wait for a few moments, take a few deep breaths, and express yourself calmly. Try not to grimace or clench your teeth; practice smiling.

You can be the new nice guy in the neighborhood and love it. You may also live a bit longer. Work on it.



State Park trails are open

Although the Belle Isle State Park campground (above) will close for the season December 4, the rest of the park will be open every day from sunrise to sunset including holidays, such as Thanksgiving, Christmas and New Year's Day. Geese and other waterfowl have settled in for the season. Observation decks and a blind are available for viewing and the hiking trails are open.

State Park reservation system temporarily down

As part of the ongoing effort to improve the experience of visitors, Virginia State Parks will make major renovations to its computerized reservations system this month.

Off-line since November 17, the reservations center will reopen November 29 at 9 a.m. The center will be open for limited service November 22 from 9 a.m. to noon for reservation counselors to update existing reservations or schedule reservations through November 28.

The on-line reservations system also will be updated. System changes will allow customers to reserve cabins and campgrounds on the website and make next-day reservations, seven days a week.

The Virginia State Parks Reservations Center answers more than 125,000 calls annually and books more than 60,000 reservations. The award-winning state parks are operated by the Virginia Department of Conservation and Recreation.

To make reservations in one of the more than 1,600 campsites or 200 climate-controlled cabins, call the Virginia State Parks Reservation Center at 1-800-933-7275, or visit www.dcr.virginia.gov.

Rev. Terry Robertson, in period clothing, served as a deckhand aboard the Godspeed.

Rev. Robertson recounts his Godspeed adventures

Rev. Terry Robertson shared his experiences aboard the sailing ship Godspeed with members of Coast Guard Auxiliary Flotilla 33 at its November 13 meeting.

The Godspeed is a full-size replica of one of the three original vessels which established the Jamestown Colony in 1607.

Rev. Robertson is serving as interim minister of Campbell Memorial Presbyterian Church in Weems. He is a graduate of the USCG Academy, served on cutters and flew for nine years as a search-and-rescue helicopter pilot. He then completed divinity school and served for 13 years as a U.S. Navy chaplain.

This year he accepted an opportunity to sail on the Godspeed while on leave of absence from the church. From April to August he served as top-man, deck hand, tour guide and chaplain as the newly built Godspeed sailed on its maiden voyage from the builder's yard in Maine to Jamestown. The ship then turned north to visit Alexandria, Baltimore, Philadelphia, New York and Boston before returning to Jamestown.

The Godspeed is 88 feet long, has a 17-foot beam and carries a crew of 12. During the original England-to-Jamestown voyage of 1606-07, 52 people were aboard.

Flotilla members were entertained with tales of sail trimming high in the rigging, sailing in heavy weather and the efforts taken to make the new Godspeed as accurate a replica as possible while still accommodating current safety, navigation and habitability standards.

Visitors are welcome at flotilla meetings the second Monday of each month except December at 7:30 p.m. at Grace Episcopal Church in Kilmarnock. To join, call Mike Sachen at 438-9202.

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▼ Barley . . . .

(continued from page A1)

Crop Improvement Association referred him to Dawson.

"[Rick] and [Billy] are very similar in the passion they have for what they do and the pride they have in their product," said Mason Brent of Heathsville.

Brent and Dawson are business partners. They own Northern Neck Commodities Processing Inc., which operates under the marketing name, Bay's Best Feed. Brent is also an investor in Copper Fox Distillary.

"It's been kind of fun for me," said Brent, "because I'm involved in the whole process, from the ground to the bottle."

Brent came to the Northern Neck from Richmond in 2001 to live on his family's 150-year-old farm, an expansive 600-acre property that includes 100 acres of cropland farmed by Dawson.

Farming since 1986, Dawson works some 1,000 acres, most in Northumberland County.

For some time, he'd wanted to start a mill and joined forces with Brent about two years ago, transforming an old garage near Heathsville into a packaging plant for corn, milo, barley, soybeans and sunflower seed. The two, along with part-timers Mason Brent Jr. and J.R. Yerby, operate a wholesale mill, selling locally to Farm and Home Supply in Kilmarnock and Farmer's Service of Burgess.

It took about a year to construct the mill, which began operations last December.

Although whole kernel corn is their most popular product, it's the distribution of Thoroughbred barley that makes their mill distinct.

Thoroughbred isn't just any ole' barley.

Quite the contrary. It's a high-yielding, six-rowed, hulled winter-feed barley that was developed and released in May 2003 by the Virginia Agricultural Experiment Station. The name was selected to denote the superior seed quality.

And not any ole' farmer can grow Thoroughbred. It takes patience, hard work and a seal of approval from the Virginia Crop Improvement Association.

"Rick was looking for a good barley with a good test weight," said Dawson. "And he needed it cleaned and bagged and most farmers don't have this setup."

To keep the seed identity preserved, the barley must be hauled in a dedicated container and stored without contamination. The fields must be certified and inspected by the association for identity preservation and seed quality.

The mill's filters and bins must be thoroughly cleaned after processing other products and before the barley is lifted into the bins and transported by elevator into the cleaning unit. After the barley runs through screens, the clean product drops into one of two buckets, where another elevator takes it into either a bag hopper or a mill.

Since Dawson has raised Thoroughbred now for several years, he has his own registered seed.

"All this is done to keep the product pure," he said.

Dawson and Brent are in their second contract year with Wasmund, who began distributing the whisky last summer in the Maryland and Washington, D.C., areas. He brought the product into the Virginia market about two months ago.

"What Rick does is estimate how much he'll need and I estimate how much to plant," said Dawson. "Of course, I plant more than what he needs because I don't know what my yield will be."

Dawson hauls six tons of the cleaned and bagged barley at a time to Wasmund, who has been using about a ton per week.

"What I'm doing is a niche market kind of thing that we happened to fall into," said Dawson.

(Wasmund's Single Malt Whisky is available at Virginia ABC stores in Kilmarnock and Callao and as a shelf brand at Tommy's Restaurant in Reedville. The whisky sells for $37.95 a bottle.)

Shopping strategy

Get organized. Heading out of the house to do holiday shopping without knowing what to look for is a recipe for wasting time. List the people you'll be purchasing presents for and what you'd like to get them. List a few extra items per person, just in case your first choice is sold out or not available. If you're having trouble coming up with ideas, ask the person what they might like.

Cleaning Slabtown Road

Twenty-three residents gave an hour of time November 11 to clean Slabtown Road. Fortified with cider, blueberry muffins, and neighborhood spirit, the crew collected 16 bags of litter. From left are (front row) Annie Bigford, Blanchette Jones, Stephen Seaver, Cheyenne Seaver, Sue Johnson, Ginger Tinsley, Frances Callaghan, Patricia Linell and Bo Wright; (next row) Rick Johnson, Don Barrett, Jim Vette, Cordie Simmons, Tom Bigford, Barry Seaver, Paul Price, John Fellingham, Colin Butler, Wiley Wright, Frank Callis and Tony Callaghan. Ruth Hartman and Betty Wirth also participated.

Housing up, unemployment down, taxable sales decrease

WARSAW—Second-quarter 2006 economic indicators released last week by the Northern Neck Planning District Commission show an increase in housing starts and a decrease in unemployment as well as taxable sales, compared to the same quarter in 2005.

The number of new housing permits issued in the Northern Neck increased 6.3 percent, the unemployment rate decreased 0.4 percent and taxable sales decreased 2.9 percent.

Based on information from county and town building officials, Westmoreland County issued the most new housing permits and experienced the greatest percentage increase. The county reported 88 permits issued compared to 69 the second quarter of 2005, up 27.5 percent.

Lancaster issued 50 housing permits compared to 49 in 2005, up 2 percent; Northumberland issued 84 compared to 73, up 15.1 percent; Richmond County issued 20, unchanged; Colonial Beach issued 12 compared to 28, down 57.1 percent. The Northern Neck issued 254 compared to 239, up 6.3 percent.

Of the 460 new housing permits issued in the first and second quarters of 2006 in the Northern Neck, 63 were for manufactured homes, or 17.7 percent, up 6.4 percent.

Of the 101 permits issued in Lancaster, three were for manufactured homes, or 3 percent, up 1.3 percent. Of the 152 permits issued in Northumberland, 14 were for manufactured homes, or 9.2 percent, up 3.6 percent. Of the 32 permits issued in Richmond County, 14 were for manufactured homes, or 43.8 percent, up 18.8 percent. Of the 149 permits issued in Westmoreland, 32 were for manufactured homes, or 21.5 percent, up 12.1 percent. Of 26 permits issued in Colonial Beach, none were for manufactured homes, no change.

Based on information from the Virginia Employment Commission, the unemployment rate for the Northern Neck was 4.0 percent compared to 4.4 percent the second quarter 2005, down 0.4 percent. Westmoreland County had the lowest unemployment rate at 3.7 percent, compared to 4.1 percent in the second quarter 2005, down 0.4 percent.

The unemployment rate for Lancaster was 4.2 percent compared to 5.0 percent last year, down 0.8 percent; Northumberland, 4.0 percent compared to 3.9 percent, up 0.1 percent; Richmond County, 4.7 percent, compared to 4.9 percent, down 0.2 percent; Virginia, 3.1 percent, compared to 3.6 percent, down 0.5 percent; the United States, 4.6 percent compared to 5.0 percent, down 0.4 percent.

Based on information from the Virginia Department of Taxation, taxable sales in the Northern Neck for the second quarter 2006 totaled $87,410,904 compared to $90,034,284 the second quarter 2005, down $2,623,380, or 2.9 percent. Richmond County experienced the largest dollar and percentage decrease with total taxable sales of $15,186,857, compared to $16,167,698 the second quarter 2005, down $980,841, or 6.1 percent.

Lancaster sales were $35,628,720 compared to $36,502,182 last year, down $873,462, or 2.4 percent. Northumberland had $16,673,177 compared to $17,141,973, down $468,796, or 2.7 percent. Westmoreland had $19,922,150 compared to $20,222,431, down $300,281, or 1.5 percent. Virginia had $22,004,296,000 compared to $21,739,360,000, up $264,936, or 1.2 percent.

Queen to visit Jamestown

WILLIAMSBURG—Therecent announcement that Queen Elizabeth II will visit the United States in May to participate in the 400th anniversary of Jamestown caps 10 years of planning by Jamestown 2007 and the federal Jamestown 400th Commemoration Commission and again places Jamestown in the international spotlight.

The Queen will be accompanied by The Duke of Edinburgh.

Queen Elizabeth II and his Royal Highness Prince Philip participated in the 350th anniversary of Jamestown, her first visit to the U.S. as monarch. Her participation in America's 400th Anniversary will focus international attention on Jamestown's legacies—the introduction of democratic government, free enterprise and a culturally diverse society—and the three cultures that converged at Jamestown—Europeans, Virginia Indians and Africans.

"I am proud that the Commonwealth will once again have the high honor and privilege of hosting Queen Elizabeth II and the Duke of Edinburgh to commemorate the 400th anniversary of this pivotal moment in our history," said Gov. Tim Kaine. "Our Jamestown 2007 events will be elevated by the prominence of Her Majesty, and we look forward to celebrating the deep historical and cultural connections between Virginia and the United Kingdom."

Tommy Norment, chairman of the Jamestown 2007 management committee, said, "We are thrilled that Her Majesty and His Royal Highness will be here in May of 2007. Her return visit is an acknowledgment of the enduring legacy of British influence on the American continent and the strong ties between the United States and Great Britain. Her presence also will bring national as well as international attention on the yearlong events and programs planned throughout 2007."

Frank B. Atkinson, chairman of the federal Jamestown 400th Commemoration Commission, said, "The visit by the Queen and The Duke of Edinburgh is a tribute to the English settlers whose courage and sacrifice helped to establish Jamestown as the beginning of modern America, giving birth to a tradition that includes representative government, free enterprise, cultural diversity, and the rule of law. Her visit will truly be one of the most memorable moments in the 18-month-long national observance of America's 400th Anniversary."

"Our upcoming visit by Queen Elizabeth and Prince Philip to celebrate Jamestown 2007 is a welcome and significant addition to this historic celebration," said Rep. Jo Ann Davis. "It will certainly be an honor and privilege for Virginia to host both Queen Elizabeth and her husband, Prince Philip, Duke of Edinburgh, to share in commemorating this key event in both American and United Kingdom history."

Rep. Davis also noted "The 400th anniversary celebration event will be enhanced with the presence of the Queen, and I look forward to celebrating the common importance that the discovery of Jamestown had on not only establishing the Commonwealth of Virginia, but also bridging the United Kingdom to the original American colonies."

▼ Lancaster planning commission . . . .

(continued from page A1)

gested that only Class 3-B surveyors and engineers be qualified to do the design and that third party peers review and approve the plans.

Developers argued that the "large width" and 50-foot easement would take away from the country lane feel. One landowner who planned to develop a handful of waterfront homes claimed the proposal would force him to chop up and develop most of his 60-acre parcel just to afford the road.

"There is no question about the need to build quality roadbeds," said Irvington resident Lee Stephens. "But do you want to run a highway through a subdivision?" Stephens cited the advantages of narrow, curving roads as having a calming affect on traffic speed and that the smaller roads are better for the environment because there is more land to absorb run-off resulting in less phosphorus and nitrates running into the bay.

A second proposal to increase setbacks along Routes 3, 200 and 354 also brought developers to their feet to speak out against the county "rendering our land useless."

The change in the zoning ordinance for front yard setbacks within 2,000 feet of an incorporated town would be 250 feet from the centerline on a two-lane highway and 125 feet on a four-lane highway.

The front yard easement starting at 2,000 feet outside an incorporated town would jump to 400 feet from the centerline of a two-lane highway and 250 feet on a four-lane highway.

"The idea is to encourage development closer to towns and protect areas in between," Jones said.

Commissioner Bob Smart said the planners had anguished over the decision for some time. "We want to see that our roads remain beautiful."

After several landowners claimed the 400-foot setback ran as deep as their parcel of land, Jones said that maybe exceptions could be made with the use of buffers in those cases.

"I'm not sure you don't already have the tools and laws in place to enforce these setbacks without imposing stricter rules," said builder Charles Chase. "It's a pretty significant change" because of the financial consequences to many landowners. "I would advise you to proceed with caution. Segregate commercial from residential and multi-residential. One size does not fit all."

Jones closed both public hearings by thanking the public for their comments and suggestions.

"Obviously, we can't decide anything tonight," he said, adding that he would like to consider the ideas heard and bring it up again at the next commission meeting.

▼ Closed meeting issue lingers. . . .

(continued from page A1)

sation remain confidential.

Upon returning to an open meeting, the minutes state that the board unanimously approved the design and material modifications discussed in the closed session.

According to the FOIA, the board needs to "reasonably identify" the substance behind any action it takes following a closed session. In this case, the meeting minutes give no indication exactly what modifications in the design and materials were considered in the board's vote, why they were considered necessary and how they will affect the cost of the facility.

Also in question is whether a discussion on design and materials warrants the use of the contract exemption under the spirit, if not the letter, of the law.

According to an explanation issued by Virginia's FOIA Council, the exemption related to contracts is meant to be used in the competitive phase of a bidding process, "where discussion in an open session would adversely affect the bargaining position or negotiating strategy of the public body."

Since this contract has already been awarded and signed, confidentiality is not required for the county to maintain a bargaining position.

The Freedom of Information Act aims to "afford every opportunity to citizens to witness the operations of government." Exemptions from public access to meetings are meant to be used only when absolutely necessary.

Since the county began entertaining bids to build a new school more than a year ago, the majority of the design process has been completed out of the public eye.

Through a new procurement process known as the Public-Private Education Facilities and Infrastructure Act (PPEA), architect/builder teams presented design concepts to the county in a competitive manner. These designs remained strictly confidential throughout the process.

First Choice LLC eventually came out on top with a $40 million bid to build a combined middle and high school. The county signed the contract last summer.

The public has since been looking forward to getting involved in the final design phase. Several citizens groups have hosted informational meetings with the architect and copies of the floor plans have been circulating in the community.

Site work is under way and while the interior layout of the school has been largely determined by a core group of teachers working as an advisory committee, the one design detail that remains a mystery is the building's facade.

The architect has told citizens that he hopes to incorporate local architectural style so that the school blends with its surroundings.

He is scheduled to address the board regarding the school design December 14.

Clarification

Lane Northeast plans to remove the two former hotel buildings at Windmill Point and construct new two-and three-bedroom condominiums.

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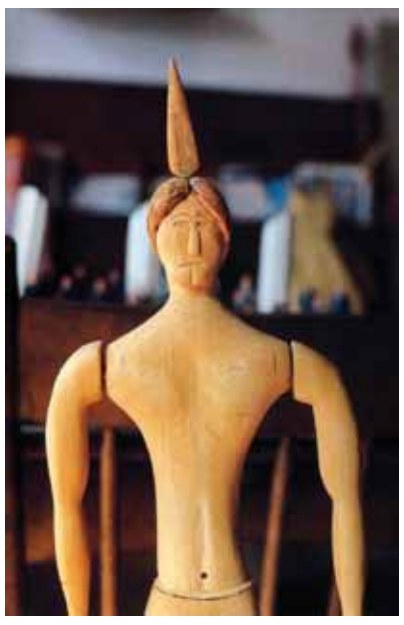
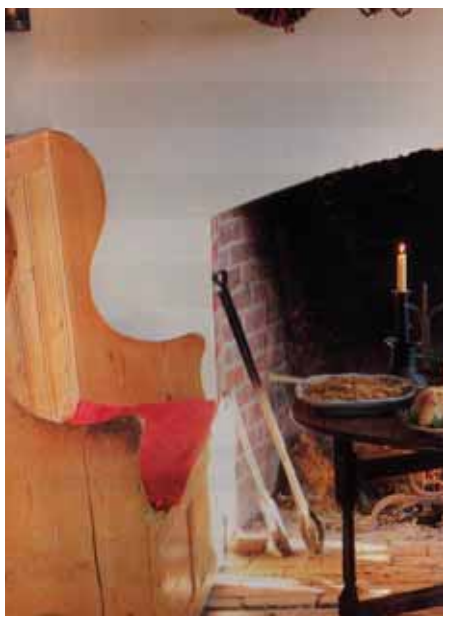
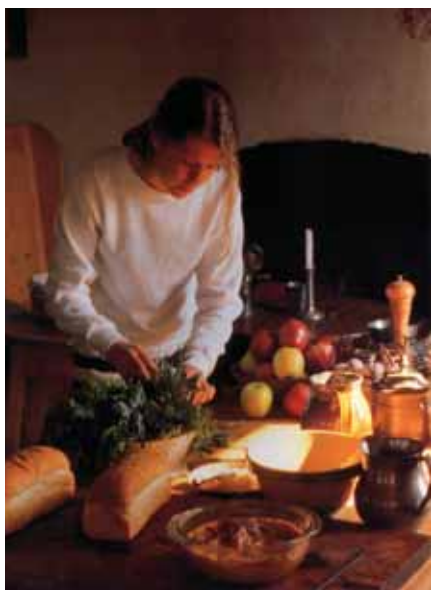
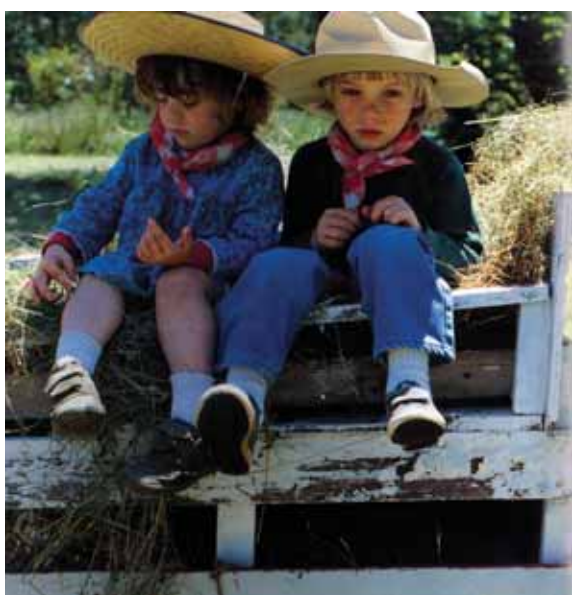
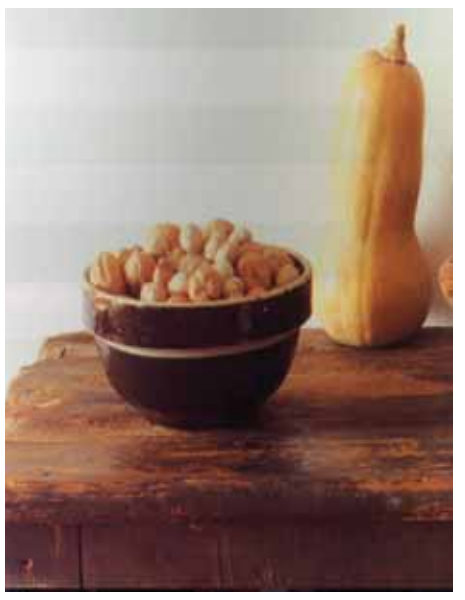




Happy Thanksgiving

A year and seventeen days before the Pilgrims landed, the first official Thanksgiving was celebrated in Virginia on the shores of the James River, just fifty miles southwest of Muskettoe Pointe Farm. The year was 1619. Today, some of us gather at home, others scatter all over the country to give thanks with families and friends, inventing traditions of our own.

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