Rappahannock Record

Section • B •

September 28, 2006

KILMARNOCK, VIRGINIA

Police Reports

Lancaster County Sheriff Ronnie Crockett reported charges brought against 13 individuals last week.

Kevin T. Harcum, 38, formerly of Merry Point Road, was charged September 20 with rape of a minor and contributing to the delinquency of a minor and for violation of probation.

Morson Lee Jr., 45, of Farnham was charged September 20 with contractor fraud and with driving while his license was suspended.

Tracy A. Fearing, 30, of Eagle Point Trace was charged September 20 on a Williamsburg warrant with felonious assault and petit larceny.

A Morattico Road man, 34, was charged September 19 with contempt of court.

(continued on page B12)

Wal-Mart traffic impact study may be 'water under the bridge'

by Audrey Thomasson

WHITE STONE—Mounting pressure to fund a Wal-Mart traffic impact study in White Stone brought Virginia Department of Transportation's (VDOT) officials to town hall from regional offices in Fredericksburg. The meeting also included representatives from Kilmarnock and Lancaster County.

VDOT regional director David Ogle did not sound very promising when he painted the big picture for local officials. With the state facing bigger transportation issues like perpetual gridlock in Northern Virginia and Hampton Roads, the chances of White Stone finding any understanding or bucks beyond the Northern Neck may be water under the Robert O. Norris Jr. Memorial Bridge.

"It's a matter of assigning priorities and allocating available funds to those problems," Ogle explained.

Citing only 22 current VDOT projects in Lancaster County, he said "Revenue for construction and improvement projects is trailing off. Instead of adding projects, they are taking projects out."

While admitting the $50-75,000 cost for a traffic impact study for White Stone and other points along Route 3 would have been a simple request for the department in the past, "…it is no longer that way," Ogle said.

After nine months of the General Assembly hitting roadblocks over generating new taxes for transportation issues, legislators were meeting this week in what many are calling the year's "last ditch" effort to bail out VDOT. The governor and lawmakers from both sides of the road allocated four days in which to find out if this will be just another year of dead ends for Virginia's infrastructure.

For the Northern Neck, VDOT district planning program manager Erik Vogel said the department is planning a four-year regional analysis of each county for future improvements.

But that study comes too late for White Stone officials.

In referring to the amount of traffic Wal-Mart will generate, Mayor Lloyd B. Hubbard said all traffic from the south is funneled through White Stone. "We don't want an analysis. We don't want to wait four or five years for results."

"We're in the process of beautifying the town," vice-mayor David Jones added. "We don't want to hear from your engineers in two years that improvements such as bump-outs are a problem."

County supervisor Pete Geilich brought up issues concerning a 50 percent increase in summer traffic across the Norris Bridge and used traffic congestion at the old West Point bridge as an example. "I'm afraid that is going to happen in White Stone," he said.

Ogle claimed that VDOT's 10-year traffic predictions for the Northern Neck have been right on target, so he does not foresee the West Point problems occurring here. However, because a realistic lifespan of the 50-year-old bridge is between 50 to 75 years, he admitted the process to obtain funding for a new bridge in 10-20 years would need to begin now.

Saying that VDOT can not provide a specific Wal-Mart traffic impact study, Ogle agreed to have VDOT traffic engineers take three traffic counts on Route 3 and across the bridge beginning in the fall, and then again next summer and after Wal-Mart opens in Kilmarnock. Based on those counts, he said the department would recommend intersection improvements for White Stone.

Additionally, he recommended the town pursue off-street parking lots to support the safety of local business traffic.

Ogle suggested the county group together with White Stone and Kilmarnock to fund a traffic-impact study and that they continue to have Del. Rob Wittman help them in their efforts to lobby the General Assembly for future needs including funding of a new bridge or bypass road around the town.

"I know you're not satisfied," Ogle told local officials. "But at some point or another we need to move on. Our hands are tied on the Wal-Mart study."

According to town manager, Garey Conrad, Wittman stopped by town hall later to offer his support and said he would work on introducing a bill in the house to fund a traffic study.

Wal-Mart plans to break ground by end of year

by Audrey Thomasson

KILMARNOCK—The prospect of "everyday low prices" appears to be a very slow process to area residents anticipating the construction of a Kilmarnock Wal-Mart supercenter.

After site plans bounced back and forth for months with the Virginia Department of Transportation (VDOT), Wal-Mart engineers are optimistic they have finally met all the requirements of the state agency and that they will receive VDOT approval by the end of October.

Laurie Smalling, regional public relations manager for Wal-Mart Stores Inc., said the latest plans were submitted to the Northern Neck offices of VDOT on September 20. The next step will be administrative approval from Kilmarnock and then the company can begin the building permit process.

According to Smalling, ground-breaking is expected before the year is out with construction taking from 10 months to a year.

From left are event official Hack Dean, and Marissa, Jimmy, Jamie and Alice Coates. Competing as the Jalapeno Team, the Coates family won the chili cookoff.

Jalapeno Team wins chili cookoff

LIVELY—The first day of fall dawned with a wind from the southwest and a temperature which would climb into the low to mid 80s by afternoon.

This was the setting for "Chili By The Rivah III" sponsored by the Bethel-Emmanuel United Methodist Men, held last Saturday at the Upper Lancaster Volunteer Fire Department Pavilion in Lively.

When gates opened to the public at 10 a.m., six chili cooking teams were busy preparing their tantalizing offerings and approximately 35 arts and crafts vendors were ready for business. A 5K run/walk began at 10:30 (see page A15).

Those in attendance enjoyed the chili tasting and music and the arts and crafts vendors. Donnie and Lisa Redfoot and Code Blue entertained the crowd with bluegrass, gospel and folk music. The Jalapeno pepper eating contest was well attended and won by Charlotte Barber.

Those in attendance voted for the best chili. First place went to the Jalapeno Team of the Jimmy Coates family of Lively. Second place was awarded to the RX Chili (only nurses could do it better) team from Kilmarnock and third place went to the team of Monaskin Fire, the Dave Evans family of Monaskin.

The best appearing booth trophy was won by the Designer Chicks chili team from Creative DeSigns in White Stone.

The Bethel-Emmanuel United Methodist Men thanked all who attended the festival and to those who generously sponsored the music and the 5K run/walk.

Proceeds benefit the Animal Welfare League, whose volunteers helped make this endeavor a success.

Organizers also thank Eastern Virginia Bank for sponsoring the music. Other music contributors were Shear Magic, Currie Funeral Home, Sal's Pizza, Kilmarnock Auto Clinic, Windows Direct, Butch Jenkins, Smokin' Joe's and Skeeter's Corner.

President declares major disaster for Virginia; FEMA denies individual assistance

WASHINGTON—The head of the U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA) announced last Friday that federal disaster aid has been made available for the Commonwealth of Virginia to supplement Commonwealth and local recovery efforts in the area struck by severe storms and flooding, including severe storms and flooding associated with Tropical Depression Ernesto August 29 to September 7.

FEMA Director R. David Paulison said Federal funding is available to Commonwealth and eligible local governments and certain private nonprofit organizations on a cost-sharing basis for emergency work and the repair or replacement of facilities damaged by severe storms and flooding, including severe storms and flooding associated with Tropical Depression Ernesto, in the counties of Accomack, Caroline, Charles City, Dinwiddie, Essex, Gloucester, Isle of Wight, James City, King William, Lancaster, Mathews, Middlesex, Northampton, Northumberland, Richmond, Surry, Sussex, Westmoreland and York,

(continued on page B12)

Menhaden compromise agreement gains support in the Northern Neck

by Reid Pierce Armstrong

HEATHSVILLE—At a public hearing last Wednesday, local leaders, environmentalists and industry representatives rallied around a compromise agreement that would cap the harvest of menhaden in Virginia.

The General Assembly last winter refused to enact the original cap adopted by the Atlantic States Marine Fisheries Commission's menhaden management board, claiming that there was no scientific data available to support a cap.

The conflict was coming to a head this summer, with the menhaden industry at odds with sports fishermen and environmentalists across the east coast, when Gov. Tim Kaine stepped in, threatening to use his somewhat tenuous authority to impose the cap once the legislature ended its session.

All parties involved credit his leadership, as well as that of secretary of natural resources L. Preston Bryant Jr., in finding a solution that everyone can abide.

The proposed agreement, known as Addendum III to the Menhaden Management Plan, sets a slightly higher annual cap – 109,020 metric tons, which reflects the most recent harvest data, rather than the previous cap of 106,000 metric tons, which was calculated using averages from 2000-2004.

Addendum III also provides for adjustments to the cap due to underages and overages. Addendum II did not allow credits for underages. The maximum cap including credit from the previous year will be 122,740 metric tons.

The cap would be effective until 2010.

Kaine's compromise brings Virginia and Omega Protein into the research process through a Memorandum of Understanding, which details Omega's role. For political reasons, Addendum II excluded Omega from the research all together. Through the new agreement, Virginia and Omega will also help secure funding from federal sources.

Last Wednesday's hearing posed a stark contrast to previous public hearings on Addendum II

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A Closer Look

by Jane Tims

After practicing medicine on naval aircraft carriers and a Sioux Indian reservation, in San Francisco and near Mount Shasta in Northern California, Dr. Jim Harnsberger of Rappahannock Westminster-Canterbury spent 25 years as a physician at The Homestead in Hot Springs.

Despite that varied American journey, Jim was born in 1922 to Presbyterian missionaries in Taizhou, China, then known as Taichow. They lived on their houseboat during spring and autumn and spent severe summers and winters in their mountain home at Kuling.

Jim was home-schooled by his red-haired, blue-eyed mother who, as the daughter of medical missionaries to China, spoke Chinese flawlessly. He later boarded at the American school in Kuling. The Harnsbergers returned to America in 1939.

In 2001, Jim and his younger brother, Hutch, revisited their roots with Hutch's four sons. Worshipping at a church in Huain, their grandparents' home, Jim and Hutch were asked to speak.

Jim told of his grandfather's one-room clinic in Huain, started in 1894, but unattended because villagers thought foreigners killed babies. After a year, amid frantic banging on clinic gates, the mayor's wife was brought in on a door. Cure her, said the mayor, and we'll use your clinic. If she dies, you and your family die, too.

Jim's grandfather removed a 34-pound benign tumor from her. Patients streamed in. Forty years later he had one hospital with 900 beds and a second, for parasitic disease, with 300 beds. In 2002, Huain renamed its hospital Love and Mercy Hospital after Jim's grandfather's.

Hutch told the story of the 1931 flood at Gaoyou Lake. After eight weeks of record rain and a 20-foot buildup of silt, a typhoon with 150-mph winds broke the earthen dike in multiple places, flooding 77,000 square miles of China's food basket and killing 3.5 million people. Many drowned sleeping in their beds.

Jim and Hutch's father, the Rev. Lyt Harnsberger, took the houseboat to survey damage in Gaoyou. The church-sponsored Foreign Famine Relief Committee in Shanghai gave Lyt $500,000 to oversee restoration of the dike. That included materials and the feeding, housing and paying of 20,000 refugees who reached relative safety on the dike and became its workforce for repair. General Wang was chief engineer.

Lyt brought barges of plentiful rice from Shanghai. The U.S. government sent 450,000 tons of surplus wheat. Workers built shacks for shelter and carried dirt and rocks in buckets hanging from poles on their shoulders. They repaired the dike by hand.

"They had a 200-pound millstone with brass rings," said Jim. "Four would chant and lift it, then drop it down. Twenty-thousand telephone poles were driven into the dike, and 12 men on scaffolding, also chanting and dropping, could drive a pole in one day. It was organized chaos.

"In a paymaster's nightmare, there were stacks of Chinese dollar bills held down on a table by a brick with guys passing out $3 per man. They had to be paid every day or they didn't eat that night."

Charles and Anne Morrow Lindbergh flew over taking aerial photos. Jim, 10, took pictures from the houseboat. He is one of few remembering the devastation. Most survivors have since died or had memories clouded by lesser floods and the brutal Japanese invasion in 1937.

On the Harnsbergers' trip to China in 2001, Jim gave his remaining six negatives to the mayor of Gaoyou. On the 2002 return, Hutch's son, Steve, inquired at the Chinese National Archives in Nanking City and was given a box of pictures of dike repair and 125 letters of Lyt's.

"For Hutch and me it was like a gold mine," said Jim. "We'd been trying 50 years to document. We'd been to Harvard and Montreat, both of which have extensive libraries of Chinese missionaries. Steve took all this to Gaoyou, and they built a museum to the flood."

Hutch died in 2003. Steve attended the museum's dedication on December 31, 2005. Then on August 27, 2006, Steve and Jim went for the 75th anniversary of the typhoon. At the site of the biggest break, a six-foot by four-foot marble slab was unveiled memorializing the heroism of Lyt Harnsberger, General Wang, the Lindberghs and a hermit who sold his property and contributed $200,000 to relief.

Three hundred people gathered. Jim and Steve sang "The Holy City," accompanied by a CD of Hutch singing it solo. With the story of the flood properly honored, they scattered Hutch's ashes into the dike.

"Hutch told the story of the 1931 flood at Gaoyou Lake. After eight weeks of record rain and a 20-foot buildup of silt, a typhoon with 150-mph winds broke the earthen dike in multiple places, flooding 77,000 square miles of China's food basket and killing 3.5 million people."

Reflections

by
John Howard Farmer
pastor, Irvington Baptist Church

The red-haired Preacher Lady

Recently a chap asked me what American preachers have influenced my life? I shocked him saying, "All that I have heard and or followed have blessed both my life and ministry." Confused, he pressed for more clarity.

I'll share that list with you as well. They are: Oral Roberts. Rex Humbard, Oliver Green, George Arthur Buttrick, Billy Graham, Jim and Tammy Baker and Kathryn Kuhlman. I understood their callings to be unique to their ministries, not mine, and found much of what they taught to be useful. You see, I traveled extensively and these and many other evangelists had late night radio programs.

Excerpting biographer Stephen J. Pullum in his book, *Foul Demons, Come Out! The Rhetoric of Twentieth-Century American Faith Healing*, (Praeger Publishers, 1999) we read about one of my late night heroes, Kathryn Kuhlman, the red-haired Preacher Lady of Concordia, Mo.

"There she often stood, backstage, alone with her thoughts, pacing back and forth, butterflies swarming in her stomach, praying with all of her might that God would be with her. To hear her tell it, the strain was almost unbearable. Minutes before whisking onto the stage in her long, flowing gowns with billowy sleeves to greet thousands who had come, in part, to gaze upon this tall, red-haired evangelist, Kuhlman would 'die a thousand deaths,' petrified that, in her words, the Holy Spirit might not have arrived to carry her through the upcoming miracle service."

St. Stephens Church
Heathsville, VA

How could she face people who had come hundreds, in some cases thousands, of miles to be healed if the Holy Spirit were not there to help her? She felt utterly helpless, completely dependent upon "the power of the Holy Spirit," and occasionally remarked that she walked onto the stage as fast as she could, because she could not wait to get under the Spirit's influence to rid herself of her pre-performance anxieties.

For over five decades Kuhlman packed large auditoriums and sanctuaries wherever she went, which often filled up hours before the services began. Few of her contemporaries were as well known or as well respected in the Pentecostal and Charismatic world as was she.

Those closest to her often called her "a handmaiden of God." Time once referred to her as a "veritable one-woman shrine of Lourdes." Christianity Today gave her good ink over the years. So rhetorically compelling was she to audiences that People once suggested, "one cannot look and listen without being fascinated by this woman." Indeed, Kuhlman had one of the most prominent healing ministries of the entire twentieth century and belongs in any discussion of that era's healing evangelists.

We all heard of yelling preachers. Kuhlman most often whispered so that your ears searched for her every word.

She was raised born again in the little Methodist church in Concordia. Her father was a non-practicing Baptist (I know several of them), who had little use for religion and even less use for preachers.

At about age 17, Kuhlman dropped out of school at the end of her tenth-grade year. She left home to preach in the Pacific Northwest with her older sister, Myrtle, and her evangelist brother-in-law, Everett Parrott. It was not until 1928 that she decided to break from them and begin her own ministry. A local preacher in Boise, Idaho, gave her and her pianist, Helen Gulliford, a chance to hold services in a mission that had been converted from a pool hall.

Billed as "God's Girls," for the next five years they held revivals in small, crossroads towns across Idaho.

On August 27, 1933, Kuhlman and Gulliford began a ministry in Denver in a vacant warehouse owned by Montgomery Ward. The congregation grew. On May 30, 1935, Kuhlman held the dedication service of her Denver Revival Tabernacle, a renovated horse barn and warehouse, replete with a neon sign over the top of it, announcing "Prayer Changes Things." In time, the tabernacle would develop prison and retirement-home ministries, as well as bus services to the assemblies. For the next five years, thousands of people flocked to the tabernacle.

Kuhlman's Denver ministry appeared to be thriving. But its success was short-lived. She and her ministry were blighted by her divorce. However, between 1944 and 1946 she held revivals across the South and Midwest before returning to Franklin, Pa., to settle down for a few years.

On July 4, 1948, Kuhlman held her first "miracle service" in Carnegie Hall in Pittsburgh, the first of many held there for three decades. In 1950, she moved to Pittsburgh, the base of her operations for the next 25 years. In the early 1950s, she held meetings in Akron and Youngstown, Ohio. Aside from holding services in Carnegie Hall in Pittsburgh from 1948 through 1967, she also used the First Presbyterian Church, which was offered to her by Dr. Robert Lamont, the church's pastor.

In 1965, she began holding monthly healing services at the Shrine Auditorium in Los Angeles.

She was heard on more than 50 radio stations and seen on more than 60 television stations. She produced over 4,000 radio programs and 500 television shows.

She had heart surgery in Tulsa, Okla., and died there at Hillcrest Medical Center February 20, 1976. She was buried in Forest Lawn Memorial Park in Glendale, Calif. Radio and TV evangelist Oral Roberts praised her as "the greatest evangelist of the ministry of God's miracle power in my lifetime."

BAPTIST

Beulah Baptist
4448 Mary Ball Road, Lively; 462-5000
Rev. Ronald Dunaway, Pastor
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Worship

Bethany Baptist Church
Rt. 360, Callao
804-529-6890
Rev. Kori Kiss
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Worship
Wednesday, October 4:
7 p.m., Prayer

Calvary Baptist
490 East Church Street
Kilmarnock; 435-1052
Sunday, October 1:
8:45 a.m., Church School
10 a.m., Devotions
10:15 a.m., Worship with Communion
7 p.m., Radio Broadcast, 101.7 FM
Wednesday, October 4:
7 p.m., Prayer Meeting

Claybrook Baptist
2242 Weems Road,
Weems; 438-5570
Rev. Stephen Turner, Pastor
Sunday, October 1:
9:45 a.m., Sunday School
11 a.m., Morning Worship
7 p.m., Evening Worship
7 p.m., Youth Mtg.
Wednesday, October 4:
7 p.m., Called Business
7:45 p.m., Choir Rehearsal

Coan Baptist
Heathsville; 580-2751
Rev. Robert Lee Farmer, Minister
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Worship
Tuesday, October 3:
7:30 p.m., Sanctuary Choir Rehearsal
Wednesday, October 4:
7 p.m., Prayer Mtg.
7:45 p.m., Choir Rehearsal

Corrottoman Baptist
48 Ottoman Ferry Road, Ottoman
462-5674; Land deeded 1834
Dr. Ray P. Goude, Sr., Interim Pastor
Sunday, October 1:
9:45 a.m., Sunday School for All Ages
11 a.m., Morning Worship

Fairfields Baptist
15213 Northumberland Hwy.,
Burgess
453-3530
www.fairfieldsbaptist.org
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Worship Service

Friendship Baptist
Hartfield
Pastor McKibbon
693-5503
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Worship
Nursery is provided
Wednesday, October 4:
6 p.m., Prayer Meeting
7 p.m., Choir Practice

Harmony Grove Baptist
Routes 3 and 33, Topping; 758-5154
Sunday, October 1:
9:45 a.m., Sunday School
11 a.m., Worship
Nursery provided, 9:45 a.m. & 11 a.m.
7 p.m., Worship
Wednesday, October 4:
7 p.m., Prayer Meeting/Bible Study

Hartswell Baptist
10559 River Road,
Lancaster; 462-0845
Rev. Bunnie C. Dunaway, Pastor
Sunday, October 1:
10:15 a.m., Sunday School
11 a.m., Prayer & Praise
11:30 a.m., Worship

Irvington Baptist
53 King Carter Drive, Irvington
438-6971; John Howard Farmer, Pastor
Sunday, October 1:
9:45 a.m., Sunday School Assembly
10 a.m., Bible Classes
11 a.m., Worship
Wednesday, October 4:
12 noon, Women's AA
7 p.m., Fellowship and Sharing

Kilmarnock Baptist
65 East Church Street
Kilmarnock; 435-1703
Bill and Mary Dell Sigler, Pastors
Thursday, September 28:
5:30 p.m., Exercise Group
Sunday, October 1:
World Communion Sunday
9 a.m., Sunday School Breakfast
9:45 a.m., Opening Assembly
10 a.m., Sunday School
11 a.m., Worship Service
2 p.m., Cup Scout Pack #242
5 - 7 p.m., "Salt & Light" Rehearsal
Monday, October 2:
5:30 p.m., Exercise Group
6 p.m., Wed. Worship music team reharsal
7 p.m., Boy Scout Troop #242
Wednesday, October 4:
4:30 p.m., Youth Choir Rehearsal
6 p.m., Worship and Fellowship Supper
7 p.m., Choir Rehearsal

Lighthouse Baptist
Independent
7022 Jessie DuPont Memorial Highway
Wicomico Church,
435-2435
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Worship/Children's Church
6 p.m., Worship
Wednesday, October 4:
7 p.m., Prayer and Bible Study
Choir Rehearsal afterward
Nursery Provided for all Services

Maple Grove Baptist
Windmill Point Road, Foxwells
Richard C. Newlon, Minister
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Worship

Morattico Baptist
924 Morattico Church Road,
Kilmarnock; 435-3623
Rev. Craig Smith, Pastor
Organized January 7, 1778
Sunday, October 1:
9:45 a.m., Sunday School
11 a.m., Worship

Mount Vernon Baptist
269 James Wharf Road
White Stone; 435-1272
Rev. Robert H. Sutherland Jr., Pastor
Sunday, October 1:
9:30 a.m., Church School
11 a.m., Worship

New Friendship Baptist
Burgess (Elevator access)
Rev. Steve Taylor, Pastor, 453-4235
Sunday, October 1:
9:15 a.m., Coffee, juice and doughnuts
9:45 a.m., Sunday School
11 a.m., Morning Worship
7 p.m., Bible Study
Wednesday, October 4:
7 p.m., Bible Study
8 p.m., Adult Choir Practice

New Hope Baptist
2596 Walmsley Road
Lottsburg, VA
Rev. Aaron Kirchhefer, Pastor
529-9223
Sunday, October 1:
9 a.m., Sunday School
10:15 a.m., Worship
Wednesday, October 4:
7 p.m., Prayer Service
8 p.m., Choir Practice

Northern Neck Baptist
280 Hampton Hall Hwy.
Callao, VA 529-6310
Rev. Ken Overby, Pastor
Sunday, October 1:
9:45 a.m., Sunday School
10:45 a.m., Morning Worship
6 p.m., Evening Service
Wednesday, October 4:
7 p.m., Prayer Meeting

New St. John's Baptist
Kilmarnock
Rev. Dwight Johnson, Pastor
Sunday, October 1:
9:45 a.m., Sunday School
11 a.m., Church Service
Wednesday, October 4:
7 p.m., Bible Study/Prayer Meeting

Queen Esther Baptist
7228 River Road, Lancaster; 462-7780
Dr. Vaughan M. Cunningham, Pastor
Sunday, October 1:
9:45 a.m., Sunday School
11 a.m., Worship

Second Baptist
34 Wellford Wharf Road
Warsaw, VA 22572 333-4280
Sunday, October 1:
10 a.m., Sunday School
11:30 a.m., Worship Service
Thursday, October 5:
7 p.m., Bible Study

Sharon Baptist
1413 Lumberlost Road,
Weems; 438-6659
Rev. Rodney D. Waller, Pastor
Sunday, October 1:
9:45 a.m., Power Hour
11 a.m., Morning Worship/Holy Communion
Wednesday, October 4:
2 p.m., Mid Day Bible Study
7 p.m., Healing Ministry

Smithland Baptist
1047 Walnut Point Road
Heathsville; 580-2843
Sunday, October 1:
9:45 a.m., Sunday School
11 a.m., Worship
Wednesday, October 4:
7:30 p.m., Prayer and Bible Study

White Stone Baptist
517 Chesapeake Drive
Dr. W. Dennis Martin, Pastor
White Stone: 435-1413
wsbc@kaballero.com
Sunday, October 1:
Nursery Provided at 9:45 & 11 a.m.
9:30 a.m., Church Library open
9:45 a.m., Sunday School for all ages
11 a.m., Worship Service
Communion Sunday
Monday, October 2:
7 p.m., Boy Scouts Meeting
Tuesday, October 3:
7:30 p.m., Choir Practice
Wednesday, October 4:
11 a.m., WMU Meeting
7 p.m., Deacons Meeting

Willie Chapel Baptist
510 Merry Point Road,
462-5500; Rev. Michael Reed, Pastor
Rose Curry, Associate Minister
Sunday, October 1:
9:30 a.m., Sunday School
11:15 a.m., Prayer and Praise
11:30 a.m., Worship with Communion
Wednesday, October 4:
7:30 p.m., Bible Study

CHURCH OF GOD

Tibitha Church of God
991 Fleeton Road, Reedville
453-4972;
Rev. Steven P. Hency, Pastor
Home Phone 453-3231
Sunday, October 1:
10 a.m., Worship
11 a.m., Sunday School
7 p.m., Study Group
Wednesday, October 4:
7 p.m., Prayer Meeting and children's activities

Warsaw Church of God
15 Church Lane, Warsaw
333-4951; Rev. Danny Deuell Sr.
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Morning Worship
Wednesday, October 4:
7 p.m., Worship

EPISCOPAL

Grace Episcopal
303 South Main Street,
Kilmarnock; 435-1285
The Rev. David H. May, Rector
Sunday, October 1:
8 a.m., Holy Eucharist
9:30 a.m., Christian Education for all
10:30 a.m., Holy Eucharist
Wednesday, October 4:
10:30 a.m., Holy Eucharist with Prayers for Healing

St. Mary's Episcopal
3020 Fleeton Road, Fleeton, 453-6712
The Rev. Warren A. Schaller, Jr., Rector
Sunday, October 1:
10 a.m., Adult Bible Study
11 a.m., Sunday School
Thrift Shop:
Open Tues.-Sat. 11 a.m.-4 p.m.
108 Fairport Rd., Reedville
453-4830

St. Mary's Whitechapel Episcopal
5940 White Chapel Road, Lancaster
462-5908; Rev. Scott Krejci, Interim Rector
Office Hours: 9 a.m.-2 p.m., Mon.-Fri.
Guided tours by appointment
Sunday, October 1:
11:15 a.m., Worship Service

St. Stephen's Episcopal
(Anglican Communion Network)
6853 Northumberland Highway,
Heathsville; 580-4555
Rev. Jeffrey O. Cerar, Rector
Sunday, October 1:
9 a.m., Holy Eucharist, coffee follows
9:50 a.m., Sunday School with nursery
Thrift Shop:
Open Tuesday-Saturday, 10 a.m. to 4 p.m.

Trinity Episcopal
8484 Mary Ball Road, Lancaster
Rev. Scott Krejci, Interim Rector
Sunday, October 1:
9:30 a.m., Worship Service
9:30-11 a.m., Sunday School for children

Wicomico Parish
5191 Jessie duPont Memorial Highway
Wicomico Church; 580-6445
Rev. W. Scott Dillard, Rector
Sunday, October 1:
8 a.m., Communion, breakfast follows
10 a.m., Sunday School with nursery
10 a.m., Communion
11 a.m., Coffee Hour
Wednesday, October 4:
10 a.m., Healing Service, Communion
Thrift Shop:
10 a.m.-1 p.m., Wed., Fri., Sat.

St. James Anglican/Episcopal
Rt. 14 at 626, Mathews County
Rev. William T. Kump, 757-244-7955
e-mail: wtkump@juno.com
1928 Prayer Book, 1940 Hymnal
www.stjamesapa.org
Sunday, October 1:
Sixteenth Sunday after Trinity
10 a.m., Exploring the Bible (Study)
9:15 a.m., Early Worship
11 a.m., Service of Holy Communion
Child Care Provided
Wednesday, October 4:
6 p.m., Supper and Prayer at Abingdon Glebe

LUTHERAN

Apostles Lutheran
Main Street, Gloucester; 693-9098
Sunday October 1:
9:15 a.m., Sunday School
10:30 a.m., Worship

Good Shepherd Lutheran
2 miles North of Callao on Hwy. 202
Callao; C-529-5948, H-529-9930
Rev. Michael Ramming, Pastor
pastormikeramming@yahoo.com
goodshepherdlcmscallaova@verizon.net
Sunday, October 1:
9 a.m., Worship with Youth Sunday School
10 a.m., Coffee fellowship
10:30 a.m., Adult Bible Study
Wednesday, October 4:
12 noon, Bag Lunch Bible Study

Living Water Lutheran Church (ELCA)
429 E. Church St.
435-6650
www.livingwaterchapel.org
Sunday, October 1:
10 a.m., Worship

Trinity Lutheran
Woman's Club Building, Virginia Street
Urbanna; 758-4257
Luther Baugham, Pastor
Sunday, October 1:
9 a.m., Worship

METHODIST

Afton United Methodist
5130 Hacks Neck Road
Ophelia; 453-3770
Rev. Brant Hays
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Worship Service

Asbury United Methodist
Foxwells; Rev. Thomas W. Oder
Sunday, October 1:
9 a.m., Worship

Bethany United Methodist
454 Main Street, Reedville, 453-3282;
bethumc@crosslink.net
Rev. Dr. Donna McEwan, Pastor
Sunday, October 1:
9:30 a.m., Worship Service and Sunday School
10:30 a.m., Fellowship Time

Bethel-Emmanuel United Methodist
Rev. Robert O. Jones, Jr., Pastor
462-5790 (Elevator Available)
Website www.beumc.org
Thursday, September 28:
6 p.m., Bell Choir practice at Bethel
Sunday, October 1:
Bethel:
9:45 a.m., Sunday School
11 a.m., Worship Service
Emmanuel:
9:30 a.m., Worship Service
11 a.m., Sunday School
5 p.m., Church Charge Conference
Tuesday, October 3:
7:30 p.m., Emmanuel's UMW meet
Wednesday, October 4:
7 p.m., BEUMM Council meets at Bethel

Fairfields United Methodist
14741 Northumberland Highway,
Burgess; 453-2631
Rev. Brant Hays
Sunday, October 1:
9 a.m., Sunday School
9:45 a.m., Worship

Galilee United Methodist
747 Hull Neck Road,
Edwardsville; 580-7306
Rev. Vernell M. Carter, Pastor
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Worship

Heathsville United Methodist
39 Courthouse Road, Heathsville
580-3630; James B. Godwin, Pastor:
Sunday, October 1:
9 a.m., Sunday School
10 a.m., Worship

Henderson United Methodist
72 Henderson Drive, Callao
529-6769; Rev. Sue Ann Salmon, Pastor
Sunday, October 1:
10 a.m., Sunday School, all ages
11 a.m., Worship, traditional

Irvington United Methodist
26 King Carter Drive, Irvington
438-6800; Rev. John Durkovich, Pastor
Saturday, September 30:
8 p.m., AA
Sunday, October 1:
9:45 a.m., Sunday School
11 a.m., Worship
Wednesday, October 4:
7:30 p.m., Choir

Kilmarnock United Methodist
89 East Church Street, Kilmarnock
435-1797; (Elevator access)
Rev. Deborah T. Marion, Pastor
Thursday, September 28:
5 p.m., Come to the Table (cookbook) Community Supper
7 p.m., Come to the Table (cookbook) Community Supper
8 p.m., AA - 11th Step meeting
Friday, September 29:
9 a.m., RGH Defibrillator Training
Saturday, September 30:
10 a.m. - 2 p.m., Rappahannock District UMW Annual Meeting - Henderson UMC (Callao)
Sunday, October 1:
9:45 a.m., Sunday School
11 a.m., Worship
Tuesday, October 3:
9:45 a.m., UMW Meeting
Wednesday, October 4:
10 a.m., Congregational Care Meeting

Melrose United Methodist Church
1317 Lewisetta Rd., Lottsburg
Pastor: Edna Moore
529-6344
Parsonage: 529-7721
Sunday, October 1:
8:30 a.m., Worship Service
10 a.m., Sunday School
11 a.m., Worship Service

Rehoboth United Methodist Parish
435-1792; Rev. Karen J. Sandoval, Pastor
Sunday, October 1:
Bluff Point
11 a.m., Worship
Noon, Coffee Fellowship
Mila
9:45 a.m., Worship
10:45 a.m., Sunday School
Rehoboth
9:45 a.m., Worship
10:45 a.m., Coffee Fellowship
Wicomico
10 a.m., Sunday School
11 a.m., Worship
Wednesday, October 4:
3:30 p.m., Choir-Bluff Point

White Stone United Methodist
118 Methodist Church Road,
White Stone; 435-3555
Rev. James W. Tinney, Pastor
Brenda Burtner, Music Director
Sunday, October 1:
9:45 a.m., Adult Bible Study
Classes are also conducted for all ages.
11 a.m., Worship Service
12:05 p.m., Light Luncheon, followed by the Charge Conference
7:30 p.m., AA meeting
*Elevator available for worship services
Tuesday, October 3:
7:30 p.m., Board of Trustees meeting
Wednesday, October 4:
4 p.m., Grief Support Group
7 p.m., Choir Rehearsal
Thrift Shop:
10 a.m.-3 p.m., Tues., Fri., Sat.
9 a.m.-3 p.m., Thurs.

PRESBYTERIAN

Campbell Memorial Presbyterian
Rt. 222 (Weems Road),
In the Village of Weems, 438-6875;
The Rev. Terry A. Robertson, Interim Pastor
Office Hours: Mon.-Thurs. 8 a.m.-4 p.m.
Sunday, October 1:
9:30 a.m., Church School
11 a.m., Worship Service
World Communion Day
"Peacemaking Offering" Received
Celebration of the Lord's Supper
Nursery provided during Worship hour
12 noon, Coffee Hour
Wednesday, October 4:
5:30 p.m., Chancel Choir Rehearsal
5:30 p.m., Come to the Well
Thursday, October 5:
10:30 a.m., Bible Study w/Pastor Robertson

Milden Presbyterian
Sharps
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Worship with nursery

St. Andrews Presbyterian
435 East Church Street,
Kilmarnock; 435-3948
Website: saintandrewspc.org
Rev. Dr. Thomas R. Coye, Pastor
Thursday, September 28:
4:30 p.m., Choir Practice
6:30 p.m. Handbells Rehearsal
Sunday, October 1:
9:45 a.m., Sunday School
11 a.m., Worship "What is Truth" (John 18: 36-40)
Monday, October 2:
6:30 p.m., Disciple I (Book 4 ch. 31)
Wednesday, October 4:
4 p.m., Pastoral Assistants

Wesley Presbyterian
1272 Taylor Creek Rd.
Weems, 438-5853
Rev. M. P. White, Pastor
Sunday, October 1:
9 a.m., Worship
10:15 a.m., Sunday School
Children and Adult

OTHER DENOMINATIONS

Calvary Pentecostal
John's Neck Road, Weems
438-5393; Thelma Jones, Pastor
7:45 a.m., Radio Broadcast, 101.7 FM

(continued on page B3)

To the cause of the church, this page is contributed in part by the following:

BANK OF LANCASTER
An Affiliate of Bay Banks of Virginia, Inc.
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Service Hours: 8 a.m. to 12 p.m. on Saturdays.

Obituaries

Estaleen W. Armstrong

MORATTICO—Estaleen Wetzel "Esther" Armstrong, 75, of Morattico died September 23, 2006.

Mrs. Armstrong was the retired manager of the Morattico General Store which she owned and operated for 13 years.

She is survived by a daughter and her friend, Dianna W. Armstrong and Charles Ashburn of Lancaster; a son and daughter-in-law, Darryl W. and Christine Armstrong of McLean; five grandchildren, Heather, Luke, Angie and Stephanie Armstrong and Darryl Ashburn-Armstrong; a brother and sister-in-law, Wayne and Helen Wetzel of Woodstock; a special friend, Rey Briceno; and nieces and nephews.

A memorial service will be held October 7 at Emmanuel United Methodist Church in Morattico at 4 p.m. with the Rev. Bob Jones and the Rev. Lee Scripture officiating.

Paul W. Green

LOTTSBURG—Paul Wade Green, 74, of Lottsburg died September 17, 2006.

Mr. Green was a member of St. Michael's Catholic Church in Frostburg, Md.

He was predeceased by his wife of 47 years, Sarah "Sally" Virginia Green.

He is survived by a daughter, Kimberly A. Green, and her friend, Taylor Dawson of Lottsburg; three grandchildren, one with a wife, Rodney L. McKenney and Stacy McKenney of King and Queen County, Kimberly J. Fletcher and Jessica D. Fletcher, both of Lottsburg; two sisters, Maxine Grose of Karns City, Pa., and Alvera Hager of Easton, Md.; and several nieces and nephews.

A funeral service was held September 19 at Calvary Pentecostal Church in Lottsburg with Sister Charlotte Marks officiating. Pallbearers were Rodney Edward McKenney, Bud Forman, M. Kevin Kent, Clem Wilkins, Michael Samuels and William E. "Billy" Cooke Jr. Interment was at Northern Neck Memorial Gardens in Callao.

Jones-Ash Funeral Home in Rainswood handled the arrangements.

Lee A. Horner

MONTROSS—Lee Ashton Horner, 67, died September 24, 2006, at his home in Montross of complications of Amyotropic Lateral Sclerosis, known as "Lou Gehrig's Disease."

Mr. Horner was born in Montross and graduated from Oak Grove High School in 1957. He received a bachelor's in accounting from the University of Richmond in 1961.

Mr. Horner was a former mortgage banker and entrepreneur in Washington, D.C., and northern Virginia.

He co-founded the Hamilton Mortgage and Hamilton Insurance companies in the 1970s in Arlington, and sold them in the 1980s, when he went into the restaurant business by opening Camp David's Restaurant in Arlington.

He then opened the Ralph Lauren Polo shop in Washington, D.C., the first freestanding polo store in the area. In the 1980s, he started the Alexander Jullan Shop in Georgetown, also a first in the area. He was a member of the Arlington and Georgetown Chambers of Commerce. He retired in 1990 and lived at Horner's Beach and Marco Island, Fla., until his death.

He was predeceased by his father, Garnette Horner. He is survived by his wife of 37 years, Sally Broyhill Horner; his mother, Marion P. Horner; a brother, Garnett C. Horner Jr.; two nephews, Clay and Dean Horner; and two great-nieces, Jessica and Josie Horner.

Funeral services were held September 27 at the Popes Creek Baptist Church in Montross with interment in the church cemetery.

In lieu of flowers, donations may be sent to Amyotrophic Lateral Sclerosis, 7507 Standish Place, Rockville, MD. 20855.

The Welch Funeral Home in Montross handled the arrangements.

For Display, Classified & Directory Advertising, Call 435-1701

Wayne P. Mackey Sr.

WARSAW—Wayne Paul Mackey Sr., 52, died September 17, 2006.

Mr. Mackey was born November 5, 1955, in Neptune, N.J., to Rebecca M. and Peter Mackey Sr.

Mr. Mackey

At a young age, he and his late brother, Peter, came to Warsaw to live with their aunt and uncle, the late William H. and Lillian C. Mackey, whom they called "Mom" and "Dad."

He joined the Second Baptist Church in Warsaw and regularly attended Sunday school and church. He attended Richmond County public schools and later returned to Plainfield, N.J., to finish high school. Musically inclined, he played the trumpet and the piano.

After working several years in New Jersey, he returned to Warsaw. He married Cora Epps October 30, 1987.

He was employed with Service Master in Tappahannock for five years and later worked for King's Cleaning Service in Village until his death.

He was predeceased by his parents.

He is survived by his wife, Cora Mackey; a son and daughter-in-law, Wayne Paul Mackey, Jr. and Stacy Mackey; a granddaughter, Waya Mackey; those he was raised with and their spouses, Winona Turner, Mary Ann and Ira Coleman, Edna Blue, Garland Mackey and Danette and Thomas Morning; a mother-in-law, Lunette Epps of Warsaw; seven brothers-in-law: Ryan Epps of Hague, Wayne Epps of Warsaw, Gregory Epps of Chesapeake, Nelson Epps of Richmond, Patrick Epps of Washington, D.C., Earl Cox of Hague, and Mitchell Cox of Tappahannock; three sisters-in-law, Alice Johnson of Warsaw, Daphene Cox and NaTasha Cox, both of Warsaw; and many aunts, uncles, nieces and nephews.

Funeral services were held September 23 at the Second Baptist Church with the Rev. William I. Roane officiating and pastor Dale Bunns of New Zion Baptist Church as eulogist. Interment was in the church cemetery. Pallbearers included Wayne Paul Mackey Jr. and friends of the family.

Berry O. Waddy Funeral Home near Lancaster handled the arrangements.

Marion J. Vest

WEEMS—Marion Jefferson Vest, 46, of Weems died September 23, 2006.

She was a member of White Stone Baptist Church in Weems.

She was a customer service representative of Northern Neck Insurance Company.

She is survived by two sons, Travis Vest and Paul Vest of Weems; her father, Thurman Jefferson of White Stone; a sister and brother-in-law, Brenda and William Pittman of Weems; two brothers and sisters-in-law, Wayne and Emily Jefferson of Mechanicsville and Billy and Jeanie Jefferson of Oxford, N.C.; eight nieces; and three nephews.

Funeral services were held September 26 at Claybrook Baptist Church with the Rev. Stephen Turner officiating. Interment was in White Stone Baptist Church Cemetery. Pallbearers were George Abbott Jr., Brian Lee, Peter J. Cammarata, C. Randall Conner, Bernest "Bubba" Owens and Richard Pittman.

Albert M. Wilson Jr.

KINSALE—Albert Marshall "Catfish" Wilson Jr., 68, died September 13, 2006, at Rappahannock General Hospital in Kilmarnock after a brief illness.

Mr. Wilson was born July 17, 1938, in Westmoreland County to Marshall and Georgiana Wilson. He joined Zion Baptist Church in Tuckerhill. He later joined Morning Star Baptist Church in Heathsville, where he became an usher, a trustee and a choir member.

Mr. Wilson

He worked for 40 years at Zapata Haynie, 10 years at Clark's Construction, and five years at Cockrell 's Creek Seafood and Deli.

He married Oneta Rice Fallin October 31, 1970.

He was predeceased by a daughter, Pamela Larather Gaskins; a grandchild; two sisters; and a brother.

He is survived by his wife, Oneta Wilson; two daughters and sons-in-law, Arlean and William Ellsworth and Mary and Elton Jones; four sons and three daughters-in-law, James and Bernice Fallin, Floyd and Gladys Fallin, Lewis Fallin, and Malcolm and Zina Fallin; 17 grandchildren, many of whom he raised as his own, 23 great-grandchildren; six sisters, Lillian O' Carroll, Mary Wilson, Francis Garner, Linda Powell, Patricia Wilson and Joyce Wilson; four brothers and sisters-in-law, Clinton and Thelma Wilson, Roland and Louise Wilson, Robert and Joyce Wilson and Carroll and Connie Wilson; an aunt, Augusta Montague; five sisters-in-law, Ruby Griffin, Barbara Brown, Audrey Palmer, Theresa Fauntleroy and Rowena Campbell; two brothers-in-law, Thornton Rice and William "Moon" Thornton; a special friend and caregiver, Theresa Yerby; and many nieces, nephews, cousins and other friends.

Funeral services were held September 18 at Zion Baptist Church in Kinsale with pastors Paul Jones and Walker Wilson officiating. Interment was at Morning Star Baptist Church.

Berry O. Waddy Funeral Home near Lancaster handled the arrangements.

New ministry is celebrated

The Right Rev. David Colin Jones, Bishop Suffragan of the Diocese of Virginia, the wardens and congregation of Grace Episcopal Church in Kilmarnock and guests gathered recently to celebrate the new ministry of the Rev. David Hickman May.

A presentation by the wardens and institution by Bishop Jones of May as church rector was followed by a litany of prayers led by Bishop Jones. The Liturgy of the Word read by Dutch Heidsieck and Olga Speck preceded a reading of the gospel and sermon given by the Rev. Harold H. Hollock Jr. of Charlottesville.

During the induction of May, members of the search committee presented the new minister with a Bible, Bishop Jones gave a vessel of water for baptism, and Mr. and Mrs. Frank Henderson presented a stole as part of his priestly vestment. The Women of Grace offered a Book of Common Prayer, representatives of the Parish Visitors offered olive oil, vestry members presented keys to the church, and the Very Rev. Pamela C. Webb, Rector of St. John's Episcopal in Tappahannock, presented the constitution and cannons of the church to the inductee.

The Rev. Hugh C. White, vice president of the Foundation for Historic Christ Church, asked May to accept the keys to Christ Church as the new rector. Representatives of the Altar Guild made a presentation of bread and wine and the church's office offered a calendar. Bishop Jones said that all the gifts were signs of the ministry in this church.

Bishop Jones asked the congregation to greet their new minister and May introduced his wife, Emily. Serving as acolytes were Jenny O'Shaughnessy and sons of the new minister, John May and Ben May. The chalice bearers for communion were Ammon Dunton and Shirley Crockett. A reception followed in Grace House.

Tune into "Thy Word" Radio
Sunday mornings • 9 a.m. on WKWI Bay 101.7 FM
Pastor Ken Overby
Northern Neck Baptist Church

"Stress-free, the spiritual way."
is the topic of this week's
Christian Science Sentinel Program
Now airing on Sunday at 9:30 a.m.
Tune in Sunday, October 1 on WKWI Bay 101.7 FM

In Memory

At the prior request of our mother, Ada Thomas King, there will be no memorial service. However, we would like to suggest a visit to your parents today and/or do something special for anyone at The Lancashire.

Respectfully,
Thomas, Malachi, Selena & Families

LIVING WATER
Lutheran Church • ELCA
The water of His Word refreshes our hearts and encourages our spirits, giving us strength for each new day. Quench your thirst at Living Water-everyone welcome!
At our new location
429 E. CHURCH STREET, KILMARNOCK, VA
(Mail: P.O. Box 818, Kilmarnock, VA 22482)
Phone: 804-435-6650
www.livingwaterchapel.org

The family of the late Gerry Wane Wood deeply appreciates your kind expression of sympathy in their great loss.

Your thoughts and efforts were greatly appreciated.

Our family truly appreciates those who sent flowers, cards, called with their kindest words, brought food, and traveled near and far to be with the family.

The Wood family finds healing in God's tender embrace and in knowing others remembered and cared.

Thank you for keeping us in your thoughts and prayers.

Sincerely,
Roberta Wood & the Wood family

▼ *Churches . . .* *(continued from page B2)*

Sunday, October 1:
9:45 a.m., Sunday School
11 a.m., Worship
7 p.m., Praise and Worship
Wednesday, October 4:
7:30 p.m., Worship

Christian Science Society
Lancaster Women's Building, Route 3, Lancaster
Sunday, October 1:
10:30 a.m., Service and Sunday School
1st and 3rd Wednesday
7:30 p.m., Testimony Meeting

Church of Deliverance
3734 Mary Ball Road, Lively; 462-0553
Rev. Donald O. Conaway, Pastor
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Worship
7 p.m., Worship
Wednesday, October 4:
7 p.m., Prayer and Bible Study

Cornerstone Fellowship
2243 Buckley Hall Rd.
(corner of Rt. 3 & Rt. 198
Cobbs Creek, VA
Rev. Chris Morgan, Pastor
725-9145
www.gocfc.com
Saturday, September 30:
7 p.m., Worship
Sunday, October 1:
10 a.m., Morning Worship
Wednesday, October 4:
7 p.m., Midweek Service
Nursery, Children and Youth Ministry provided

City Worship Centre of Kilmarnock
Dreamfield
Irvington Road, Kilmarnock
Pastors Mike and Lesley Gates
804-761-1578
Sunday, October 1:
10 a.m. Worship Service

Holy Tabernacle of God
Merry Point Road, Lancaster
Elder Nancy Pinn, Pastor
Friday, September 29:
6 p.m., Women's Night Out
Healing and Restoration
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Morning Worship/Holy Communion
Emergency Food Bank: Mon.-Fri: 11-3 p.m.,

Hope Alive Christian Center
149 Queen Street,
Tappahannock; 443-5165
Pete and Pam Sullivan, Pastors
Thursday, September 28:
6 p.m., Prayer
Sunday, October 1:
9:30 a.m., Sunday School
10:30 a.m., Worship
Wednesday, October 4:
Noon, Prayer
7 p.m., Worship

Love Makes a Difference
Outreach Ministries
1027 Jessie duPont Memorial Highway
Burgess; 453-3939
Rev. Raymond C. & Gayle Boyd, Pastor
Sunday, October 1:
9 a.m., Hour of Prayer
10 a.m., Spiritual Enrichment
11 a.m., Worship
Tuesday, October 3:
7 p.m., Spiritual Enrichment
Thursday, October 5:
6 p.m., Spiritual Enrichment for Youth and Youth Adults
Third Friday of every month
7 p.m., Women of Virtue Fellowship

New Life Ministries
10177 Jessie DuPont Mem. Hwy.
462-3234 or 436-6498
Pastor C. Richard Lynn
Sunday, October 1:
9 a.m., Prayer
9:30 a.m., Fellowship
10 a.m., Worship Service
Monday, October 2:
7 p.m., Women's Bible Study
Tuesday, October 3:
7 p.m., Mid-week Bible Study
Wednesday, October 4:
6 p.m., Youth Music
7 p.m. Worship Team Practice

Northern Neck Religious Society & Friends (Quakers)
Alice & Dave Hershier 804-453-7062
Sunday, October 1
11 a.m. Discussion
12 noon, Social Fellowship

Rappahannock Church of Christ
9514 Richmond Road, Warsaw
333-9659; Walker Gaulding, Minister
Sunday, October 1:
10 a.m., Sunday School
11 a.m., Worship
6:30 p.m., Worship
Wednesday, October 4:
7 p.m., Prayer and Bible Teaching

Seventh-Day Adventist
401 South Main Street, Kilmarnock
Clinton M. Adams, Pastor
804-443-3070/804-443-1821
Thursday, September 28:
7 p.m., Prayer Meeting
Saturday, September 30:
9 a.m., Worship Service
10:30 a.m., Sabbath School

Shachah World Ministries of the Northern Neck
Pastor Dean Carter
Sunday, October 1:
8 a.m., Worship @ Holy Tabernacle
Thursday, October 5:
7:30 p.m., Bible Study @ Holy Tabernacle

St. Michael the Archangel Chapel
Weems, VA 804-438-9808
www.stdominicchapel.com
Tridentine Latin Mass (pre-Vatican II)
The Most Rev. Robert L. Neville, Pastor
Mass schedule varies

St. Francis de Sales Catholic
151 East Church Street, Kilmarnock
Rev. James C. Bruse, Pastor
Mass Schedule
Saturday, September 30:
4-4:40 p.m., Sacrament of Reconciliation
5 p.m., Saturday Vigil
Sunday, October 1:
9:15 Confirmation Class
11 a.m., Mass
Monday-Friday
9 a.m., Mass

The Church of Jesus Christ of Latter-Day Saints
11650 Mary Ball Road
Sunday, October 1:
9:30 a.m., Meeting
Wednesday, October 4:
6 p.m.-8 p.m., Genealogical Library Open to Public

Unitarian Universalist Fellowship of the Rappahannock
Woman's Club of White Stone
560 Chesapeake Drive
White Stone
758-4790; L. Lowrey
www.uufrappahannock.uua.org
Sunday, October 1:
10:30 a.m., Worship

Unity of the Chesapeake
473 Timberneck Rd.
Deltaville, VA 776-9172, or 435-9553
www.centerforspiritualawareness.com
Sunday, October 1:
11 a.m., Streamed service from Detroit Unity.
12 noon, Luncheon
12:45 p.m., Meditation, Study Group
"Sermon on the Mount" by Emmet Fox
Non-denominational, for all ages

Victory Temple Church
1252 Morattico Road
Rev. Annie Gaskins, 462-551 2
Sunday, October 1:
11 a.m., Sunday School
12 noon, Praise and Worship
7 p.m., Worship Service
Friday, October 6:
7 p.m., Bible Study

White Stone Church of the Nazarene
Family Life Center
57 Whisk Drive
White Stone
Office hours: Mon.-Thur., 9 a.m.-1 p.m.
435-9886 OR 435-1165
Rev. Jim Jackson, Pastor
Rev. Brad Grinnen, Pastor
Rev. Jim Grinnen, Pastor
Friday, September 29:
7-10 p.m., Teen Night
Saturday, September 30:
11 a.m.- 2 p.m., Big Dawg's Chicken Roast/Wayne T. Holt Band
Sunday, October 1:
9:30 a.m., Sunday School
10:45 a.m., Praise & Worship Service
Membership Sunday
Children's Church/Nursery Provided
6-7:30 p.m., A.F.T.E.R. God (Teens)
Monday, October 2:
6:30 p.m., Big Dawg's Meeting
6:45 p.m., First Place Weight Loss Program
Tuesday, October 3:
6:30 p.m.,Scrapbooking-Hospitality Room
7 p.m., Fall Bible Study
Wednesday, October 4:
6:15 p.m., Ladies' Bible Study-Sanctuary

TWO (2) POWERFUL SESSIONS
offered at First Baptist Church, Heathsville
Dr. John Fountaine, Pastor of First Baptist Church will present both sessions!

Tuesday, October 3, 2006 at 7 pm - 9 pm
"The POWER of Living Single"
This session will examine and analyze the potentials that individuals possess as singles and explore proven methods to enhance the quality of life.
Registration: **FREE**

Higher Educational Learning Institute (HELI)
In Conjunction with Virginia Union University of Richmond VA

Saturday, October 7, at 10 am -12 noon.
"Developing a High Performance Life Style to Enhance Your Future!"
This session will provide proven methods and skills which used effectively, will enhance your ability to perform better with more confidence in every aspect of life.
Registration: **$45.00**

All interested in attending may call the church office at (804) 580-4912 to register Monday thru Friday 10:00 am- 4:00 pm.
Registration also acceptable day of session.

Sharon Baptist Church baptism set in the river

On August 27, the Rev. Rodney D. Waller of Sharon Baptist Church in Weems baptized six candidates who successfully completed a new members class required for baptism.

After a devotional period of scripture and prayer, the congregation began to worship in song. Singing the old-time baptism hymns "Nothing But The Blood" and "Wade in the Water," the candidates, pastor Waller and the congregation made their way down to the Rappahannock River at Church Hill Beach near White Stone to experience the old-time way of baptism.

The six candidates, Brenda Ball, Christina Beale, Kendall Sutton, Diamond Taylor, Samantha N. Sargent and Brian Lee, are the first to be baptized in the river by pastor Waller.

Special thanks went to Mr. and Mrs. Frank Galloway for the use of the beach front.

From left are (front row) Diamond Taylor, Kendall Sutton, Brian Lee and Samantha Sargent; (next row) Brenda Ball and Christina Beale.

Homecoming and revival services set

Lebanon Baptist Church in Alfonso will hold its homecoming service October 8 at 10:30 a.m.

The worship service will include a sermon by Dr. Robert "Bob" McKinley, retired pastor of Beale Memorial Baptist Church, musical selections and communion service. Lunch will follow in the Walter and Darden Marsh Fellowship Hall.

Revival services will be held October 8, 9 and 10 at 7:30 p.m. each night.

The Rev. Ray Goude, past interim pastor of Totuskey and Corrottoman Baptist churches, will be the guest speaker October 8 with music by Lebanon's choir.

The Rev. Chance Mace, pastor of Totuskey Baptist Church, will be the guest speaker October 9 with music by Totuskey Baptist Church, Corrottoman Baptist Church, and Brotherly Love.

The guest speaker October 10 will be the Rev. Lee Scripture, pastor of Wicomico Baptist Church.

435-1701 .... this number will get you places!

Thank You

Patsy and Earl Burton of Nuttsville, VA would like to thank the Fire Departments, Red Cross, Churches and everyone who took part in helping us during the loss of our home. Thank you for your donations, prayers or for just being there.
May God Bless you all – Thanks again - Patsy & Earl Burton

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Specializing in serving the needs of youth at risk, and their families.
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St. Francis youth raise $354

The Saint Francis de Sales Catholic Youth Organization's "Wash For Life" September 16 car wash event raised $354 for the Peninsula Crisis Pregnancy Center in Hampton. The event was part of a national effort organized by pro-life college students. As of this writing, 159 groups, of 198 participating, report 2598 youth involved, 5335 vehicles washed, and $75,549 raised for pregnancy care centers.

Rev. Whittemore to speak on liberal religion

The Rev. Barry Whittemore will speak on liberal religion Sunday, October 1, at the Unitarian Universalist Fellowship of the Rappahannock in White Stone at 10:30 a.m. He will discuss liberal religion, where it came from and why we worship the way we do.

Whittemore serves Outlaw's Bridge Universalist Church near Seven Springs, N.C., and teaches religion classes at James Sprunt Community College.

He has a doctorate in history from Carnegie Mellon University and a master's of divinity from Duke. He is active in denominational affairs as Heritage and Values Lecturer at the Mountain School for Congregational Leadership. He recently completed a term on the Thomas Jefferson District Board of Directors.

Irv Owings III

SAR convenes fall session

The Richard Henry Lee Chapter of the Sons of the American Revolution held its first fall luncheon meeting September 18 at Rappahannock Westminster-Canterbury near Irvington.

The featured speaker, Irvin Owings III, discussed the last year and a half of Lord Dunmore's administration as Virginia's last English governor.

He told of Dunmore's early successes in the battles with the Indians in the battle of Point Pleasant and his reaction to the beginnings of the Revolutionary War in New England and finally the defeat of English forces under his command at Gwynn's Island and his subsequent forced departure from Virginia waters.

Owings is an avid history buff and Revolutionary War re-enactor and is the chapter's first vice president and program chairman.

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Present for SAIF Water's dedication were, from left, Lyn and Art Neira, Thomas Fauntleroy, Rev. Gayl Fowler, Ella Davis, St. Mary's senior warden Chuck McGrath and interim rector Rev. R. Scott Krejci.

SAIF Water incorporates

Saif Water recently received a prayer of thanksgiving and dedication from St. Mary's Whitechapel Episcopal Church in celebration of their incorporation as SAIF Water Wells Inc.

Members of SAIF's board of directors attending included president the Rev. Gayl Fowler, secretary Ella Davis, vice president Lyn Neira, Thomas Faunteleroy and Art Neira.

Church members received copies of SAIF's educational activity book that teaches children and parents about rural water problems and health tips. The free booklet, "Drinking Water, Wells, and Our Children's Health," is available at local libraries, the Health Departments of the Three Rivers Region, social services, and at many area churches and doctors' offices. Northumberland County will distribute them to their pre-K through fifth-grade children.

SAIF Water is a volunteer-led, church-related organization working to educate the public about water quality, and the care and maintenance required for shallow wells. It also seeks to help preserve surficial and artesian aquifers that serve the Northern Neck and Middle Peninsula.

St. Mary's Whitechapel Church partners with the Jessie Ball duPont Fund to support the work of SAIF Water. For more information, contact saif@crosslink.net; www.saifwater.org; P.O. Box 839, Burgess, VA 22432; or 580-2079.

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Church Notes

■ Gospel concert

The Virginia Circle Club at Willie Chapel Baptist Church will host Gospel Explosion October 14 at 5 p.m.

Guest groups include Faith Redeemers of Richmond, One Accord of Goochland and Conaway Brothers of Lancaster.

■ 202 years

The congregation of Coan Baptist Church in Heathsville invites everyone to join with them Sunday, October 1, as they celebrate 202 years of serving the Lord in Northumberland County. Bible Study will begin at 10 a.m. with Worship at 11 a.m. and a fellowship meal at noon.

■ Sing out

The Lancaster County NAACP is looking for a few good men—and their choirs—to participate in a "Sing Out" October 7 at 5 p.m. in the New St. John's Baptist Church at 560 South Main Street in Kilmarnock. NAACP officers and members will conduct the service, according to president Barbara Tiggle. Refreshments will be provided by the church.

Choirs are urged to volunteer by calling Lewis "Spoon" Conway at 435-3099, or James Davis at 435-0414.

■ Fish Fry

A Fish Fry will be held at New St. John's Baptist Church Saturday, September 30, beginning at 11 a.m. The dinner is sponsored by the Usher's Ministry.

The menu includes fried fish, choice of green beans, greens, cole slaw and potato salad, corn bread, hush puppies, dessert and drink.

■ Choir anniversary

The Beulah Senior Choir will celebrate its 63rd anniversary at Beulah Baptist Church in Lively October 15 at 3 p.m.

Guest minister will be the Rev. Rodney Waller, pastor of Sharon Baptist Church in Weems. He will be accompanied by his choir.

■ Fall meeting

The Claybrook Dunaway Group will hold its fall meeting on Thursday, October 5, at Kilmarnock Baptist Church at 10:30 a.m. The Rev. Lee Farmer, pastor of Coan Baptist Church, will be the guest speaker. Lunch will be served following the meeting.

Cookbook illustrators

The two-volume cookbook, *Come To The Table,* is now available at Kilmarnock United Methodist Church. The cookbook sells for $14. To purchase a copy, call the church at 435-1797. Anna Hayes (left) and Brooke Hudnall contributed artwork for the cookbook.

Church women hold annual coffee

Bouquets of festive balloons guided the Women of Grace through Weems to the home of Anita Cook where the annual fall Welcoming Coffee was held September 18. President Barbara Wheeler introduced and welcomed many individuals who were new to the group. The officers and committee chairs outlined plans for the year's activities and described outreach ministries the group hoped to support with financial assistance in the months ahead. From left are Wheeler and Chris Jenkins who poured coffee.

Mary Lee Johnson recognized

During its recent centennial celebrations, Kilmarnock United Methodist Church recognized Mary Lee Johnson for her continuing work with children and in the community. After 47 years of teaching and 60 years singing in the church choir, she still meets with children in Sunday school and participates in church music. From left are Johnson, Robert Ketner, Faith Ketner, Elizabeth Heiron and Sarah Pittman.

Red Cross assisted Virginians affected by Ernesto

American Red Cross volunteers have maintained an emergency command center at the Disaster Field Supply Center warehouse in Henrico County since August 31, in anticipation of Tropical Storm Ernesto hitting Virginia.

Since then, 139 staff and volunteers have provided food, shelter, supplies, and various other services throughout Northumberland, Gloucester, Middlesex, Mathews, and York counties, and the City of Richmond. All relief operations in Virginia conclude September 15.

In response to Ernesto, the American Red Cross provided 28,807 meals and snacks; operated five shelters for 221 people; distributed 1,010 clean-up kits containing a bucket, mop, squee-gee, scrub brushes, soap, and various cleaning supplies; distributed 848 comfort kits containing shampoo, soap, a wash cloth, razor, and various personal hygiene items; and provided financial assistance and/or hotel rooms for 338 families.

Volunteers also provided disaster and mental health services as needed. The volunteers providing these services were predominantly from the affected communities. Volunteers also responded from Arizona to North Carolina. To be a disaster volunteer, consult the local chapter.

Those who continue to need assistance may call their local chapter. All American Red Cross disaster assistance is free, made possible by the donations of time and money from the American people.

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FDIC

Habitat founder launches blitz build

More than 300 volunteers from around the nation helped Millard Fuller, the founder of Habitat for Humanity, launch a blitz build for Hurricane Katrina evacuees in September in Shreveport, La.

Starting in a light rain and thick mud, they quickly erected walls for 10 houses they would build in five days and moved on to roof trusses, windows and doors.

The "Millard and Linda Fuller Blitz Build" is a part of the "Building on Higher Ground" initiative by The Fuller Center for Housing to build 60 houses for hurricane evacuees and local residents in Shreveport. Fuller is now president of The Fuller Center, which he founded last year in Americus, Ga.

"I have been a participant in scores of these blitz builds and I have never seen people be more excited or be in higher spirits than they are here in Shreveport. This is like a miracle unfolding before the eyes of people here. We are bringing hope to this community," said Fuller.

"We are not only building houses; we are transforming a neighborhood. And many groups have rallied to be part of this effort. It is amazing what can be done when God's people get together," said Fuller, who is helping build a house for the Henry Smith family, hurricane evacuees from New Orleans.

Lynnie McCrobie of Weems joined the blitz build initiative.

"This is a new beginning. It's like going from a Volkswagen to a Rolls Royce. And this is the start of our independence," said Smith, who will live in a new four-bedroom house with his wife, Geraldine, two grandchildren and two-great-grandchildren.

Volunteers included Lynnie McCrobie of Weems, secretary of the Lancaster-Northumberland Habitat for Humanity.

Federal funds available for child and adult care meals

Child and adult day care providers in Virginia—seeking ways to serve nutritious, healthy meals to children or adults in their care—need to investigate a USDA-sponsored program that offers cash reimbursements for meals. For some facilities, USDA-donated foods are also available.

"Under the Child and Adult Care Food Program, CACFP, federal funds are available for meals throughout the state of Virginia," said Tom Leverich, senior specialist for the Mid-Atlantic Region of the Food and Nutrition Service. The Food and Nutrition Service is the federal agency that administers the program in Virginia.

Since the program first came into existence in 1968, Leverich said, many child care facilities have relied on federal reimbursement to fund meal programs.

Children enrolled at child care centers participating in the CACFP receive meals at no charge, Leverich explained, adding that reimbursement to the centers varies depending on the number of children eligible for free or reduced price school meals. Centers may be reimbursed for up to three meal types, choosing from breakfast, lunch, morning or afternoon snacks and supper.

"We are trying to encourage good nutrition for children and adults in day care who are least able to prepare meals for themselves by offering financial support to the state's day care providers. Providers are the people who must put nutritious, healthy meals on the table for those enrolled in their care," Leverich said. "Through this program's meal reimbursement, we can help them do just that."

Eligible child care centers, Leverich said, are licensed or approved public or private nonprofit facilities. For-profit child care centers are also eligible if they receive compensation under Title XX of the Social Security Act for at least 25 percent of the children enrolled, or at least 25 percent of the children are eligible for free or reduced price school meals.

Licensed or registered family day care home providers may also participate in the CACFP under the auspices of an approved family day care sponsoring organization. According to Leverich, there are 14 approved sponsors throughout Virginia.

Adult day care centers can also qualify for federal reimbursement for meals. Eligible centers include public or private nonprofit centers which provide nonresidential adult day care to chronically impaired disabled adults or to persons 60 years of age or over. Also, private, for-profit adult day care centers may participate if 25 percent or more of the enrolled adults are Title XIX or Title XX beneficiaries.

Homeless shelters providing services for families, and after school programs located in low income areas, are also eligible to participate.

Individuals who want more information concerning the CACFP in Virginia, or facilities that currently participate, call 609-259-5072.

The same meals will be available at no separate charge to all enrolled participants at each participating facility, regardless of race, color, national origin, sex, age or disability. There is no discrimination in admissions policy, meal service, or the use of facilities. Any complaints of discrimination should be submitted to USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410, or call 202-720-5964.

From left are Bob Norman, Etta Lee and Larry Knight.

Club builds another ramp

Members of the Northern Neck Kiwanis Club recently installed a ramp at the home of Etta Lee in Reedville. The also replaced a door sill.

In the past year, club members have built seven ramps. Others assisting in these projects include Joe Curry, Curt Dozier, Floyd Darden, Karin Lamb, Jack Parker and Charles Springettt. The club meets every Wednesday at 7:30 a.m. over breakfast at St. Andrews Presbyterian Church in Kilmarnock.

Kiwanis serves through community activities and youth services, with a major emphasis being "Young Children Priority One." To join, call club president Curt Dozier at 435-2703, or president-elect Karin Lamb at 435-6352.

Answers on Aging

What is restless legs and what causes it? How is it treated?

Restless Legs Syndrome (RLS) is a neurological disorder characterized by unpleasant sensations in the legs and an uncontrollable urge to move when resting in an effort to relieve these feelings. RLS sensations are often described by people as burning, creeping or tugging. Sensations range in severity from uncomfortable to irritating to painful.

The most unusual aspect of the condition is that lying down and trying to relax activates symptoms. As a result, most people with RLS have difficulty falling asleep and staying asleep. Left untreated, the condition causes exhaustion and daytime fatigue. They are often unable to concentrate, have impaired memory, or fail to accomplish daily tasks.

In most cases, the cause of RLS is unknown. A family history of the condition is seen in approximately 50 percent of such cases, suggesting a genetic form of the disorder. People with familial RLS tend to be younger when symptoms begin and have a slower progression of the condition.

RLS can be controlled by finding any possible underlying disorders. Treating the associated medical condition, such as peripheral neuropathy or diabetes, can alleviate many symptoms.

For those with mild to moderate symptoms, prevention is key, and many physicians suggest certain lifestyle changes and activities to reduce or eliminate symptoms. Decreased use of caffeine, alcohol and tobacco may provide some relief.

Physicians may suggest that certain individuals take supplements to correct deficiencies in iron, folate, and magnesium.

Studies have also shown that maintaining a regular sleep pattern can reduce symptoms. Taking a hot bath, massaging the legs, or using a heating pad or ice pack can help relieve symptoms in some patients. Although many patients find some relief with such measures, rarely do these efforts completely eliminate symptoms.

Physicians may suggest a variety of medications to treat RLS depending on the individual case. Contact the doctor's office to discuss any symptoms you may be experiencing and make an appointment for an exam.

To ask an expert about a health or aging concern, visit www.senior-navigator.org.

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Four advisory board members named

Bay Trust recently named Eska A. Beckstoffer, A. Cameron Blandford, Wendell G. Haynie and John B. Maguire to the Bay Trust Community Reinvestment Advisory Board.

"We are excited to have Eska, Cameron, Wendell and Jack on this important community outreach board," said president and chief executive officer Robert C. Berry Jr. "Each brings a different perspective of community and business experience. We look forward to their input as we continue to serve our communities and make our trust and investment programs of value to our customers."

The new members join chairman Morgan W. Alley, Anne C. Dickerson, Thomas W. Gale, Barbara J. LeFon, John H. Morris IV and Edith L. Withers.

Beckstoffer is a longtime Virginia resident with a love for interior design. She began her own business in 1994 and continues part-time. Earlier, she was assistant vice president of Dominion Bank in Richmond and manager and paralegal for their commercial real estate legal documentation department. She was previously a paralegal for 15 years. She attended Radford College, graduated from Pan American School of Business, and earned a paralegal certificate through American University.

She is the event chairman for the Northern Neck YMCA Fundraising Gala for 2006, a committee member of Northern Neck Entertains, and a past board member of the Lloyd Center for Environmental Studies in S. Dartmouth, Mass. She is a member of the Visitation Catholic Church in Topping. She and her husband, Herman, live in Lancaster County. They have two daughters and five grandchildren.

Blandford began working at Newport News Shipbuilding after college. He became director of purchasing, then director of materials management, then vice president of human resources. He retired in 1999 as assistant to the chairman.

He is a 1963 graduate of the College of William and Mary. He did graduate work in purchasing and human resources at University of Virginia, W&M, George Washington University, the University of Michigan and Christopher Newport University.

He serves on the board of Rappahannock Westminster-Canterbury and is a member of the Virginia Institute of Marine Science Advisory Council. Upon moving to Lancaster County, he joined the board of the Rivers Country Public Private Partnership. He and his wife, Mickey, live in Lancaster. They have three sons.

Haynie spent seven years as a menhaden fishing boat captain. Earlier, he was a pharmacist for 35 years. He received a bachelor's in pharmacy from the Medical College of Virginia. He served in the U.S. Army for two years during the Korean War.

He is president of the Reedville Fishermen's Museum. He is a member of Smith Point Sea Rescue, of Reedville Masonic Lodge 321 and of Bethany Methodist Church. He and his wife, Anne, live in Reedville. They have three daughters.

Maguire is principal of John B. Maguire CLU & Associates. He received a bachelor's in business administration from George Washington University, a charter life underwriter certificate from American University and an advanced management certificate from the University of Michigan. He served in the U.S. Air Force in Newfoundland for two years.

He is the Colonial Beach Commissioner for the fifth district of the Westmoreland County Board and a member of the Colonial Beach Lion's Club. He and his wife, Nancy, live in Colonial Beach. They have two daughters.

Berry thanked the four new members for giving their time and expertise to serve on the board.

Sanchez to judge gallery exhibit

Richmond artist and teacher Diego Sanchez will judge the Studio Gallery's second annual juried Invitational Exhibit to be displayed during October. Participating artists will include members of the Mathews Art Gallery, the Art League of Gloucester, Yates House Gallery in Deltaville, and the Rappahannock Art League (RAL).

The RAL will meet and hold a reception celebrating the Invitational Exhibit Monday, October 2, at the Studio Gallery in Kilmarnock at 1:30 p.m. Sanchez will present the awards and explain his criteria for judgment. The public is welcome.

Sanchez was born in Bogota, Columbia, and has bachelor's and master's degrees in painting and printmaking from Virginia Commonwealth University. He is a teacher at St. Catherine's School in Richmond and a faculty member of Virginia Union University and the Virginia Museum of Fine Arts.

Sanchez has taught a summer printmaking workshop for the Virginia Pubic School art teachers and taught at Mary Baldwin College. Since 1991, he has taught drawing and printmaking classes at the Hand Workshop in Richmond.

Sanchez has had many one-man shows in Richmond, Charlottesville and Staunton. His work has also appeared in many group exhibitions.

Sanchez's work is in public and private collections including the Anderson Gallery at Virginia Commonwealth University, the School of Law at the University of Virginia, Markel Corporation, Media General, Capital One, Philip Morris and the Federal Reserve Bank.

J. Edgar Pointer Jr. (left) receives a painting from Bob Bryant.

Theme for national conference in Norfolk is 'America Began on a Farm in Virginia'

Agriculture leaders from the 50 states met recently in Norfolk for the annual convention of the National Association of State Departments of Agriculture (NASDA).

In one session, Virginia experts in farmland preservation, ethanol technology, pork processing, and international shipping let the rest of the country in on a little secret: agriculture is Virginia's number one industry, and Virginia is a world-wide leader in ag technology and marketing.

The theme of the conference is "America Began on a Farm in Virginia," and each day's focus has been on a different part of Virginia's 400-year history. Taking her cue from that historical theme, Meyera Obendorf, Mayor of the City of Virginia Beach, led the morning's speakers. She noted that Capt. John Smith first set foot in the New World at Virginia Beach. He stayed two days, and then moved on to Jamestown. "Capt. Smith didn't bring agriculture to the area," Obendorf said, "It was already here, started by Native Americans."

Obendorf's city, the largest in Virginia, has a diversified farming industry within the city limits that produces nuts, peaches, fruits, vegetables, specialty crops, grain and livestock. She said that farming contributes significantly to the quality of life in the city, providing open spaces, habitat for wildlife and environmental protection.

To maintain that tradition, Virginia Beach has a farmland preservation program that helps keep the land base available for farming and closes it to development. The city purchases development rights in agricultural areas and holds the rights in perpetuity. Reversion of the rights requires public hearings and a public vote. The land owner sells the easement to the city and the farmer continues to farm. The easement runs with the land, even if it is sold.

As of September 1, Virginia Beach had 7,078 acres in the program with another 360 under review. Obendorf says they hope to become a model for Purchase of Development Programs in other areas. "We are very, very, very proud of our farming community and we make them an important part of our life in the city."

Bibb Swain, President of Delta T. Corporation in Williamsburg, spoke on "Fuel Ethanol Trends and Outlooks." Swain listed several trends within the burgeoning ethanol industry:

• Minimizing the environmental footprint to produce the least effect on the environment. He stated that ethanol plants of the very near future will have zero contact water discharge, reduced fossil fuel usage, reduced fresh water usage, and minimal odor and noise.

• Optimizing by-products. Ethanol production yields feed components for other industries and a high-protein, low-fat meal that can be used in poultry and hog diets to replace soybean meal. Other by-products produce energy to run the plant.

• Creating destination plants. Traditionally, corn ethanol plants have been located in the Corn Belt. A new trend is destination plants located near the ethanol markets. This reduces risks from drought in one location and spreads the economic advantages of the plants to a larger portion of the population.

Swain predicted that ethanol production will grow from its current output of five billion gallons a year to an additional seven or eight billion gallons by 2012. He also predicted that ethanol production from cellulose, which is at zero gallons today, will grow to 40- to 50-billion gallons produced in 25 years.

C. Larry Pope, president of Smithfield Foods, spoke on "The World Pork Business." Pope gave the assembled leaders four pieces of advice: push for traceability, realize that the future is linkage, remember that size and scale do matter and endorse free trade.

As for traceability, Pope said when they meet with a customer, whether it's a large chain store or fast food restaurant, the first sentence is not about the meat or even about the price; it's about the process. "Producers often ask us why they have to have all that accountability and we tell them it's not us; it's the world requiring it," said Pope.

The future is linkage, he told the group. The farmer in the field needs to be linked to the processors who are linked to the end customers.

As for scale, he admitted that most producers are afraid of big business, but cautioned that they're the ones that can deliver value back to the producers. These big companies are out there searching the world for markets, and they bring a huge marketing advantage to the small farmers.

Pope urged everyone to endorse free trade, and closed by saying, "The future for agriculture is enormously bright. It is important to us that the family farmers survive. We take the market risk and we help a young kid, just out of college, make enough money to stay on the farm, to keep on farming his Dad's land."

The final speaker of the morning was J. Scott Chapman, chief executive officer of Richmond Cold Storage. His topic, "Shipping to the World from Norfolk," opened attendees' eyes to the possibilities of using the Ports of Virginia to ship perishable ag products overseas.

"Yes, we're a Virginia company, but that's not why we chose the Ports of Virginia," said Chapman. "We chose them because they're centrally located on the East Coast; they're served by more than 45 shipping lines; they have the deepest channels of any other East Coast port (50 feet); and they are home to the world's tallest and largest cranes."

He noted that by 2009, changes to Virginia's bridges and tunnels will allow for double-stacked containers, which will increase efficiency and decrease costs for exporting perishable products.

Hospital chairman retires

J. Edgar Pointer Jr. was honored for 29 years of service as chairman of the board at Riverside Walter Reed Hospital at a September 17 retirement reception. The event was held at the Yorktown Freight Shed.

Pointer's friends, family, professional contemporaries and hospital staff joined him to celebrate his contribution to the hospital and community.

Hospital administrator Bob Bryant presented Pointer with a framed painting of "Lawyer's Row" on behalf of the hospital, medical staff and board of directors.

Pointer and a few key citizens were instrumental in approaching Riverside Hospital in Newport News about building a community hospital to serve Gloucester and the neighboring counties, leading to the formation of Riverside Walter Reed Hospital in 1977. Subsequently, Pointer was elected as the first chairman of the board.

Chief of staff Richard Crowder, M.D., spoke to the crowd about Pointer's longevity with the hospital and that he exemplifies a quality of leadership and a life of service.

Robert Marble, also an original hospital board member, presented a framed copy of a resolution adopted by the board citing Pointer's leadership and designating him as "chairman emeritus." Marble succeeded Pointer as acting chairman, pending annual reorganization of the board in January.

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Chapman and McKenney honored

Shannon S. Chapman and Robin L. McKenney have been named "Employees of the Quarter" by MDAssociates Inc.

They earned the recognition based on their outstanding contributions to the company, according to president Michael Saunders.

Chapman started with MDAssociates in March 2003. She began her medical billing career as an account representative and has made steady advancement within the company. She currently manages three emergency physician groups in southwest Virginia. Her diligence, positive attitude and dedication to the company have contributed to her success.

Chapman graduated from Northumberland High School in 1996 and from Rappahannock Community College in 2000 with an associate's in general studies. She lives in Robley with her husband, Matt, and their son, Jayden. She is the daughter of Donald and Beverly Jewell of Lottsburg and the late Daniel Stalnaker, formerly of Dunnsville.

McKenney started with the company in August 2005. She began her medical billing career supporting the company in the mailroom. She worked her way up and today serves as an account representative for one of the company's major emergency physician groups. Her willingness to learn and her dependability make her an asset.

Robin L. McKenney

Shannon S. Chapman

McKenney lives in Callao. She is a 2005 graduate of Northumberland High School and is taking online classes. She is the daughter of Paula Frederick of Callao and Bill McKenney of Farnham.

"The growth of this company is made possible by the commitment and contributions of each employee. Shannon Chapman and Robin McKenney each contribute their attention to detail and dedication to the company, which enables us to provide outstanding service to our clients. We look forward to their continued growth within the company," said Saunders.

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Biofuels could benefit farm preservation

The recent boom in demand for biofuels could mean more than just new markets for Virginia farmers. It could also help keep farmland in agricultural production and slow the pace of suburban development.

"This whole situation creates an opportunity to produce more corn for ethanol," said Andrew Smith, senior assistant director of governmental relations for the Virginia Farm Bureau Federation. "We have to see this as an opportunity to keep more agriculture land in production. That would be good news for our farm families and good news for the environment, since sprawl contributes to pollution problems."

There has been tremendous growth in the U.S. ethanol market, according to Dr. Keith Collins, chief economist of the U.S. Department of Agriculture. In a September 6 report to the Senate Committee on the Environment and Public Works, Collins noted that in the year 2000, 1.6 billion gallons of ethanol were produced in the U.S. By 2005, production had expanded to 4 billion gallons of ethanol. This year that number was expected to jump to nearly 5 billion gallons, almost a 20-percent increase in just a year. More ethanol plants are under construction, spurred in part by recent high oil prices.

Corn for grain production in Virginia amounted to about 10 percent of farm income in 2004, according to the state office of USDA's National Agricultural Statistics Service. Virginia corn growers received almost $95 million for their crop that year, and it represented less than 1 percent of the nation's total corn crop. But corn had the third-largest acreage, 360,000, of all the state's crops planted that year.

Biodiesel production is also expected to grow, Collins reported. Virginia does not have an ethanol plant, but there is one biodiesel refinery in the Old Dominion and interest in building others is high, Smith said.

While Virginia is not a major corn producer, soybeans are the top cash crop and the most popular feed stock for biodiesel production. The Virginia General Assembly passed a package of financial incentives for both biodiesel and ethanol production plants this year to promote both industries.

October 15-21 is Financial Fitness Week in Virginia

To remind Virginia citizens about the importance of financial literacy, Gov. Tim Kaine signed a proclamation recognizing the week of October 15 to 21, 2006 as "Financial Fitness Week" in the Commonwealth.

The proclamation was introduced by the Virginia Society of Certified Public Accountants (VSCPA) as part of its award-winning campaign to improve the financial literacy of all Virginians. It's also designed to recognize and urge other Virginia organizations to make a difference in financial education.

"We would like to extend our sincere thanks to Gov. Kaine for his support of this important proclamation to help raise public awareness of financial literacy," said Bradley M. Roof, CPA, CMA, Ph.D., chair of the VSCPA board of directors. "Virginia CPAs are very passionate about this important issue and we continue to grow the VSCPA financial literacy initiative, called Financial Fitness, to educate Virginians of all ages on topics related to money management and fiscal responsibility."

In his proclamation, Gov. Kaine states, "It is incumbent the Commonwealth support initiatives which promote and advance financial literacy."

To celebrate Financial Fitness Week, the VSCPA will offer a free financial literacy workshop for the public, "15 Financial Myths Demystified," October 17, from 11 a.m. to 1:30 p.m. at the Richmond CPA Center at 4309 Cox Road in Innsbrook. Lunch will be provided.

In addition, the VSCPA will hold a statewide "Financial Fitness Day" community service event on October 21. At the event, volunteer CPAs will work at informational booths from 10 a.m. to 2 p.m. at Wal-Marts, shopping malls and other locations across Virginia to offer free financial advice, resources and materials to members of the community.

Other facets of the VSCPA initiative include a financial literacy web site at www.FinancialFitness.org, to serve as a clearinghouse of financial resources for the public.

The VSCPA also led the charge to create a Virginia Jump$tart Coalition for Personal Financial Literary, an organization aimed at improving financial education of students and young adults. Virginia Jump$tart is holding its second Virginia Financial Literacy Summit during Financial Fitness Week on Wednesday, October 18, at the downtown Richmond Marriott.

Jeff Cox Sr.

New pest control firm opens

Jeffrey T. "Jeff" Cox Sr., his wife, Kimberly, and his son, J.T., recently opened Cox Termite & Pest at their home near Wilton at Hartfield on Route 33.

Cox Sr. worked for Orkin for many years and recently left to start his own business. "There are a lot of people in Middlesex who I have known over the years who don't know I've gone into business for myself," said Cox.

Cox specializes in termite and pest control and controlling moisture in basements and crawl spaces of residential and commercial buildings. He does crawl space encapsulation, which helps to control moisture under a house.

"The crawl space encapsulation is a huge part of my business because people have found that by keeping moisture out of basements and from under houses, it helps to keep termites and other pests away," he said.

Cox puts plastic on the ground and runs it up the walls, and blocks off all the foundation vents. In some buildings, he installs commercial dehumidifiers in the crawl space to remove condensation and moisture.

Cox also does house and [illegible] insect reports for real [illegible] closings.

435-1701

Business Briefs

■ Screenings set

Life Line Screening will be at Shiloh Baptist Church at 16042 Northumberland Highway in Reedville October 23. Appointments will begin at 9 a.m.

A complete vascular screening package, including the stroke/carotid artery, abdominal aortic aneurysm and ankle brachial index (hardening of the arteries), is $109. A complete vascular package including osteoporosis screening is $129. To schedule an appointment, call 1-877-237-1287. Pre-registration is required.

■ Starting a business

The Rappahannock Region Small Business Development Center will offer a seminar, First Steps to Starting a Business, from 6:30 to 9 p.m. October 18 at Rappahannock Community College in Warsaw. Pre-registration is required. A $20 fee is due by October 13. To register, call 333-0286 or 800-524-8915.

The seminar will address self-evaluation, the idea, entrepreneurship, defining the need, determining the feasibility, actions necessary to start a business and an introduction to the business planning process.

■ Vendor fair

The Northern Neck Residency of the Virginia Department of Transportation will have a Snow Vendor Fair October 4 from 5:30 to 7 p.m. to urge vendors to sign up for e-VA, and Department of Minority Business Enterprise.

Representatives will help with the registration process and answer questions. All persons interested in doing business with VDOT are welcome. For information, call Carolina Haynes at 333-7937, or Shirley Thrift at 333-3696.

■ Recognition

Members of the Northumberland Economic Development Commission recently expressed appreciation to the many local businesses for providing employment to youth of the area this past summer. Members of the commission recognize the value of good citizenship, demonstrated through mentoring, training, and preparing young citizens to enter the permanent workforce.

By instilling the values of hard work, positive attitudes, responsibility, self respect and integrity, young employees benefited greatly, noted commission members. They have the tools to go forward, contribute to the county, earn fair wages for their efforts, as well as the admiration and respect from their fellow employers, co-workers, and the Northumberland community, they said.

■ Benefit raffle

MDAssociates in Kilmarnock recently held a raffle to benefit the March of Dimes.

Businesses donating merchandise included Dawson's Ltd., Lipscombe, Shear Magic, Adams Jewelers and The Oaks Restaurant. Michael Saunders, Rebecca Light and Martha Hancock also made contributions.

■ Second office

Ann Meekins Realtors has opened a second office at 51 Cross Street in Urbanna. The real estate firm is the first occupant of the recently restored Taylor's Hardware Building.

Ann Meekins has been in real estate for over 20 years and has an office in Irvington as well. She is joined by six realtors.

■ October artist

Dorothy Fagan of Hallieford is the Mathews Art Gallery artist of the month for October.

For a new series currently on display at the Mathews Art Gallery, Fagan has been painting on handmade papers from all over the world.

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Touring the Hamptons

Bank of Lancaster's Golden Advantage Club recently toured the Hamptons of New York and visited such sights as Shelter Island, the Old Westbury Gardens, Sag Harbor and The Lighthouse at Montauk Point. This lighthouse is the oldest in New York and is on the National Historic Register. Montauk Lighthouse is the fourth oldest active lighthouse in the United States and was commissioned in 1792 by President George Washington. For more information about the Golden Advantage Club, contact Theresa Ransone at 435-4118, or goldenadvantage@banklanc.com.

Revitalization program to accept applications

Virginia Main Street, a program managed by the Virginia Department of Housing and Community Development (DHCD), has announced that it will accept competitive applications in 2007 for up to three designated Virginia Main Street (VMS) communities.

A Designated Virginia Main Street Community receives intensive assistance to advance local revitalization efforts, including customized design assistance, access to state and national revitalization specialists, training on key downtown issues and marketing and promotion assistance.

VMS will hold two application workshops in January to help communities prepare for an April 20 submission deadline. Additional details about the application workshops will be available in December. Communities interested in applying should contact VMS to discuss possible district boundaries, the local program's organizational structure and other specific questions related to eligibility as outlined in the Virginia Main Street Program Guidelines.

"Bringing businesses, jobs, and people back to our historic downtowns is essential to their successful revitalization," said DHCD director Bill Shelton. " With more than $300 million in private reinvestment occurring in Main Street communities since 1985, this program is making a positive impact on the economic vitality of participating communities."

Communities interested in advancing their knowledge of downtown revitalization best practices, or who are considering applying for designation in the future, are encouraged to become a DHCD Commercial District Affiliate to benefit from training, networking, and access to a variety of resources about successful downtown revitalization strategies. The next VMS training will take place in Berryville September 20 and 21 and will focus on economic restructuring and organization.

VMS uses the National Trust for Historic Preservation's National Main Street model to help communities revitalize their downtowns, focusing on their unique heritage and attributes. The program helps communities develop strategies that create economic growth and pride in their downtown areas.

Communities selected for designation will be announced in the summer of 2007. Currently, there are 20 designated Main Street communities in Virginia, along with 53 DHCD Commercial District Affiliate communities.

For more information, call 371-7030, or visit www.dhcd.virginia.gov/mainstreet.

NARFE Chapter 1823 celebrates 25th anniversary

The National Active and Retired Federal Employees Association, NARFE, Northern Neck Chapter 1823, will meet at the China Inn Restaurant in Warsaw at noon Tuesday, October 3, to celebrate their 25th anniversary.

Charter members and former chapter 1823 presidents have been invited to help celebrate. Other guests include First District Rep. Jo Ann Davis, 99th District Del. Rob Wittman and VFC Area 8 vice president Art Klotz.

The luncheon will be a buffet of Chinese selections for $10 per person. For reservations, call president Jon Baer at 436-0511.

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Money Management

Back to School Basics: How to qualify for the Hope and Lifetime Learning credits

If you have a student heading off to college, you'll want to do some homework to see if you qualify for the Hope credit or the Lifetime Learning credit.

According to the Virginia Society of CPAs, these two education tax credits can help defray education expenses for you and your family. And because a tax credit is subtracted dollar-for-dollar from the taxes owed, it's more favorable than a tax deduction, which simply reduces the total income on which your tax is based. For example, if your tax bill is $2,000 and you qualify for a $1,000 education credit, you can cut your tax bill in half.

The Hope credit increases

For 2006, the maximum Hope credit has been increased to $1,650, up from $1,500 in 2005. To calculate the credit, you claim 100 percent of the first $1,100 in college tuition and fees for each eligible student, plus 50 percent of the next $1,100, for a maximum tax credit of $1,650 per eligible student. The Hope credit can only be claimed for the first two years of pursuing a degree at a college or other post-secondary institution. The student must be enrolled at an eligible education institution at least half-time during the year.

You can claim the Hope credit for qualified education expenses for yourself, your spouse or a dependent for whom you claim an exemption on your tax return. Expenses that qualify are tuition and fees required for enrollment or attendance. Generally, books, room and board, student activities, athletics, insurance, equipment, transportation or other similar personal living expenses do not qualify for the purpose of calculating the Hope credit.

The Lifetime Learning credit

While the Hope credit is available for only the first two years of college, the Lifetime Learning credit applies to any person taking undergraduate or graduate classes. It provides a tax credit of up to $2,000 on the first $10,000 of college tuition and fees for yourself, your spouse or your dependent child.

The qualifying expenses and eligible institutions are the same as for the Hope credit. But unlike the Hope credit, you can take advantage of the Lifetime Learning Credit even if you're only taking one college course.

The Lifetime Learning credit, which may be claimed for an unlimited number of years, is calculated per family, not per student. The maximum credit ($2,000) is the same, regardless of how many family members are in school.

Study the fine print

You cannot claim both the Hope credit and the Lifetime Learning credit for the same student in the same year. But if you pay qualified education expenses for more than one student during the same year, you can claim the Hope credit for one eligible student and the Lifetime Learning credit for another student.

Both the Hope and Lifetime Learning credits are phased out for higher-income taxpayers. To qualify for the full credit in 2006, your modified adjusted gross income (MAGI) must be below $90,000 for married taxpayers filing jointly, and below $45,000 if you're a single filer. A partial credit is available for joint filers with an MAGI between $90,000 and $110,000 and for single filers with a MAGI between $45,000 and $55,000. You cannot claim an education credit if your MAGI is $110,000 or more if you file a joint return ($55,000 for single filers).

To apply for the Hope or Lifetime Learning credits, you must complete IRS Form 8863, Education Credits, and submit it with your tax return. Educational institutions are required by law to send students Form 1098-T, which shows the amount of qualified tuition and related fees paid during the tax year.

(A column on personal finance prepared by the Virginia Society of Certified Public Accountants. Contact the VSCPA at www.vscpa.com, communications@vscpa.com, or 800-733-8272.)

Tim Downey

Downey receives achievement award

Rappahannock General Hospital recently announced that Tim Downey Jr., a PBX operator/registrar, is the recipient of the "Virginia Rehabilitation Association Distinguished Achievement Award for 2006."

The award was presented to Downey September 19 at a reception in Virginia Beach. The award recognizes "a person with a disability who has demonstrated imagination, perseverance, resolve and an indomitable spirit in working to overcome barriers in their lives resulting in a better quality of life for themselves and others."

Downey was nominated by his supervisor, David Manning, RGH patient financial services manager. In his nomination letter, Manning wrote that he "has never met a more determined, caring and conscientious worker than Tim Downey."

"We are very fortunate to have Tim as an employee of Rappahannock General Hospital," said president and chief executive officer James M. Holmes. "He has such a positive influence on the department and the entire hospital."

The hospital has also received the "Norman C. Hammond Award" to honor business and industry leaders whose contributions to the field of rehabilitation in Virginia are outstanding and result in the employment of persons with disabilities.

A reception was held at the hospital September 26 for the staff to congratulate Downey.

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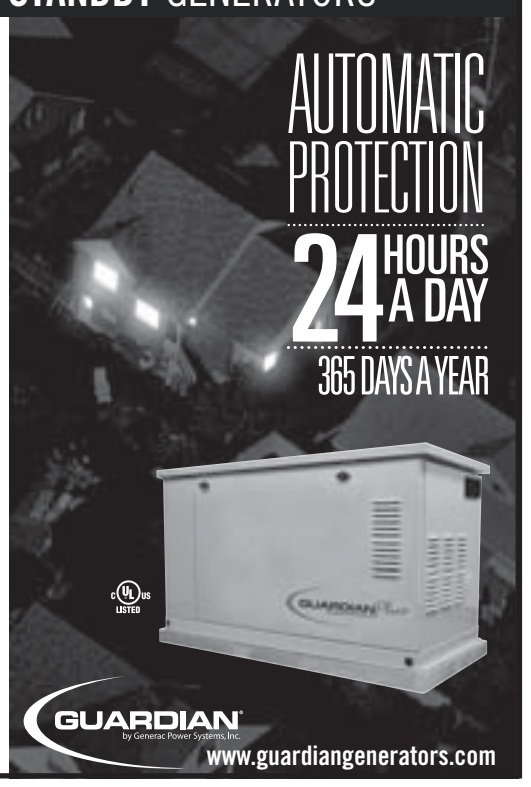

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Rappahannock Record

Student development office adds specialists

The student development office at Rappahannock Community College recently created the position of student support specialist at each campus.

Rebecca Miller of New Kent County will carry out these duties at the Glenns Campus, and Ronnie Sidney of Essex County will be in Warsaw.

Rebecca Miller

Ronnie Sidney

Miller and Sidney will advise incoming students, a responsibility which will include reviewing placement testing, assessing previous college credit, and helping these students complete forms and schedule classes for the semester. They also will arrange individual and group sessions to introduce them to RCC's online resources. Working through a dual-enrollment program involving area high school students, they will assist with testing, admissions, and registration, and support counselors' recruiting efforts. They will participate in orientation sessions on education and career options and financial aid opportunities, and present information about RCC opportunities to new and prospective students as well as to high school students and their parents. In addition, they will participate in departmental student development projects and student events and activities.

Miller has an RCC associate's in general studies, which she took at Old Dominion University as transfer credit for a bachelor's in human services counseling, with a minor in psychology. From October 2003 to October 2004, she was a member of the Human Services Counseling Association for Human Services Education and the National Organization for Human Services Education.

Sidney has a bachelor's in human services counseling from ODU with a minor in business management. He began his studies at J. Sergeant Reynolds Community College, describing this as "one of the best choices I have ever made. Community college helped prepare me academically, and allowed me to prioritize my goals and objectives, which made my transition to ODU [via its Teletechnet program from RCC] smoother," said Sidney.

An internship at the Middle Peninsula-Northern Neck Community Services Board gave him the opportunity to work with Marie Marsden, the internship site supervisor and an RCC counselor; he and Marsden are still working together in his present position.

A recent project of Sidney's is the Student Coordination Committee (SCC), which initiates and coordinates activities and programming to enhance RCC students' overall educational experience.

Upcoming offerings are a flag football league beginning October 7 and a free "Open Mike" event October 19, where both students and community members can sing, dance, rap, perform comedy, or just watch and listen.

Sidney's model for the SCC is an ODU student organization called "Minds About Progress" which "encourages students to develop holistically and enjoy their college experience."

"What I like best about my job is the staff I work with every day," said Sidney. "Everyone in the office this summer was very patient with me, and helped me learn the 'ins and outs' of the job."

Pamela Nixon

Samuel Marston

RCC board installs two new members

The Rappahannock Community College board recently installed Samuel F. Marston of Burgess and Pamela R. Nixon of Barhamsville as its newest members.

Dr. Marston was appointed by the Northumberland County board of supervisors for a four-year term as their representative. He is returning for his second term after an eight-year break. Marston moved to Northumberland in 1970. He began offering veterinary services in this area at the Heathsville Animal Hospital, and has since expanded to facilities in Lancaster and Richmond counties. He has a bachelor's from Virginia Tech, and a doctorate in veterinary medicine from the University of Georgia. In his spare time, he enjoys hunting with his sons.

Nixon will also serve a four-year term representing the New Kent County board of supervisors. She has a bachelor's and a master's from Old Dominion University and Virginia Commonwealth University respectively, and works as a counselor at New Kent High School. She is a member of the Virginia School Counseling Association and the American School Counselors Association, and has served in the past on the New Kent County Schools Six-year Planning Committee and a Family Assessment Planning Team (FAPT) associated with New Kent's Social Services Department.

Nixon is a member of Tabernacle United Methodist Church in Barhamsville, and serves on the church's board as well as being leader of its United Methodist Youth Fellowship. In her spare time, she enjoys reading, gardening, scrapbooking, horseback riding, and attending youth sporting events. She lives in Barhamsville with her husband, Nathan. The Nixons have three children: Norris, Katie and Parker.

Virginia Department of Health fights tooth decay among children

Tooth decay is the most common chronic disease among children, up to five times more common than asthma, the second-ranked childhood chronic disease.

The National Oral Health Policy Center at UCLA estimates that by age five, 50 percent of children in the United States have tooth decay. A 1999 Virginia Department of Health (VDH) assessment of first-, third- and tenth-grade Virginia students revealed that 54 percent had tooth decay.

The consequences of tooth decay may lead to more widespread health problems. Infants with tooth decay grow at a slower pace than those who don't have tooth decay. Some young children with tooth decay may be severely underweight because chewing food may be too painful or they lose their appetite, according to the American Academy of Pediatric Dentistry (AAPD).

A major source of tooth decay among young children, according to the AAPD, is their mothers or caregivers who have untreated tooth decay. Decay-causing bacteria are transmitted to children when the mothers or caregivers share eating utensils with the children, clean pacifiers or bottle nipples with their saliva and kiss their babies on the mouth. Poor feeding habits such as offering soda, milk or juice in baby bottles at bedtime also contribute significantly to tooth decay among children. Inadequate oral hygiene practices such as not brushing and flossing regularly also allow bacteria to remain on teeth and gums.

Daily at-home attention to the dental needs of children is highly effective in preventing tooth decay. Following are several steps parents can take to protect their children's teeth.

• Do not share eating utensils with a child or clean nipples or pacifiers with saliva.

• Do not put a baby to sleep with a bottle containing anything but water. Other beverages that linger on the teeth increase the risk of tooth decay.

• Start a baby using a cup at about 6 months of age. Wean them from the bottle by age 1. Continued bottle use increases the risk of tooth decay.

• Clean the baby's first teeth twice a day with water or a damp cloth or soft brush.

• Establish a relationship with a dentist for the child and schedule the first dental visit by the baby's first birthday. Starting early helps ensure that problems are detected and corrected promptly.

• Give children healthy snacks of fruits and vegetables instead of sweets.

• Ask the dentist about dental sealants for a child's permanent molars.

Preventing tooth decay and improving the health of children is a major effort of VDH's Office of Family Health Services Division of Dental Health, which uses a variety of techniques and approaches to combat the disease.

"Fluoridating public drinking water can reduce tooth decay by up to 40 percent. It is our best defense against tooth decay," said Karen Day, D.D. S., director of the Division of Dental Health.

VDH works with localities to provide fluoridated drinking water to nearly 6 million of Virginia's approximately 7 million residents at an average cost of about 50 cents per person. According to the U.S. Surgeon General, every $1 invested in community water fluoridation saves $38 in treatment costs. VDH provides funds to localities to purchase fluridation equipment and educates residents and community leaders on the benefits of fluoridation.

VDH's School Fluoride Mouth Rinse Program provides fluoride to children in grades one through five who live in localities that don't have fluridated drinking water. Each week during the school year, more than 46,000 children in 52 counties "swish and spit" a liquid fluoride solution that helps protect their teeth against cavities. The average cost of the program is about $2 per child per year. A 1990 study in one Virginia county school system showed a 15 to 20 percent reduction in the number of cavities among children who participated in the system's mouth rinse program.

The Bright Smiles for Babies program protects children's teeth against decay by applying fluoride varnish to the teeth of low-income infants and pre-schoolers who have a high risk for developing decay in their baby teeth. Fluoride varnish is a new preventive product and the only one that can be used safely and effectively on the teeth of very young children. Since July when it began, the program has concentrated on reaching children in Virginia's 13 Early Head Start Programs. Three of VDH's health districts have started the program and staff members in three other districts have been trained in techniques to apply the varnish. Plans include expanding the program to other public and private settings in the near future.

Another weapon in the health department's fight against tooth decay is dental sealants, a thin acrylic-like material that VDH dental staff paints on the chewing surfaces of permanent molars. Sealants form a physical bond with tooth enamel and cover tiny pits and fissures, resulting in a smooth surface that can easily be cleaned with a toothbrush. Studies show that sealants can last up to 10 years and are 100 percent effective in preventing decay on the chewing surfaces of teeth. In 2005, VDH applied sealants to approximately 20,000 teeth of children in its clinics.

Gov. Kaine announces 'Safe Routes to School' program

Gov. Tim Kaine recently announced the launch of a statewide "Safe Routes to School" program. The program urges creation of additional opportunities for Virginia children in grades K-8 to safely walk or bike to school.

"We know that fewer children walk or bike to school than did a generation ago, and this is a lost opportunity," Gov. Kaine said. "Improving access and safety so that children can walk or ride a bike to school will enhance the quality of life in communities across Virginia, provide opportunities for people to be more active, and reduce traffic and vehicle emissions around our schools."

The program will be funded by $13 million in federal funds through 2009, provided specifically for this purpose in the most recent reauthorization of the federal surface transportation program.

The Virginia Department of Transportation (VDOT) will administer the grant program and begin accepting applications this winter. Mini-grants of $5,000 will be available for the development of bicycle and pedestrian plans and project grants of up to $500,000 will be available for improvements such as improved crosswalk signalization, sidewalk extensions and trail connections.

Applications will be reviewed by VDOT with the assistance of a statewide advisory panel. The project grants will initially be focused on potential model schools. Priority will be given to schools with existing bicycle and pedestrian plans and a demonstrated capacity to advance improvements in coordination with other local authorities.

Williams graduates

Resi Elisabeth Williams of Radford graduated from Radford University in May 2006 with a degree in business finance and an emphasis in economics. She started her career with J.P. Morgan/Chase Financial and recently accepted a position with SunTrust Inc.

Dr. Gregory Haugan

Dr. Haugen to teach RILL course

Dr. Gregory Haugan will lead an upcoming and timely course for Rappahannock Institute for Lifelong Learning (RILL). The course, "Oil, Energy and Global Warming," is an opportunity to be a student, to "think again."

The course will be offered on three consecutive Wednesdays, beginning October 4 at Northumberland Public Library from 1:30 to 3:30 p.m.

To register, call Sharon Drotleff at Rappahannock Community College, Educational Foundation Inc., 333-6707. Prior registration is required so that adequate handout materials can be prepared.

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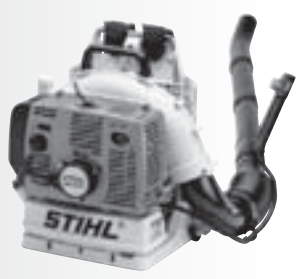

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Mark Drexler

Nicolle Gawlak

Dr. Richard Leeper

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April Shockley

College adds five faculty members

Rappahannock Community College recently added five new faculty members.

Mark Drexler will head the marine services technology program; Nicolle Gawlak will teach mathematics; Dr. Richard Leeper will teach sociology and psychology; Robert Parker will teach mathematics; and April Shockley will teach English.

Drexler is a graduate of the West Point public school system, and still attends West Point's Our Lady of the Blessed Sacrament Catholic Church. He and his wife, Carolyn, now residents of King and Queen County, own York River Marine Inc., and M & C Corporation, a home and office cleaning business. Drexler is a member and past president of the Tidewater Marine Trade Association, and serves on the association's board of directors.

Gawlak has an associate's in science from Monroe County Community College in Monroe, Mich., a bachelor's in chemistry from Eastern Michigan University in Ypsilanti; and a master's in applied mathematics from the University of Toledo in Ohio. She has worked as a chemist in Adrian, Mich.; taught various mathematics and algebra courses as an adjunct professor at Monroe County Community College and at Terra Community College in Fremont, Ohio; acted as general manager of a hotel in Port Clinton, Ohio; and served as lead tutor at the University of Toledo.

She lives in Deltaville. She has a miniature schnauzer which she calls her "only child," and her interests also include golf and baseball.

Leeper has a bachelor's in special education, a master's in counseling, and a doctorate in educational administration from Oklahoma State University. His position with RCC's Upward Bound program was preceded by a period at Paul D. Camp Community College, where he was first the director of institutional effectiveness and then the director of the Smithfield campus.

Leeper is married to Deb Jackson Leeper, director of institutional effectiveness at Germanna Community College. The Leepers live on a small farm in Caroline County with about 30 pets of various species, and their principle interests outside of work are golf and a new church development.

Parker has a bachelor's in political science from Randolph Macon College, and a master's in education from the College of William and Mary. He has state certification in secondary mathematics education from Norfolk State University. Before accepting his full-time position at RCC, he taught mathematics and coached golf, first in the Virginia Beach public school system (Bayside High School), and then at Northumberland High School.

He lives in Callao with his wife, Patricia, and their two sons, Ryan and Adam. He is very active in Little League baseball, coaching the Northumberland Little League team, and in Boy Scouts, as scoutmaster of Boy Scout Troop 250 and cubmaster of Cub Scout Pack 250 (both in Callao). He is an Eagle Scout, and in 2005 received the Boy Scouts of America District Award of Merit for the Northern Neck District. His major interests apart from Little League and Boy Scouts are golf and camping.

Shockley is a graduate of Gloucester High School. She has a bachelor's in English with concentration in technical writing from Christopher Newport University (CNU), and a master's in English, with concentration in rhetoric and composition from Virginia Commonwealth University; she is also a former RCC student, having used two of the college's general education courses to complete her CNU degree.

Shockley has taught at CNU, at Beta Tech in Richmond, at RCC as an adjunct instructor and as giving a creative writing and poetry course at "Cat's CAP," a summer creative arts program sponsored by St. Catherine's School in Richmond.

From left are Pat Kirby and Kasey Ashburn.

Ashburn reports on Nature Camp

Nature Camp attendee, Kasey Ashburn, addressed her Rappahannock Garden Club sponsors at their September meeting at the White Stone United Methodist Church. She was introduced by Pat Kirby, Nature Camp committee member. Cassie Quick was also sponsored, but was unable to attend.

Both girls majored in ornithology, and minored in limnology (the science of organisms living in fresh water).

Admitting to at first being apprehensive about the courses, Ashburn said that she has a renewed interest in science and remarked that "it's all in the teaching." The girls reportedly had a wonderful time and the club is proud to have sponsored them.

The Nature Camp, in Vesuvius, is owned and operated by the Virginia Federation of Garden Clubs, and promotes environmental responsibility and wise stewardship of natural resources.

TEA for Two seeks tutors

Each Tuesday and Thursday afternoon during the school year students and volunteer tutors meet one-on-one to study and improve reading skills with Lancaster Primary School students.

Tutors come from all walks of life and range in age up to 90 years old.

Tutors are needed for TEA for Two to increase the number of students that can be served by this program. TEA for Two stands for Tutoring, Esteem, and Academics for Two students per tutor. To find out more about becoming a volunteer tutor, call Alexis Forrester at the Lancaster Primary School at 435-3196.

Email your ADS to:

mail@rrecord.com

School Notebook

■ Parent visitation

Lancaster High School plans to hold on Monday, October 2, an Open House for parents and guardians to meet with faculty and staff. From 6 to 8 p.m., faculty and staff will welcome visitors to discuss curriculum, classroom expectations, extracurricular opportunities, and graduation requirements.

All parents are urged to attend the Open House to meet new and returning teachers and help the school establish communication links that make kids successful.

Guidelines help make school life a little easier for students with sickle cell disease

Children with sickle cell disease face more than math tests and homework when they attend school. Complications from the illness can affect school performance. This year, teachers in Virginia public schools will be better able to assist students who have sickle cell disease by using guidelines developed by the Virginia Department of Health (VDH).

"Understanding Sickle Cell Disease—A Handbook for School Personnel" was distributed to school nurses in July. The 30-page booklet provides a brief background on the disease, its physical complications and their warning signs. It also provides school personnel with specific steps they can take to care for the approximately 800 children with sickle cell disease who are enrolled in Virginia schools.

"The guidelines give teachers and staff a closer look at the physical and psychosocial complications of sickle cell disease and how they can be addressed in school," said Jene Radcliffe-Shipman, manager of the VDH Virginia Sickle Cell Awareness Program.

Similar to children with other chronic illness, children with sickle cell disease are at increased risk for school absenteeism because of their illness. Unexpected episodes of pain and increased risk for stroke and chronic anemia are examples of the factors that complicate school performance.

Sickle cell disease is the most common genetic disorder found among African Americans. It also affects people from South and Central America, the Mediterranean and the Middle East. VDH estimates that approximately 3,000 Virginians live with the disease and another 115,000 carry the trait.

There is no universal cure for sickle cell disease, but those with the disease are living longer, healthier lives, thereby making academic achievement and career planning important to long-term success.

To view the school guide and other information about sickle cell disease, visit www.vdh.virginia.gov.

The word news is actually an acronym for North, East, West, and South.

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▼ *FEMA . . . .* *(continued from page B1)*

and the independent cities of Poquoson and Richmond.

Federal funding also is available on a cost-sharing basis for hazard mitigation measures statewide.

Paulison named Gracia Szczech as the Federal Coordinating Officer for Federal recovery operations in the affected area. Szczech said additional designations may be made at a later date if requested by the Commonwealth and warranted by the results of further damage assessments.

On September 25, Gov. Tim Kaine announced he will appeal a decision by FEMA to deny individual disaster assistance to Virginians affected by Ernesto.

"There are hundreds of Virginians who could use help to clean-up and recover from Ernesto's damage, said Gov. Kaine. "I will respectfully urge FEMA to reconsider this decision."

Gov. Kaine on September 8 requested individual assistance for residents of Accomack, Gloucester, Lancaster, Mathews, Middlesex, and Northumberland counties; and the cities of Hampton, Newport News and Richmond.

The Individual Assistance Program would make funding available to homeowners and renters through low-interest loans and grants, unemployment assistance, disaster housing assistance and crisis counseling.

▼ *Menhaden . . . .* *(continued from page B1)*

in Norfolk and Colonial Beach, which were heavily attended by environmentalists and sportsfishermen calling for strict harvest limits or complete moratoriums on the menhaden industry.

The 50 attendees Wednesday night were mostly Northumberland County residents representing local organizations and themselves. Noticeably absent were any representatives from Greenpeace, who demonstrated against Omega Protein several times last year.

Those who spoke during the hearing gave impassioned accounts of Omega Protein's service to the community, its contributions to the local economy and the area's fishing heritage.

Many things have changed in the last 35 years, noted the Rev. T. Wright Morris of Shiloh Baptist Church. "One thing that has not changed is the benefits from the most natural resource we have - the water," he said.

Representatives of Menhaden Matters, the Coastal Conservation Association and the Chesapeake Bay Foundation also spoke on behalf of the compromise agreement and complimented Addendum III for its support of the research needed to study the menhaden population in the bay.

"Right now we don't have the data to say there needs to be any more than precautionary caps," agreed Phillip J. Haynie II of Reedville.

Del. Rob Wittman endorsed the agreement and said he stands ready to support a bill implementing it in the General Assembly this winter.

If approved, Addendum III will be effective early in 2007, but the results from the 2006 harvest will be reflected on the 2007 harvest limit, with any overages or underages applying.

October 10 is the last day to comment. Comments will be accepted until 5 p.m. by mail to Braddock Spear, Fisheries Management Plan Coordinator, 1444 'Eye' Street, NW, Sixth Floor, Washington DC 20005, by fax to 202-289-6051 or by email to comments@asmfc.org (subject line Menhaden Draft Addendum III).

The board will meet in October to review the public comment and consider final approval of the addendum.

▼ *Police . . . .* *(continued from page B1)*

A Hustle woman, 21, was charged September 19 with issuing a bad check.

A Crawford Corner Road man, 21, was charged September 20 with failure to appear in court.

A Farnham man, 19, was charged September 20 with contempt of court.

A Heathsville man, 47, was charged September 20 with making annoying and obscene telephone calls.

A Carters Cove Drive man, 32, was charged September 20 with making obscene telephone calls.

A Lancaster man, 19, was charged September 22 with contempt of court.

A Millpond Road man, 20, was charged September 23 with 10 counts of issuing bad checks.

A Kilmarnock area woman, 30, was charged September 23 with non-payment of fines and court costs.

A Hayes man, 34, was charged September 23 with failure to appear in court.

Northumberland County Sheriff Wayne Middleton reported 17 arrests last week.

Morson J. Lee Jr., 45, of Farnham was charged September 20 with construction fraud.

Jonathan A. Harris, 23, of Kinsale was charged September 21 with a Circuit Court probation violation.

Charles A. Marselas, 31, of Richmond was charged September 21 with a Circuit Court probation violation.

Amy Michelle Sanderson, 24, of Reedville was charged September 21 with a Circuit Court probation violation.

Rafeal Santo Malpica, 43, of Chester, was charged September 21 with a Circuit Court probation violation.

A King George man, 20, was charged September 9 with telephone harassment.

A Heathsville man, 46, was charged September 16 with trespassing after having been forbidden to do so.

A Heathsville man, 57, was charged September 18 with driving under the influence of alcohol and reckless driving.

A Hague man, 38, was charged September 19 with writing a bad check for $46.78 to a Callao area business.

A Heathsville man, 47, was charged September 20 on a Lancaster County warrant with telephone harassment.

A Temple Hills, Maryland, man, 30, was charged September 21 with damaging a public building.

A Callao woman, 38, was charged September 21 with writing a bad check for $40 to a Callao area business.

A Callao woman, 31, was charged September 21 with driving on a suspended license.

A Heathsville man, 36, was charged September 21 with failure to appear in the General District Court.

A Topping man, 48, was charged September 21 with driving under the influence of alcohol and driving on a suspended license. He was also charged on a West Virginia warrant with a probation violation.

A Heathsville man, 42, was charged September 21 with appearing in public in an intoxicated condition and obstruction of justice.

A Warsaw man, 29, was charged September 21 with assault and battery.

Lancaster County Crime Solvers

Lancaster County Crime Solvers seeks information concerning vandalism of construction equipment on Henry's Island in White Stone on two separate occasions.

On June 8, a report was made to the Lancaster County Sheriff's Office of a stolen trailer. The trailer is a 2005 Pequea, black in color with wooden sides, valued at $6,900. This trailer was later located just a few miles from Henry's Island on Windmill Point Road.

On September 5, a report was taken concerning vandalism to a loader left on the property. The doorknob to the loader was broken and when the person or persons got inside they removed the ignition and the wires around the ignition. The loader was a 2006 Takeuchi Loader Model TL 150. The value of the vandalism is $870.

Also, a report was made to Lancaster County Sheriff's Office on August 12 concerning stolen scuba diving equipment. It was last seen August 9 at 11086 Waverly Avenue. The equipment was listed as a size 80 scuba tank, mask, regulator, gloves and BC control device. The value of the theft was $1,150.

Report information about either the stolen property or the vandalism to the construction equipment to Lancaster County Crime Solvers at 462-7463. Calls are not recorded and callers do not have to give their names or appear in court. Information could lead to a reward of up to $1,000.

Crime Solvers numbers 1045, 1044, 1040, 1031, 1025, 1019, and 1018 contact Lancaster Crime Solver to receive your rewards.

Students sign honor code

As part of initiation to middle school, Jennifer Radcliffe, a fifth-grade student at Chesapeake Academy, is guided through the signing of the honor code by Student Council treasurer Kasey Ashburn, a current eighth-grader. By signing the official Honor Code, a large document displayed prominently, students are acknowledging their understanding of the principles guiding the pledge as well their commitment to upholding its promise. "The student-run honor system provides valuable guidelines for self-discipline among students, and nurtures an atmosphere of trust between students and faculty," explains Student Council advisor Phil Williams. In addition, middle school students write the honor code pledge at the conclusion of each test confirming that they have neither given nor received unauthorized aid.

From left are Nancy Carlman, Charles Lytton and Stephen Carlman.

Yankee Point Yacht Club celebrates Men's Night

On September 9, the men of Yankee Point Yacht Club feted the women members.

Traditionally, the men of the club prepare dinner for the ladies following the annual "All Women's Race." This year the race was not held because, thanks to Ernesto, the boats were not ready. But the evening was still something special.

Shawn and Laura McCartney were in charge of the dinner, assisted by rear commodore Billy McCarty and his wife, Angie. Following hors d'oeuvres and drinks, a "Sailor's Dinner" was served. The menu included Starboard Tack Fish and Chips, Heavy Air Chicken, and Finish Line Brownies and Ice Cream.

Commodore Charles Lytton introduced Stephen and Nancy Carlman as special guests for the evening. The couple from Vancouver, B.C., are staying aboard their yacht Fairwyn in Yankee Point Marina. Fairwyn is a 42-foot Sparkman and Stephens Custom Yawl, built in 1957. The Carlmans will be racing Fairwyn in the Turkey Shoot Regatta October 7 and 8.

The next event on the club calendar is a fall regatta on October 14.

Northumberland County Crime Solvers

Between July 1 and September 17, unknown person(s) broke into a part-time residence in the Heathsville area. Items taken were a Monitor heater, a Black and Decker drill, a Black and Decker circular saw and a tool box with assorted tools.

Anyone with information on this crime or any other crime in Northumberland County is asked to call Crime Solvers at 580-8477.

Crime Solvers pays cash rewards up to $1,000 for tips which lead to an arrest. Callers remain anonymous and are not required to testify in court.

Kilmarnock Museum News

The museum's only fund raiser, "Dance Extravaganza" took place last Saturday evening before a crowd of approximately 400 at Lancaster Middle School. As always, the show was a huge success. Thanks go to all the Kilmarnock businesses and professional community for sponsoring the show with generous contributions.

On September 28 the museum will host a group of students from Lancaster High School and on October 8, Bill and Pam Gurley will be at the museum for Ruth Gurley Day. On Saturday, October 21 the museum will host the Richmond/Nansemond Chapter of the Archaeological Society of Virginia to identify artifacts brought in by the public.

The museum's new calendars are available at the Kilmarnock Antique Gallery and at the museum. The calendar features a different scene of old Kilmarnock for each month of the year. The cost is only $10. The museum is open Thursdays, Fridays and Saturdays from 10 a.m. to 4 p.m., or anytime by calling 435-2473 or 435-0874.

A Doctor Speaks

by George Moore, MD

Update on Painkillers for Osteoarthritis

Over 20 million Americans are looking for relief from Osteoarthritis (OA) pain. At least a quarter of those over the age of 55 had a significant problem with knee pain last year. Finding the right painkillers is no small task, especially after the recall of the two COX-2 inhibitors, Vioxx and Bextra.

One popular treatment for OA is the supplement glucosamine made from crustacean shells. Another natural supplement that is often combined with glucosamine is chondroitin. Over the past decade, sales of these supplements have soared, partly because they're available without a prescription and partly because they are free of the potential gastrointestinal or cardiovascular effects that are associated with most other painkillers on the markets.

Until recently, the only clinical data on the pill's effectiveness came from small studies most often sponsored by the manufacturers themselves. So the question remained—do these supplements actually work for OA pain, or are their "effects" really wishful thinking by people desperate to find some relief?

A large-scale study conducted by the National Institutes of Health hopes to answer this question. They have funded a Glucosamine/chondroitin Arthritis Intervention Trial, which included 1,600 people with symptomatic knee arthritis. The researchers randomized them to take the supplements in various combinations or placebo pills, and then asked the volunteers to grade their knee pain six moths later. The results, so far, show no difference between the placebo pills and glucosamine and chondroitin. Of course, there are individuals who may still swear that the supplements help, but that could be a placebo effect. Unfortunately, a strong placebo effect creates difficulties in measuring the effect of OA treatment.

As was expected, the group taking Celebrex (celecoxib), 200 mg daily, had the greatest improvement.

Since glucosamine/chondroitin supplements are also supposed to prevent loss of cartilage, the researchers will measure this effect by taking x-rays of participants' knees. The cartilage interspaces or "cushions" the cartilage provides can be measured with accuracy. The results should be available in 2007.

In the end, proven painkillers, such as acetaminophen, NSAIDs (Naproxen, Advil, etc.) and celecoxib (Celebrex), will get the most pain relief for your money.

However, the best responses are seen in people who are willing to engage in regular activity and lose weight.

Start with acetaminophen (Tylenol), but do not take more than 4,000 milligrams a day because of the risk of liver problems. Move on if you're still feeling pain. Switching to an NSAID is okay, but take a proton-pump inhibitor like Cytotec or Prilosec with the NSAID to prevent some gastrointestinal side effects.

Hyaluronic acid injections seem to be mostly expensive placebos. Cortisone shots are effective but the effects do wear off. Capsaicin cream on the knee may help a little.

Buy a pair of running shoes from a store that caters to runners. The salespeople are more likely to understand knee and foot problems and how the right shoe may help you. Running shoes are made to accommodate problems of pronation or supination.

Over-the-counter orthotics may help, but they also could make your foot and ankle problem worse. Use orthotics that are also made to correct pronation or supination. Knee supports that fit over the knee like a sleeve can give you some added stability. Exercise is crucial, but your exercise program should be custom-made under a doctor's supervision.

If necessary, ask your orthopedist about a referral to a physiatrist or physical therapist. And last but not less—lose weight. There is no magic bullet quite yet.

Joyy Hess joins YMCA performing arts program

Lancaster YMCA School of the Arts recently welcomed dance teacher Joyy Hess to the program.

Hess has been a full-time professional dancer and entertainer for 10 years. She attended Interlochen Fine Arts, majoring in modern dance with a minor in piano.

She has trained with Emmy-nominated Brian Thomas, Glenn Packard, Gregg Russell, Tap Sounds Underground, The Morgan Scott Ballet Company, and The Clifton Dance Project in L.A.

Hess has traveled around the world performing for the USO tour, Armed Forces Entertainment, Dance International USA, and The Opera House in Sydney, Australia. She was a Pro-Team Dancer for the NBA's Washington Wizards and a Washington Redskin dancer for NFL.

Joyy Hess

"The YMCA School of the Arts welcomes Miss Hess to the Kilmarnock area and to our dance school," said Linda Coffield.

Community league razes mobile home

Seven members of Bluff Point Community League recently razed an abandoned mobile home on Bluff Point Road. The volunteers included John Brauer, Dick Doyle, Carl Gruel, Ed Marsh, Skeeter Penley, Gary Swift and Harry Swiggard.