

Rappahannock Record

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Parents and teachers seek discipline policy with accountability

by Audrey Thomasson

KILMARNOCK—In a public session on school-wide discipline this week, parents and teachers seemed to agree that no matter what the policy, the bad behavior of disruptive students will not change until their parents are held accountable.

However, the forum resulted in a discipline problem of its own when some parents objected to the way the chairman was conducting things and the board responded by suspending the meeting.

Speakers suggest calling parents to the office when their children disrupt the class.

"All parents are responsible for students following school rules," Cindy Clark quoted from the school's current discipline policy. The parent of primary and middle school students, Clark suggested

administrators "make parents come in to the school" when their children cause problems.

"School is for education. It's not a baby-sitting service," said Mike Clark.

"Stop making excuses for these children," said Dawn Nickerson. "Education is an opportunity."

Parents expressed concern that the current practice of removing children temporarily to a "time-out" room or suspending them from school was playing into their desire to get out of class.

"Children who are removed from class return joyous. It's not a punitive measure anymore," said Warren Green. "Students who are disruptive take away from students who want to learn. How is that going to change and how will it benefit my boys?" he asked.

Children removed from the school bus get door-to-door transportation service.

Two school bus drivers noted disruptive children like being removed from the bus because they are then transported door-to-door by a school employee. Grace Goodman said last semester some suspended school children sat down in the middle of the road to block her bus. "If children are out of school, they don't have anything to do" and parents aren't home to watch them, she added.

Several parents brought up the policy on "bullying." C.D. Hathaway said the policy now only covers bullying with physical injury, but that it should also cover bullying without injury based on several national incidents where students committed suicide even though they were not physically harmed.

Hathaway made several other suggestions including clarification that parents are required to pay for alternative education programs for expelled students.

Teachers say in school and at home suspension is not working.

Teacher Alex Stickler said his son has been attacked "time and time again because he is handicapped" with no satisfactory preventive action taken because the abusive child's parents will not return the teacher's numerous phone calls. "Parents say they see the school number on their caller I.D. and won't pick up the phone," he said.

He said class sizes are increasing with fewer resources given, resulting in less opportunity to maintain discipline. Teachers cannot do their jobs because they spend so much time trying to contact parents. They are left helpless in the classroom, he said.

Stickler said teachers need the support of parents and school administrators standing behind them. Instead, parents threaten their jobs, school offi-



From left are Robert and Alice Allison, Lynn Kallus, Judy Beane, PhD., Ed Andrews, Ann Carter and Tammy Revere.

\$10,000 gift launches fund-raising campaign for restoration of historic White Marsh Church

by Starke Jett

BROOKVALE—Historic White Marsh Church Inc. has formally launched a \$150,000 fund-raising campaign to restore the 19th-century building on Mary Ball Road at Brookvale.

On July 21, the board received a \$10,000 donation from former member Ann Carter in the name of her father, C.E. Thomas, a lifelong member.

"It's what he would have wanted," said Carter. "He did love this church."

The church building is in need of extensive restoration to the exterior brick walls and new plastering on some of the interior walls. The estimate for both these major jobs is \$130,000, according to Historic White Marsh Church Inc. board member and treasurer Judy Beane, PhD.

"It has been a landmark in Lancaster County for many years," said Beane, whose ancestors also were lifelong members. "We badly want this church restored. We will get there. Rome wasn't built in a day."

White Marsh Church has been called the mother church of the United Methodists in the Northern Neck. First established in 1792, the current church was built in 1848. It is surrounded by a cemetery that dates from before the Civil War.

The church was closed by the United Methodist Church in 2002 because of a dwindling membership. But supporters, including many former members and former pastor Jim Salmon, have been lobbying since then for its restoration. The Rev. Salmon serves as president of the board of Historic White Marsh Church Inc.

The board has applied for nonprofit status. Beane said the application is in the government "pipeline" and she expects it to be approved within a few weeks.

Volunteers have already begun working to repair what they can afford to do. Board member Robert Allison, who calls himself a "handyman," donated money to repair the well, which had a broken pipe. A new organ was donated last week by the Bethel United Methodist men's group and other churches

are joining the effort.

Allison has repaired the front and back doors and replaced the glass in the church sign out in front. He also hired a termite company to exterminate and has had the duct work for the heating and cooling system replaced. Other volunteers have been helping by cleaning and painting.

But the big jobs are beyond the resources of volunteers. With this first major donation in hand, the board will be soliciting more funds from private and business sources, said Beane. The church board is planning a series of fund-raising events over the next few months, until they reach their planned goal. The next definite event is a church service on Labor Day Sunday.

Board member Tammy Revere is helping to establish a church website. Check historicwhitemarshchurch.org for event schedules and updates on the fund-raising campaign.

Other board members include Alice Allison, Lynn Kallus, Ed Andrews, Sharon Anthony and Peggy Garland.

Contractor clears his name on appeal

by Starke Jett

KILMARNOCK—Local contractor Carlton Davis wants everyone to know that he is not a convicted felon any more. His case was reviewed by the State Court of Appeals and he was found to be innocent of construction fraud.

A conviction in April 2009 was overturned on July 20 in Chesapeake by a three-judge panel that included Judge Robert P. Frank, Judge Beales and Judge Bumgardner.

"It's a relief you can't imagine," said Davis about his long ordeal. "I wouldn't have gotten through it without the support of my family and friends."

The case started in 2005 when he was contracted to do \$25,000 of home remodeling for a Weems woman. They had a dispute over the work contracted and pursued legal action. He was convicted in Lancaster County Circuit Court of construction fraud, a felony.

"I got caught up in a situation where I trusted her," said Davis. "I did a lot of work for her that wasn't in our contract."

Davis, a native of Lancaster County and a former football and basketball player at Lancaster High School, said the conviction had a profound effect on his business.

"I used to do a lot of work for government agencies," said Davis. "They wouldn't touch me."

Irvington attorney Albert Davis Bugg took the case to the Virginia Court of Appeals. Bugg's brief emphasized that the burden was on the Commonwealth to prove that Davis intended to defraud from the outset.

"I argued that the Circuit Court judge made a mistake because there was insufficient evidence to convict him of intent to defraud," said Bugg about the case.

"He is my new best friend," said Davis of Bugg and the analysis that persuaded the panel of judges to rule in Davis's favor.

"It is very gratifying," said Bugg. "He is a good man. I felt from the beginning that he was innocent."



Carnival days are here

The 75th-anniversary edition of the Kilmarnock Volunteer Fire Department Firemen's Festival opens at 7 p.m. tonight at the carnival grounds off Waverly Avenue. Rides, games, food, raffles, prizes and proclamations are in store, says carnival president Johnny Smith. See the special Carnival Times section inside this issue for an update on this year's carnival, related stories and photos. The carnival will continue through Saturday, August 7. Photo by W. Dixon Muller

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Village Green is dedicated

Neighbors and merchants gathered Friday to dedicate the White Stone Village Green and honor the town's four past mayors. The late George W. Sanders, mayor from 1953-58, was represented by his granddaughter Ginger Philbrick, and the late Lloyd B. Hubbard Sr., mayor from 1958-70, was represented by his son, B.H.B. Hubbard III. Present were Harman Chilton Treagle, mayor from 1970-98, and Lloyd B. Hubbard Jr., current mayor since 1998. A commemorative stone honoring the mayors was dedicated by Sandra Matthews, and Romulus Sanders closed the ceremony with a prayer. Photo by Audrey Thomason

Several community members are recognized at CAPINNE

KILMARNOCK—The Northern Neck Rotary Club on July 17 celebrated its 20th annual CAPINNE Dinner and Auction at Indian Creek Yacht and Country Club.

Some 125 participants enjoyed a gourmet dinner and engaged in vigorous live and silent auctions in an attempt to purchase the 175 items and services donated by local businesses and individuals, according to Rotary member Roy Cameron.

Proceeds will be distributed among 12 charities and programs in Lancaster and Northumberland.

While the final numbers are not known, Northern Neck Rotary Trust treasurer Ken Knull said the numbers are comparable to last year, a testimony to the giving

nature of citizens of the area in difficult economic times.

Immediate past president Don Caskie presented a Community Service Award to Dr. Elizabeth H. "Sissy" Crowther, president of Rappahannock Community College (RCC). Caskie said Crowther is a homegrown product, having grown up on her family's farm just outside Reedville and had returned home to be a leader in the community.

After an adventure in the financial world, Crowther entered the academic environment and eventually obtained a doctorate of higher education administration from William and Mary.

Her resume reflects a series of jobs in the academic community with rapidly increasing responsibilities in her rise to president of



Dr. Elizabeth Crowther

RCC. She admitted that the college in many ways "ran her rather than she running the college" as the faculty and staff were top notch.

Under her leadership, Crowther has seen a dramatic increase in

Discipline

continued from page A1

entials don't back them and most teachers are terrified they will be reprimanded for speaking out.

Teacher Adrienne McKulovich also noted a lack of support for handling unruly kids. "Suspension doesn't work because there are no parents at home, ISS (In-school suspension) doesn't work. Inconveniencing parents is the only thing that works." She suggested after-school detention and requiring that parents come to the school to pick up the students.

Chairman Patrick McCranie suggested each of the three principals form a committee of teachers to determine a discipline policy geared for their school. However, when parents objected to being excluded from the committees, the board ended the meeting.

After the meeting, several

parents said they felt let down by the meeting structure and lack of response from school board members. One noted that while McCranie said the board had made no decisions prior to the public input, his response to parents and teachers came from prepared notes.

McCranie verified he prepared notes prior to the meeting. However, he told attendees the session was only for public input and nothing more. After the meeting, he expressed appreciation for the parents who attended.

"They want the best for their kids. However, I feel teachers and principals will know what's best for their classes. If the policies the committee comes up with don't work, they can always be revised," he said.

The school principals did not attend the session.

enrollment at RCC. Through liaison with four-year universities, students are guaranteed admission and transfer of credits to 34 universities across Virginia. This program now puts a university education within financial reach of many more students, said Caskie.

Crowther was chosen as much for her involvement in the community as her leadership to serve the community needs through RCC. She serves on boards of many educational institutions in the area as well as Lilian Lumber Company, Menokin Foundation, Northern Neck Insurance Company, Northern Neck Land Conservancy, Rappahannock General Hospital and Smart Beginnings. She also finds time to be a member of the Premier Women's Yacht Racing Team and Rappahannock Yacht Club.

Scholarship committee chairman Gail Saylor introduced Elizabeth Shelton and Rachel Wyvill, recipients of the Annual Rotary Scholarship. They graduated

from Lancaster High School in June as honor students.

Wyvill and Shelton participated in a long list of extracurricular activities, were members of honor societies and work in local food services.

Shelton plans to attend the University of Virginia and study physical therapy. Wyvill will study social work or psychology at James Madison University.

Auction emcee Skip Ackery gave those present an opportunity to assist in the scholarship effort by raising their bid paddles making contributions of \$100 each. In a matter of seconds 14 paddles were proudly raised into the air.

Caskie also recognized the Rotarian of the Year Award winner, Richard "Dick" Slember, for his contributions to the club as past president and CAPINNE chairman for the past two years.

Caskie said Slember and his wife, Alice, have opened their home and hearts to the club and area.

RW-C calendar earns national award

Rappahannock Westminister-Canterbury's 25th anniversary calendar recently received a Merit Award in the 19th annual National Mature Media Awards contest.

"Naturally we're thrilled to receive this award," said president and chief executive officer Stuart Bunting. "What makes this really special is that the calendar was conceived and produced entirely by our residents and staff."

The RW-C 25th anniversary committee decided to create the special calendar to commemorate this milestone, said Bunting. Residents were invited to submit artwork in any medium for the cover and monthly pages. From the dozens of submissions, a panel of judges representing the residents, staff and the community selected the 13 works that appear in the calendar.

"This was truly a labor of love," said senior resident



"Pail of Flowers," a watercolor by Rappahannock Westminister-Canterbury resident Joan Thurber, graces the cover of the calendar.

life coordinator Amy Lewis. "It has provided a wonderful creative outlet for the residents, and I so much enjoyed working with them to design something that has made

everyone at RWC proud." The calendar was distributed to RWC residents, trustees and Rappahannock Club members.

Vice president for development Whiz Harris said Lewis deserves special mention for spearheading the project.

"The Mature Media award program honors local and regional organizations such as ours," said Harris. "It also judges the work of national associations like AARP, regional and national public relations firms, and corporations like Health-Net, Blue Cross & Blue Shield and Aetna. We feel like we're in good company."

The National Mature Media Awards are sponsored by the American Association of Homes and Services for the Aging, the Center for Aging Services Technologies, the National Association of Area Agencies on Aging, and the American Custom Publishing Corporation.

The Agenda

Local Government News

LANCASTER—The Lancaster board of supervisors will convene at 7 p.m. tonight (July 29) at the courthouse in Lancaster.

The board is expected to ratify separate emergency declarations regarding the current ban on outdoor fires and drought disaster status.

Public hearings will address:

- Revisions to the zoning ordinance regarding the flood plain overlay district.

- An application from Joanna A. and Tristram T. Hyde IV to operate a bed and breakfast inn on general agriculture property adjacent to 491 Russell Lane near Litwalton.

- A request from Elnora Owens for a permanent easement for a drainfield and other facilities at the county refuse site in Nuttsville.

WHITE STONE—The White Stone Town Council and planning commission will hold a joint public hearing at 5:30 p.m. August 5 in the town office.

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Saturday, August 7
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The VA Dept of Agriculture is hosting a contest for photos taken at a VA Farmer's Market between July 8 & August 18, 2010.

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SHERIFFS' REPORTS

Lancaster County Sheriff Ronnie Crockett last week brought misdemeanor charges against eight individuals.

A Jesse Dupont Highway man, 51, was charged July 20 with contempt of court.

A Light Street man, 37, was charged July 21 with contempt of Northumberland court.

A Western Branch Road man, 50, was charged July 22 with two counts of issuing bad checks.

A Davis Mill Road man, 37, was charged July 22 with contempt of court.

A Johns Neck Road man, 33, was charged July 23 with issuing a bad check.

A Cedar Lane man, 23, was charged July 23 with issuing a bad check.

A White Stone woman, 29, was charged with nonpayment of court fines/costs.

A Morattico Road woman, 18, was charged July 25 with delivery of contraband to a prisoner.

Activity report

July 20: Staff received a destruction of property report from the 400 block of East Church Street (arson to church playground equipment, \$70 property loss). Staff responded to Tammy Drive to determine the location of a reported boater in distress (USCG auxiliary contacted, complainant called back to report boat was underway on its own power), to a report of a downed tree with power outage on Oak Hill Road, to a motorist's report of a suspicious vehicle in the Alfonso area, and to a domestic disturbance in the 1000 block of White Chapel Road (boyfriend/girlfriend).

July 21: Staff received a walk-in report of the theft of jewelry from a Carlton Lane residence (6 rings, \$1,650 property loss) and a walk-in complaint of a trespass. Staff responded to a civil complaint involving a repossession, with Emergency Medical Services to a medical emergency on Steamboat Road, and with the Kilmarnock Police Department (KPD) to a traffic accident on Irvington Road.

July 22: Staff responded to a domestic disturbance in the 500 block of White Chapel Road (boyfriend/girlfriend), to a domestic complaint in the 7300 block of River Road (step-parent/stepson), to a prowler complaint in the 700 block of Nuttsville Road and received an



This Kubota with front end loader attached was stolen from a Windmill Point Road residence.

LANCASTER COUNTY CRIME SOLVERS

Lancaster County Crime Solvers is seeking information regarding a break-and-enter to a home at 3512 Windmill Point Road near White Stone, and related theft of a Kubota tractor and loader.

Sometime prior to 7 a.m. April 8, 2010, a side door to the garage was broken and entry was made to the garage area where the tractor and loader were located. This is an orange tractor with loader attached LA482.

The person or persons who took the tractor used a ramp to load it onto a trailer or large truck.

Anyone who saw a vehicle with trailer at the home, or any other information related to this crime, is asked to call Lancaster County Crime Solvers at 462-7463.

You could receive a reward up to \$1,000 if your information is useful to law enforcement officers. Your call will not be recorded and you will not have to appear in court.

identity theft/fraud report from a Dawson Avenue resident.

July 23: Staff responded to a domestic disturbance on Greentown Road (adult siblings) and received a walk-in complaint of the theft of a cell phone (determined to be a civil issue).

July 24: Staff notified the Virginia Department of Transportation (VDOT) of a downed tree blocking Taylors Creek Road and received a destruction of property report from the Upper Lancaster Volunteer Fire Department (ULVFD) (damage to vehicle bay door, \$1,500 damages). Staff responded to

a complaint involving the civil property rights to a decedent's estate in the 7900 block of River Road, to Chesapeake Drive in an attempt to locate a wireless E911 caller who could not give his location, with KPD to a two-vehicle accident in the 500 block of North Main Street and to Windmill Point to assist state conservation police with a DUI boater arrest.

July 25: Staff responded with KPD to a disorderly conduct complaint in the 500 block of North Main Street, to a missing person complaint in White Stone (adult subject located as safe approximately 1 hour later), with KPD to a residential burglary in progress in the area of By Way Drive (three juvenile males taken into custody and later released to parents) and responded to a destruction of property complaint in the 7200 block of River Road (determined to be a civil issue).

July 26: Staff responded to a prowler complaint in the 7300 block of River Road and to a traffic accident on Western Branch Road. Staff received a larceny report from the 3200 block of Irvington Road and a domestic disturbance complaint.

Also last week, staff conducted 10 traffic stops, issued three summonses, assisted with traffic control twice, investigated 10 building alarms, processed a mental health order and transported four jail inmates.

Fire calls

The White Stone Volunteer Fire Department responded to an electrical fire on Chesapeake Drive, with the Kilmarnock Volunteer Fire Department (KVFD) to a fire on East Church Street, to a fire alarm in the 3500 block of Windmill Point Road and to a fire alarm on Lee Lane.

KVFD also responded to a fire alarm on South Main Street, a traffic accident on Irvington Road, a fire alarm on Way Point Drive and a traffic accident in the 500 block of North Main Street.

The ULVFD assisted the Richmond County Volunteer Fire Department with a structure fire at 9500 Historyland Highway.

Northumberland Sheriff Charles A. Wilkins last week brought charges against 13 individuals.

Felonies

Shannon Marsh, 28, of Kilmarnock was charged July 18 on a grand jury indictment with grand larceny.

Jessie Wayne King, 32, of Callao was charged July 22 with receiving stolen property valued at \$200 or more.



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SEA RESCUE REPORT

Smith Point Sea Rescue responded to a variety of calls in June, according to member Andy Kauders.

On June 11, a 28-foot Mako at the Smith Point Light with six aboard ran out of gas. Sea Rescue provided five gallons of gas and followed the boat to Smith Point Marina.

On June 13, a 21-foot boat called with a dead battery. The Sea Rescue power pack got the boat running. It proceeded under its own power to its home dock.

Are doctors missing some with diabetes?

If you are 45 years and older, overweight and have high-risk factors such as high blood pressure and cholesterol, you should ask your doctor for a diabetes test during routine visits, says Dr. Ann Sheehy, a hospitalist at University of Wisconsin Hospital and Clinics.

"Since Type 2 diabetes is often asymptomatic, most people are not aware they have the disease until they have a blood test showing elevated blood glucose," she said.

Doctors may also miss the diagnosis because one of the two main national screening guidelines they use doesn't identify about one-third of those with diabetes.

That's what Sheehan and collaborators found in a study comparing the two guidelines—one from the American Diabetes Association (ADA), the other from the U. S. Preventive Services Task Force (USPSTF).

According to the study, the USPSTF guideline, which recommends diabetes screening only for people with high blood pressure, missed the mark substantially. The ADA test was much more reliable.

On June 19, Sea Rescue received a call from the sheriff's office that a 22-foot boat was disabled at the mouth of the Little Wicomico River jetty. The boat was towed to its dock.

On June 25, a 22-foot Boston Whaler ran aground on Cranes Creek. The boat was towed free and Sea Rescue followed it to Ingram Bay Marina.

On June 27, a 20-foot boat with four aboard at the mouth of the Great Wicomico River had a dead battery. The battery was jump-started and the boat proceeded under its own power to Coopers Landing.

Smith Point Sea Rescue serves boaters from Ragged Point to the mouth of the Potomac River, south to the Rappahannock River and across to the eastern shore. Smith Point Sea Rescue can be reached 24 hours a day, seven days a week, by calling on channel 16 or calling 911.

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Jane Bishop reads Kolchak for Army duty by socializing him before he leaves to join the 27th Infantry in Hawaii as the mascot for the "Wolfhounds."

Local pup enlisted: Alfonso-bred Borzoi to join the 27th Infantry Regiment

by Audrey Thomasson

When the 27th Infantry Regiment in Hawaii needed a new mascot for their fighting group known as "The Wolfhounds," they chose a Russian Wolfhound puppy from Jane Bishop of Korsakov Kennels in Alfonso. In September, Kosakov's Travelin' Man will be flown to Hawaii where he will become Kolchak XIV.



The 9-month-old Russian Wolfhound enjoys romping around his home. He will soon be running with the infantry.

For Bishop, who is also an international dog show judge licensed with the American Kennel Club (AKC), the event will bring her life with wolfhounds full circle. As a teen she saved her allowance to buy her first puppy from a kennel in Pennsylvania that had supplied the 27th Regiment with Kolchak V in 1962.

The official name of the Russian Wolfhound in America is Borzoi. Because of their size, speed, strength and symmetry, the Russian aristocracy bred them for protection from wolves which later developed into a sport because the dogs could outrun most wolves.

The dogs hunt in pairs, instinctively running along either side of their prey. While one distracts the wolf by nipping at it, the other grabs it behind the ears and then pins it to the ground. Over the past century, the tall, slender dogs have been bred for show and as a gentle family pet resulting in a loss of interest and skill for hunting, according to the AKC.

While Bishop's brood of nine adult dogs may not be ferocious hunters, she warns folks to make sure the yard is fenced because as sight hunters, the dogs will chase their prey as long as it's in their sight.

In fact, Kolchak's litter of 14 loved to play on her fenced 10 acres in Alfonso by teaming up to "hunt" another litter mate and snag him to the ground. But at 9 months old, most of the litter have moved on to families across the U.S. and in South America. Kolchak will leave for his new home in September when the weather cools down, said Bishop.

He will be joining the 27th Infantry at Schofield Barracks on the island of Oahu. While the regiment's history traces back to 1812, its members became known as "The Wolfhounds" while deployed to Siberia during World War I. According to Jim Malachowski, historian for "The Wolfhounds," the regiment earned its name in 1918 when they fought the Bolsheviks in Siberia alongside Admiral Aleksandr Vassilyevich Kolchak and the White Russian army, protecting supply lines on the Trans-Siberian Rail-

road.

Kolchak I joined the regiment in 1929 and was named in recognition of Admiral Kolchak. The Regiment garnered notoriety when Shirley Temple was made an honorary colonel of the 27th as a child and posed frequently for photographs with Kolchak II, according to Bishop.

"The Wolfhounds' have always been known for their viciousness in battle, but also like the wolfhound, they can be caring," said Jerry McKinney, honorary regimental sergeant major.

Currently, the 1st Battalion is deployed to Iraq while the 2nd Battalion is re-setting and training for deployment to Afghanistan, McKinney said. Those remaining on base will show their softer side this week when four orphans arrive from the Holy Family Home Orphanage in Osaka, Japan, an annual event since the 1950s. After World War II, the 27th Infantry rebuilt the orphanage and continues to support the children with monthly contributions.

But the base is also anxiously awaiting the arrival of Kolchak XIV.

"I have been with 'The Wolfhounds' over six years and through two deployments and this is the first time in my memory that we have not had a Kolchak leading all of our formations and parades," said Lt. Col.

Daniel B. Wilson, 2nd Battalion commander. "It just feels like something is missing."

Lt. Col. Wilson said they are building a special air-conditioned dog house and kennel inside the barracks in anticipation of his arrival. "He will have the run of the battalion headquarters most of the day. In fact, I have a special place for him to lay right in front of my desk if he so chooses. As we speak, we are making him a new 'uniform' that he will wear proudly at all gatherings and formations and whenever possible he will lead all troop formations right in front of the unit colors," he said. "We are so thankful to Jane Bishop for helping us to keep this wonderful tradition going."

"He'll be living large... including being provided with a companion dog from the Humane Society," said the man instrumental in the selection of Bishop's dog, Command Sergeant Major Royce Manis. "Three handlers will have the honor—and it is an honor—of sharing exercise, feeding and preparing Kolchak for his official responsibilities."

Bishop feels honored that her dog was chosen for the 27th. "I think he's going to have a great life. I'm glad I can do something for the military fighting for our freedom," she said.

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BY ROSS CHRISTIANSEN

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Coast Guard commander recognizes Station Milford Haven first responders

MILFORD HAVEN—U.S. Coast Guard first responders on the scene of the July 5 accident at channel marker #10 near Morattico on the Rappahannock River recently were recognized by their commanding officer.

For their outstanding efforts, CAPT Mark Ogle, Captain of the Port & Commander Sector Hampton Roads, visited Station Milford Haven July 16 to present MK2 Milton Marks, BM3 Sean Tully, MK3 Stephen Poplin, FN Erin Key, SN Brittainy Luke and SN Kevin Zuercher, with the Coast Guard Achievement Medal.

The Achievement Medal is awarded to enlisted personnel for outstanding leadership, professional achievement, and superior performance of duty in either peacetime or combat situations. The awards begin "cited for superior performance of duty while serving as Boat Crewmember and First Responder" and concludes with "diligence, perseverance, and devotion to duty are most heartily commended and are in keeping with the highest

traditions of the United States Coast Guard. The Operational Distinguishing Device is authorized."

"The team of active and auxiliary personnel at Station Milford Haven did a great job in one of the worst boating accidents I've ever seen," said CAPT Ogle, who spent the entire night at the command center at Water View.

Awards for BMCS Matthew Welsh, Officer in Charge at Station Milford Haven, MEC Richard Gonzalez, Executive Officer, along with U.S. Coast Guard Auxillary Flo-tilla 33 members Jim and Amy Thomas will be presented at a later date.

"I could not be more proud of my team at Station Milford Haven," said BMCS Welsh. "We spend hours and hours training so that when the search and rescue alarm sounds, our active and auxiliary team members are prepared for whatever mission skill-sets are needed. That night all the training we do to enhance these skills were utilized; lives were saved."



From left, the Coast Guard Milford Haven Team responding to the July 5 accident on the Rappahannock River included BM3 Sean Tully, MEC Richard Gonzalez and MK2 Milton Marks; (next row) AUX Jim Thomas, SN Kevin Zuercher, AUX Amy Thomas, SN Brittainy Luke, CAPT Mark Ogle, BMCS Matthew Welsh and MK3 Stephen Poplin. FN Erin Key also responded.

The Coast Guard Station Milford Haven "Team" of active and auxiliary members worked side by side to evacu-

ate nine surviving victims of the accident so they could get the medical attention that saved lives.

A total of 10 people were on the 22-foot Chaparral when it collided with the channel marker on the Rappahannock

River. The Coast Guard was alerted by Middlesex County Sheriff Guy Abbott at approximately 10 p.m.

Five on board were transported by helicopter to Virginia Commonwealth University Medical Center in Richmond, four others to hospitals in Gloucester and Tappahannock.

Using sonar, the Coast Guard located the body of the 10th victim, Amanda Brady, 25, of Glen Allen, and Virginia State Police search and rescue divers brought her body to the surface at about 8:30 a.m. Tuesday.

Sheriff Abbott, Middlesex County sheriff's deputies, Upper Middlesex Volunteer Fire Department, Middlesex Volunteer Fire Department, Central Middlesex Volunteer Rescue Squad, Middlesex County Volunteer Rescue Squad, Tappahannock-Essex Volunteer Rescue Squad, Gloucester Volunteer Rescue Squad, Virginia Marine Resources Commission, also responded to the scene, as well as Coast Guard, Nightingale and Life Care helicopters.

Progress seen toward estate tax reform bill

RICHMOND—An amendment to House Bill 5297 was introduced by Arkansas Sen. Blanche Lincoln and Arizona Sen. Jon Kyl. It would permanently set the federal estate tax rate at 35 percent of a deceased person's assets with a \$5 million exemption phased in over a decade, and with the exemption indexed to rise or fall with inflation.

"We're urging our senators to support the Lincoln-Kyl amendment and move this bill forward," said Virginia Farm Bureau Federation (VFBF) assistant director of governmental relations Lindsay Reames.

"While the measure doesn't give farmers all we'd like in this legislation, time is quickly running out. Farmers need to know what the law is immediately in order to make their financial and inheritance plans before the current 100 percent exemption expires

December 31," said Reames. "The uncertainty is what's really hard for farm families. Right now, no one knows how to plan their estates, especially if they want to be able to pass on the farm to their children or relatives."

Northumberland County grain grower Robert Hall is one of many Virginia farmers who've struggled with federal estate taxes. His family had to pay a \$600,000 tax bill, plus legal fees and capital gains taxes, when an aunt died in 1991.

"We had to sell my aunt's investments, just about all of them, to get the money to pay the estate tax. We were hoping that money could possibly be used to restore the family homeplace," said Hall, who also serves on the VFBF board of directors.

"It hasn't been occupied since 1959, but in 1991 it was

still in pretty good shape and it would have taken about the amount of money we had to pay the government to restore this house," said Hall. "As far as I was concerned, the tax was theft and grave-robbing. I just still cannot believe it."

If Congress and the president do not pass and sign an estate tax bill before December 31, the federal estate tax reverts to a 55 percent tax rate with a personal exemption of only \$1 million. That would be crippling for all of America's economy, Reames said, since it would affect virtually every small business and farm in the nation.

"Anyone who owns property or has extensive equipment assets would be hit very hard, especially small businesses," Reames said. "It's in the best interests of everyone, farmers and nonfarmers, to settle this estate tax question as quickly as possible."

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Fiction or Fact

from Bob's Almanac

by Robert Mason Jr.

You ever get an advertising jingle or slogan in your head and it just keeps buzzing around in there until you can't sleep, or read or shoot pool?

And then it comes and goes all day long and you can't concentrate on anything except lunch and you know you shouldn't have the cherry pie but you eat the chocolate cake anyway because Oreos are milk's favorite cookie.

That split second decision. That's what they were counting on. They hook you with a creative combination of words and reel you in.

Although this time you didn't reach for their product. It was close. Had the diner served Oreos you would have wiped them out.

Remember these slogans from the 70s? In some cases I've intentionally left the key word out, just to mess with your head because that's the kind of friend I am.

- I'd like to buy the world a ...
- Reach out and touch someone.

- Two all beef patties special sauce lettuce cheese pickles onions on a sesame seed bun.
- A fistful of peanuts in every bar.

- Tastes great, less filling.
- Have it your way.
- Saturday night beautiful, Monday morning tough.
- You've got a lot to live and ... has got a lot to give.

- It takes a tough man to make a tender chicken.
- We will sell no wine - before its time.
- Nothing runs like a ...
- Bet 'cha can't eat just one.
- The uncola.

- Strong enough for a man, but made for a woman.
- Wouldn't you like to be a pepper too?
- Everything you ever wanted in a beer. And less.
- It's manly - but I like it too!

- A beautiful drink for beautiful people.
- ... is your savings store, where your dollar buys you more.
- Flick my ...
- ... refreshes the parts other beers cannot reach.

- ... is the peanut butter eater's peanut butter.
- The ultimate driving machine.
- It's such a nice feeling, get to know, poppin fresh ...
- Have a ... and a smile.
- Don't leave home without it.

- ... new fangle potato chips.
- Ring around the collar.
- Holds short hair.
- Just slightly ahead of our time.
- America's storyteller.
- Because you're still someone's baby.
- Is it live or is it ...?

- Still, there's nothing that will beat that all-time favorite local slogan of Dodsons Auto Sales, where they won't sell you a car they wouldn't drive themselves.

Focal Point



Dasher chases his shadow along the shores of the bay at Dungeon Thicket near White Stone.

Photo by Beth Hook

Submit your interesting photos capturing the life and times in the Northern Neck to editor@rrecord.com, subject line Focal Point.

Delegate's Report

by Del. Albert C. Pollard Jr.

The drawback of serving in the General Assembly is that you have to serve with 139 politicians and, sometimes, job performance is measured not by what gets done, but by preventing bad things from happening.

Usually this provides very little satisfaction, except recently when my office helped save the Kilmarnock firemen's carnival. Okay, that's over the top, but we did help save the raffle.

A couple of weeks ago my office received a two-page, single-spaced memo outlining an encounter carnival volunteers had with an enforcement officer from the Department of Charitable Gaming. The officer basically threatened to shut down all gaming at the carnival that was scheduled to begin less than four weeks away. This was because the enforcement officer assumed Kilmarnock Volunteer Fire Department (KVFD) would sell all 5,000 tickets it printed for this year's car raffle. At \$10 a ticket, this would put KVFD over the \$40,000 threshold for volunteer organizations and, therefore, require KVFD to receive a gaming permit.

Earlier this past year I had put in a bill

which would have stripped the Department of Charitable Gaming of their enforcement powers over volunteer organizations. I did this precisely because of previous such run-ins with the Charitable Gaming department.

This bill caused my aide Carmen and me to meet with the Director of Consumer Services, who had just recently been given oversight of the Department of Charitable Gaming. At that meeting, he promised us that he was working to change the culture within Charitable Gaming, with a focus on improving the attitude of the enforcement officers when they come to inspect volunteer organizations.

Clearly, this particular enforcement officer didn't get the memo.

Thus, we knew just who to call with the carnival fiasco. Unable to reach the director, we called his boss and my former colleague, Matt Lohr, Commissioner of Agriculture and Consumer Services. Matt got it.

Within minutes, we received a call from the director and by the end of the day, the problem was fixed.

The only problem is, I feel a conflict of interest if I buy a raffle ticket now.

YESTERYEAR

Miss Charlotte W. Cooper, H. B. Cooper, Miss Kate Cooper and the misses Blakemore, of Virginia; Ross P. Cooper, Misses Linthicum and Homer and Messrs. C. G. Smith and Howard K. Towles Jr. of Baltimore.

Notwithstanding the weather on the evening of July 4th, there was quite a fine display of fireworks on the lawn, several balloons were sent up which went quite a distance before they fell, one having gone across the river to the Middlesex side. "Old House" is one of the oldest houses on the Rappahannock River, in Lancaster County, being over 200 years old.

Millenbeck

Thos. Brent, of Kilmarnock, was here last week on business.

Mr. and Mrs. P. J. Warren Jr., of Baltimore, are visiting the latter's parental home at Corrotoman Point this week.

Jas. A. Chowning was here several times last week on business.

Mr. and Mrs. Blayock and Mrs. Regalia, of Mathews County, were the guests of Mrs. L. A. Callis this week. Miss Callis will accompany them

home, for a few weeks stay.

Miss Virginia Chowning and sister, of Baltimore, were visiting Mrs. M. E. Maston and other relatives here this week.

Miss Maggie Dyke, of Irvington, was the guest of Mrs. L. P. Saunders, near here this week.

Miss Elizabeth Martin, of Baltimore, is visiting Mrs. J. C. Sanders, near here this week.

W. W. Davenport Jr., of Franklin, Va., is visiting his parental home this week.

Lighthouse Recommendations

The Lighthouse Inspector's office has informed Mr. H. E. Owen, of Weems, that a lighthouse, to cost \$15,000, has been recommended for Tatley's Bar, off Whealton (Moratico). The request for this amount, as well as the \$35,000 needed for Towles Point Lighthouse, will be included in the Lighthouse Board's requisition to the next session of Congress.

(Transcribed by Stephen A. Redd, volunteer of the Mary Ball Washington Museum and Library)

YOUR LETTERS

It's time for leadership

Last week, Kilmarnock mayor Raymond Booth said he passed over town council members Paul Jones and Rebecca Tebbs Nunn for committee chairmanships because he wanted "to get things accomplished."

I wondered about this comment because in his long tenure on the Town Council, Paul Jones has accomplished many things and Rebecca Nunn's record of action and leadership in her two years on the council is quite impressive.

As chairman of the Streets and Playground Committee, Nunn got rubber mulch for the playground and dealt with the vandals. She researched and convinced council to have its own maintenance code official clean up unsightly properties. She got American flags for the town; presented the idea of memorial Christmas flags for Steptoe's District and found the donors. She was first to listen to and to propose the community block grant to renovate South Main Street. She had flowers planted in the Main Street medians in addition to getting VDOT to trim or cut down trees blocking vision at intersections and to fix potholes.

On the Water and Sewer Committee, Nunn helped the Youth Ball Park get irrigation water and proposed that the town would not split water hook-up fees, saving the town thousands of dollars. She chaired the Economic Development Committee and six new businesses came to town and she put the town on Facebook. As Town Center chairman she sought alternatives to the proposed \$9 million Town Center project, got a proposal passed for a walking and biking path on Town Center Drive, and proposed the donation-funded dog park to be constructed on the town's nine-acre tract. She has also responded to countless concerns from citizens, myself included.

Ignoring accomplished and experienced council members denotes pettiness, not leadership. The mayor should reconsider.

Mei-Li Beane, Kilmarnock

Seeking more information

We returned from vacation this week and, as we always do, sat down and read the back copy of the Rappahannock Record.

We were deeply disturbed to read of a teenage girl from Highland Springs murdered in Nuttsville a week ago Saturday night. Evidently, the killing took place with a deputy sheriff on the premises while he was being "obstructed from entering the property and attempted to enter the patrol car."

For whatever reason, the four-paragraph story only made it to page A3 of last week's Record and offered no greater insight than the crime report. We view this as no more an appropriate placement or coverage than if the marijuana bust in Weems several weeks ago had been similarly treated.

If we are going to address the problems in this county, they first must be adequately covered. In short, we believe such news should receive the highest priority of placement and coverage.

Mariah and Albert Pollard, Mollusk

Editor's note: I agree with the Pollards. That's why we printed everything we could get on the record and verified by the Lancaster County Sheriff.

Free broadband really isn't

The description of proposed economic development in the Northern Neck in last week's Rappahannock Record expresses the NNPDC's interest in "broadband access infrastructure construction" financed via "federal stimulus funds."

The growing dependence upon government programs and cost-shifting is troublesome to me, and the free broadband envisioned by the comprehensive plan would constitute yet another entitlement. Shifting the cost of this new entitlement to the shoulders of the people in other parts of the country is fundamentally unfair, and if the money for this new entitlement is borrowed from our unsuspecting children, it is doubly unfair and violates basic tenets of freedom.

Libertarian author, Neal Boortz, has suggested that any legislation before Congress or any state legislature be required to have a final paragraph that reads as follows:

The project, goods, and/or services provided by the bill, to which I am affixing my signature or casting my aye vote: (1) promote the GENERAL welfare and (2) are of such a pressing need that the money required to finance this legislation can, in good conscience, be seized from those to whom it rightfully belongs and/or can be borrowed from our unsuspecting children.

Free broadband, paid for by citizens in other parts of the country, would seem to fail both tests, and I ask that Congressman Wittman apply these tests to all legislation before him.

There is money to be made in the development of essential broadband services in the Northern Neck. I would prefer that a creative businessperson and investors make it within the paradigm of private enterprise.

Andrew J. Billups III, White Stone

Excerpts

by Henry Lane Hull

As everyone would agree, Christ Church in Lancaster County is one of America's greatest historic resources. The beauty of the building, its age, and its splendid state of preservation make it a must see for visitors to this area. For over half a century, the church has been in the care of the Foundation for Historic Christ Church, the instrument for shepherding its survival into future generations.

In the early days of the movement to preserve the church, many individuals banded together to contribute their time and talents to see the structure saved from decline. Among that group no one was more vital to the task at hand than Jane Sheeran, who served as executive secretary of the foundation from 1965 until her retirement in 1985.

Jane came to the Northern Neck via a circuitous route from her native Philadelphia via Honolulu, due to the pastoral assignments of her husband, Bob, who in 1963 became the rector of Grace Episcopal Church in Kilmarnock. Given her background knowledge, she was the ideal choice to guide the foundation into larger areas of involvement in both the community and the awakening historic preservation movement.

Perhaps she drew upon her experience in World War II when she had served as a WAC sergeant in the U.S. Army. Quite simply, Jane was a person who knew how to get things done. Her two decades at the day-to-day helm of the foundation saw it grow exponentially, meeting ever more significant challenges and engaging increasingly more active volunteers. She delighted in her work, and became a magnet for getting others involved.

In 1985 after her husband's death, Jane retired from the foundation, and became one of the first local residents to move into the new Rappahannock Westminster-Canterbury facility. I recall asking her at the time if she did not think she was a bit "young" for such a move, to which she replied that she was both excited and energetic to have a new chapter in her life unfold. In addition, RW-C offered a wealth of new service projects for Jane, who was ever ready to join in lending her hand.

During that new phase, Jane seamlessly moved from running her foundation, to being one of its most enthusiastic volunteers. She committed herself with the same dedication and verve that had characterized her time in charge. She was an extraordinarily popular person, who made friends easily, qualities that made her much in demand for tours and comments. She became the living resource for the growth of the foundation and the repository of many interesting stories and anecdotes.

In her retirement years, Jane slowly stepped back on her activities, gradually living in more specialized care facilities at RW-C, and most graciously accepting the assistance of others. She thrilled to have visitors, and I recall quite vividly one time when our family stopped to say hello after she had moved to assisted living. She was eager to show us the view of the flowers

Her two decades at the day-to-day helm of the foundation saw it grow exponentially, meeting ever more significant challenges and engaging increasingly more active volunteers.

from her room, and, as always, to engage the B.E.s in her conversation, particularly about her life in Hawaii. As her health declined, she remained the genuinely great lady everyone had known and loved throughout the years.

Last week Jane died at the age of 91. She has left a wonderful legacy of service and volunteerism to serve as a model for others to follow. She was a person who never was too busy, or lacking in time, or most importantly, bored. All aspects of life were of consuming interest to her, as were all of her friends and colleagues. She lived to share both her goods and her memories. She never bragged about what she had done and only spoke of her work as an invitation and inducement to encourage others to follow in her path.

Jane spent almost a half-century here in the Northern Neck. One of its pivotal icons now exists in a state of renewed grandeur due to the work of countless dedicated staff and volunteers. Among them all, Jane uniquely shines forth with the special glow of a gifted worker and happy volunteer, who asked only what more she could do.

Lilian Jane Armstrong Sheeran, February 17, 1919 - July 23, 2010. R.I.P.

YOUR LETTERS

Campaign begins in the gutter

A series of flyers attacking Congressman Rob Wittman have come across my desk in recent weeks.

These attacks are paid for by someone called Kyrstal Ball. Nowhere does it state that she is the Democratic Party candidate to replace Mr. Wittman, nor do they state Ms. Ball's own qualifications, if any, her positions on pending legislation or political philosophies.

Apparently she is afraid to be identified as a supporter of President Obama and Speaker Pelosi and their failed policies. These flyers make no pretense of objectivity, grossly distort Congressman Wittman's legislative record and cite his positions out of context or worse.

They are so bad Ms. Ball has been publicly chastised editorially by the Free Lance-Star for them. This may be a new record for starting a campaign with negative attacks. Candidates usually "go negative" in desperation as the election nears, not when they start out.

Democrats, and Del. Albert Pollard in particular, have been quick to cry foul at the least hint of negativity, even when their own positions are accurately stated, thus preemptively seeking the political high ground as a campaign tactic. Given Mr. Pollard's sensitivity to far less negative criticism, I call on him to publicly disavow Ms. Ball and her negative tactics.

Congressman Wittman, of course, has established an exemplary record of conservative voting, strongly opposing irresponsible deficit spending, opposing Congressional earmarks as a matter of principle, strongly supporting our men and women in uniform and our veterans, taking real action to clean up the Chesapeake Bay and studiously informing himself of the issues before casting his votes to represent us.

He has made an extraordinary effort to serve his constituency, solicit the views of voters on legislation and keep us informed on matters before the Congress. He continues to live among us and stay true to his roots.

Congressman Wittman should be re-elected in a landslide of appreciation by the voters of the Northern Neck and First District of Virginia.

Robert R. Fountain, Montross

Poor choice of cliches

In regard to Lt. Gov. Bolling's visit to Reedville which made front page headlines in the Rappahannock Record July 22, 2010, I am disturbed by his statement "If we keep our focus, there is a light at the end of the tunnel that leads to economic prosperity."

The use of the phrase "light at the end of the tunnel" dooms his optimism of economic recovery to failure in my pessimistic opinion.

Let me cite the history of that

infamous phrase:

First used by French General Henri Navarre in May 1953 in French Indo China (then a colony of France) in suppressing communist rebels, a few years later, the French were roundly defeated after the fall of Dienbenphu. The colony was divided into two countries, North Vietnam and South Vietnam, after France's defeat.

Communist dominated North Vietnam, under the leadership of Ho Chi Minh, set out to unify the country by force of arms. The U.S. became increasingly involved militarily by supporting South Vietnam, then under the leadership of a corrupt royal family.

As the war escalated in the ensuing years, and more and more U.S. troops were deployed to South Vietnam, our country became bitterly divided over the issue.

In 1968, the commanding general of U.S. forces, Westmoreland, stated that "there is a light at the end of the tunnel."

Not so, of course. We withdrew our troops in 1972 and turned over operations to the South Vietnamese who were promptly defeated by communist North Vietnam.

Now we have a similar situation in Afghanistan—often referred to as the "graveyard of empires." There's no light at the end of that tunnel after nine years of the war on terrorism.

Terence Carter, Irvington

Wittman votes no

I must say that I've become intrigued by Rob Wittman's reports from Congress that have been appearing in the Record.

As a backbencher (relatively newcomer with relatively little seniority) and a careerist (putting advancement in the political hierarchy above all), Wittman has clearly obeyed the 'vote no' line urged by the Republican leadership for practically everything the Obama administration and the Democrats propose.

All of this is revealed to those who choose to review his voting record on votesmart.org, one of the many internet sites reporting such matters.

However, although the Republican leadership advertises its 'vote no' with a fury and receives daily coverage from today's 24-hour electronic news services on this, Wittman never mentions his backbencher support for the effort in his Record columns.

All of this is quite curious insofar as Wittman's approach has been to salute and run to the head of the line when the Republican leadership issues its command.

Why doesn't he advertise what he is doing?

William Fleischman, Wicomico Church

The Congressional Report

Last week I spoke with a group of realtors concerned about the new financial reform law and other constituents.

On Monday, I met realtors and homebuilders in the Fredericksburg area to talk about the latest happenings in Washington and to hear what is affecting them and the housing market. They also spoke about the challenges realtors, homebuilders and potential home buyers face in this economy.

Also, the president signed legislation into law on Wednesday that dramatically alters the way our financial sector works. The new law will bring changes to the financial regulatory system, which will in turn affect consumers. Yet, instead of bringing much-

needed reforms to modernize our financial system, this law grows government and could further harm our economy.

I hear from many of you that instead, government should get out of the way of small businesses so they can succeed, grow and create jobs. I opposed this measure as it came before the House. I will continue to focus on common-sense principles that reduce government regulation and get our economy back on track. We must aggressively pursue pro-growth regulatory policies that advance our economy and job growth. We must head back in the right direction for our nation's future. I spoke on this in the House on Thursday.

On Tuesday and Wednesday, I

spoke with many of you on our telephone town hall calls. Many people stressed concerns about the level of government spending and the need to get it under control. Washington, D.C., consistently spent \$21,000 per household annually through the 1980s and 1990s. However, this year the projection is \$31,000 per household, on its way to \$37,000 by 2020.

I support a Balanced Budget Amendment and believe Washington needs to live within its means the way families and businesses do. I will continue to oppose measures such as the \$787 billion stimulus and the TARP bailouts, and will continue to support targeted and timely measures that stimulate economic growth while being

fiscally responsible. It is very important that we rebuild consumer and business confidence by reducing spending and adopting policies with an eye to accelerating growth and job creation.

As the August district work period is upon us, I look forward to meeting with many of you at events and meetings across the region. During this time it is critical that I hear from you about your concerns and ideas regarding the issues and our country's future. One of the many ways we seek to do this is through town halls. Last week I announced two town halls to meet veterans, their families, and others interested in discussing issues relevant to them.

We must ensure that veterans receive the benefits and care they have earned serving our nation. I look forward to these meetings to connect with veterans. Visit wittman.house.gov for more information on the date, time and location.

by Rep. Rob Wittman

Nitrogen and the rise of slime

by Jim Minik

Summer—time for sweet tea, serenades, and, of course, dead zones.

Just float the outlet of any of our major rivers and you'll encounter algae "blooming" in such vast spaces as to swallow the mind.

Chesapeake Bay's dead zone amounts to roughly 40 percent of its total area. Mississippi River's dead zone, our country's largest, covers 8,500 square miles, or about the size of the state of New Jersey, according to scientists Robert Diaz and Rutger Rosenberg. All that algae makes us witnesses to an era that researcher Jeremy Jackson calls, "the rise of slime."

The primary cause of these slimy sectors of death is nitrogen (N). We pour it onto our fields as fertilizer, blow it out our tailpipes and smokestacks as exhaust, or flush it down our toilets as waste, and we do this in such excess that we overwhelm the nitrogen cycle.

Rains flush nitrogen off fields and streets and into our rivers where bacteria normally denitrify the water, returning the excess to the atmosphere as gas. An average stream, however, can only eliminate about 16 percent of the excess nitrogen. We're pouring on so much N that much of it gets to our coastal waters, including the Chesapeake Bay.

When the rivers empty into bays, this excess N fertilizes the algae, causing the blue water to turn slimy green with huge blooms. Then the algae grow and die fast, day after day. The dead algae are consumed by a different kind of bacteria which uses up the water's oxygen, creating dead zones; no oxygen traveling through the gills of fish, crabs, and clams means those creatures can't survive in the dead water, and those that can't move, suffocate.

According to Diaz and Rosenberg's research, only four dead zones existed in 1910. In 2008,

these scientists examined all of the world's coastal waters and counted 405 dead zones, covering an area of 95,000 square miles. That's ten times the size of the Mississippi's dead zone, or the size of New Zealand.

Like plants and animals everywhere, we each need nitrogen. It fuels our bodies and is an essential part of our DNA. We just don't need so much. In our air, too much nitrogen oxide causes acid rain and another atmospheric form, nitrous oxide, contributes to climate change. Too much nitrate in our drinking water hampers our blood's oxygen levels and causes "blue-baby syndrome." And a new study published in the Journal of Alzheimer's Disease reveals that too much N in our bodies is linked to diabetes, Alzheimer's and Parkinson's diseases.

Suzanne de la Monte, the lead researcher of this study, examined our society's recent and dramatic increase in using nitrate-based fertilizers. She found the application of these amendments "doubled between 1960 and 1980," and this "just precedes" our current "epidemic" of diabetes, Alzheimer's, and Parkinson's diseases. Not only have we increased our intake of N indirectly through our farming practices, but we also regularly eat and drink sodium nitrate used as a preservative. Just read the labels found on bacon, burgers, or even wine.

"We have become a 'nitrosamine generation,'" de la Monte claims. Once nitrosamines enter our bodies, they alter genes and damage DNA. She and her col-

leagues argue that "the cellular alterations that occur as a result of nitrosamine exposure are fundamentally similar to those that occur with...Alzheimer's, Parkinson's and Type 2 diabetes." The dramatic rise in these diseases, the investigators also explain, cannot be attributed to gene mutations, but instead reflect typical patterns of exposure-related disease. They conclude that "chronic exposure to low levels of nitrites and nitrosamines through processed foods, water and fertilizers is responsible for the current epidemics of these diseases."

But here's another N problem. Nitrogen fertilizer, a major contributor to dead zones, presently accounts for feeding 40 percent of our global population. If we didn't have this form of fertilizer, almost half of us would not exist.

We can reverse these problems associated with excess nitrogen, if we choose.

The collapse of the former Soviet Union offers a modest example. When this government dissolved, many of the state's huge farms closed. Many of its citizens by necessity returned to gardening. Likewise, the country's farmers could no longer afford expensive nitrogen fertilizers, so they turned to traditional sources like manure. One result: the people had less food, but it was better for them. Another result: between 1991 and 2001, much of the Black Sea dead zone slowly disappeared.

It was once the largest in the world. *Jim Minik teaches English at Radford University and is author of Finding a Clear Path, a book of essays. distributed by Bay Journal News Service.*

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CHAMBER Crossword

CORNER

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Rappahannock Record

ANSWERS TO LAST WEEK'S PUZZLE:
 ACROSS: 6-FIREFIGHTERS, 7-COSTUME, 10-STUFFED ANIMALS, 12-FERRIS, 13-COCONUT CREAM, 15-SWAFER, 16-CAMARO, 17-PAVILION, 18-TICKETS, 19-MINDWINDER, 20-SEVENTEENTH
 DOWN: 1-FINGERTIPS, 2-PAINT, 3-CARDIOPULMONARY, 4-PROSTATE, 5-ROBOTS, 8-ROCK, 9-ROCK, 10-ROCK, 11-ROCK, 12-ROCK, 13-ROCK, 14-ROCK, 15-ROCK, 16-ROCK, 17-ROCK, 18-ROCK, 19-ROCK, 20-ROCK

Correct answers will be posted in next week's paper

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Alyssa Ford of Weems will play women's soccer at VMI in 2010-11. Ford played four years for the Lancaster High School coed team.

Alyssa Ford to play soccer at VMI

by Lisa Hinton Valdrighi

Alyssa Ford knows no gender boundaries.

She's played on a predominantly male soccer team at Lancaster High School (LHS) for four years and made a name for herself as the first Northern Neck District female selected to the all-district team. Now she's heading to college, where she'll play women's soccer at a predominately male school.

Ford, a 2010 graduate of LHS, has signed to play women's soccer at Virginia Military Institute (VMI) in Lexington. The VMI women's soccer program announced its 2010 signing class on June 23.

Ford joins other Virginia signees LaCreshia Page of Prince George High School in Petersburg and teammates Casey Ridings and Heather Haag of Riverbend High School in Spotsylvania.

Ford played defender for four years on Lancaster's coed soccer team, a team comprised mostly of boys. She has received both first and second team honors on the All-Northern Neck District team.

Ford started playing soccer at age six in the Arizona Youth Soccer Organization and joined a club team in fourth grade. She played with that team for five years and was named MVP of the team twice.

The daughter of Richard and Traci Ford of Weems, she moved to Lancaster County in March 2007 and immediately earned a spot on LHS's male-dominated varsity soccer team as a freshman.

She's played right defender since fourth grade and says "it feels weird to play anywhere else."

Ford, who will be among

about 200 in VMI's "rat" or freshman class, heads to the Lexington military school for soccer practice August 5. She'll be able to see her family again at preseason games or on August 20 when the other freshmen arrive. After that, unless her mom and dad attend games, she won't see them again until fall break.

Although graduates of VMI aren't required to go into the military, students undergo a "boot camp" type of training. There are no cell phones, no ipods, no electronics really of any kind, according to Ford. If students want extra weekend breaks besides the normal school breaks — fall, Thanksgiving, Christmas, spring break, Easter — they have to earn those.

"We can't have any of that until our instructors think we've [the freshman class] been good enough academically and behaviorally," she said.

Only eight percent of VMI's student body is female.

For the past four years at Lancaster, Ford's been an active member of the school's JROTC program, which steered her in the direction of VMI.

"As long as the school had ROTC and soccer, those two things were on my college list," said Ford.

Ford's grand plan is to become a pilot.

"I just want to fly, no matter what, that's what I want to do. Whether I become a fighter pilot or fly a UAV (unmanned aerial vehicle), I don't care. Either is fine, but I really want to fly," she said.

In the meantime, she'll kick.

Soccer at VMI is a year-round sport. The Cadets play other Division 1 schools including Navy, Longwood and Liberty.

North Cubs baseball program to expand

The North Cubs 16U and 17U baseball teams won five games at the World Wood Bat Championships in Marietta, Ga., earlier this month.

Teams from all over the world and throughout the U.S. participate in the championships annually in July.

Local players participating on one of the North Cubs showcase teams include Blake Walker of Northumberland County, Travis Myers and Michael Taylor of Middlesex County.

The North Cubs will participate at the 16U - 18U

levels this fall.

In addition, Cubs coach Mike Myers plans to start an intensive year-round baseball program at the 10 and under level and 13 and under level.

Myers started the North Cubs after recruiting and coaching the 16U team that won the World Wood Bat Championship in July 2009. The 10U and 13U North Cub programs will focus on baseball skills, sportsmanship and leadership development.

If interested in playing, call Myers at 804-832-0242.

SEMI-PRO BASEBALL

Mariners

July 16: The Middle Peninsula Mariners outfielder David Smiy blasted a 3-run home run in the bottom of the 6th inning to propel the Mariners to their fourth straight win against the Deltas, 5-3.

July 17: The Tappahannock Tides beat the Mariners, 2-1.

Upcoming games: The Mariners will play the Richmond Senators in a doubleheader with games beginning at 5 and 7:30 p.m. Saturday, July 31, in Richmond

Deltas

July 17: The Deltaville Deltas beat the Hampton Braves, 12-0, in Deltaville. Mike Cheatham hit a home run, 3 singles and tallied 5 RBI. Luke Saunders hit a double and 2 singles and tallied 3 RBI. Kyle Hall had a single, drew 3 walks and scored 3 runs and Jonathon Somers hit a single.

July 18: The Deltas beat the Braves, 7-6 in Kiln Creek. Hall earned the pitching win. He pitched 5 innings, allowing 2 hits while striking out 5. Keith Parr started on the mound, allowing 3 runs in 3 1/3 innings. Jonathon Somers pitched 2/3 of an inning out of relief.

Hall also led the Deltas offensively with a pair of singles. Cheatham homered, and Saunders and Brett Crawford added a double apiece.

July 21: The York Cannons beat the Deltas, 12-11 at Warhill Park. At the plate for the Deltas, Ronnie Garcia hit 2 singles, scored once and tallied 2 RBI. Jimmy Denny hit 3 singles, scored 3 runs and tallied 3 RBI. Ryan Wiggins hit 4 singles and tallied an RBI. Hall 2 two singles and a double, scored once and tallied 2 RBI. Saunders hit a double, scored once and tallied an RBI.

July 21: The Deltas and Peninsula Cardinals tied, 12-12, at Denbigh High School. The game was called in the eighth due to darkness. At the plate for the Deltas,

Shooting club to offer home protection class August 5-7

The Rappahannock Pistol and Rifle Club will conduct a personal protection in the home defense course August 5, 6 or 7.

The NRA Basic Personal Protection in the Home Course introduces the student to several schools of thought regarding defensive shooting techniques, according to instructor Bob Berry. The course is for adults and is much more than a routine shooting course. It is important that participants have sufficient maturity and life experiences to be able to assess various situations and make mature decisions.

Course participants must be experienced shooters, able to show mastery of the basic skills of safe gun handling, shooting a group and cleaning the firearm, to maximize what can be learned from this course, said Berry.

Proof of shooting experience can be an NRA Basic Pistol Course Certificate, an NRA First Steps Pistol Course Certificate, an NRA Marksmanship Qualification Program (Pistol disciplines), a Pistol Qualification Card, a Military DD214 with pistol qualification or a Concealed Carry permit, he said. Or, proof may be established by passing a pre-course assessment.

The course will focus on:

- Introduction to defensive shooting.
- Basic defensive handgun skills.
- Firearms and the law: Possession, ownership, and use in your home.
- Strategies for home safety and responding to a violent confrontation.
- Selecting a handgun for self-defense.

To register for the course, contact Berry at 453-9402.

Kenny Belgrave hit a single and scored once. Cheatham hit 2 singles and tallied 2 RBI. Jake Fletcher hit 2 singles, reached first on four balls and twice on errors to score 5 runs. Saunders hit a single, reached first on an error and tallied two RBI. Wiggins hit a single and tallied an RBI.

July 23: The Deltas beat the Peninsula Pirates, 10-9, at Deltaville. On the mound, Parr tallied the win, pitching 6 innings, giving up 2 runs and 3 hits, while striking out 3 and walking 2. Wiggins pitched an inning, giving up 3 runs and 2 hits, while striking out one and walking 2. Josh Youngman pitched an inning, giving up a hit and striking out a batter.

At the plate, Belgrave hit a single and a home run, for 2 runs and 3 RBI. Cheatham hit 2 singles and tallied an RBI. Denny hit a double, scored once and tallied an RBI. Saunders hit 3 singles and a double, scored 2 runs and tallied 2 RBI.

July 25: The Deltas beat the Pirates, 10-3. Ryan Fleischmann pitched seven innings for the win. Hall relieved him for 2.

Deltas sluggers nailed 12 hits. Dustin Harris had a double, a run and two RBI. Denny had 3 singles and 2 runs. Hall had 2 singles, 2 runs and an RBI. Parr had 2 singles and an RBI. Jason Dodson had 2 singles, a run and an RBI. Cheatham had a single, 2 runs and an RBI. Jay Moore had a single and an RBI.

Upcoming games: The Deltas were scheduled to play the Gloucester Astros on Wednesday, July 28. The Southern Virginia Adult Baseball League tournament begins July 30.

Dream Team to host King and his Court tonight at Dreamfields

The King and His Court, a 4-man fast pitch softball team from Kennewick, Wash., will be at Dreamfields tonight, Thursday, July 29, to take on a Dream Team of former outstanding softball and baseball players from the Northern Neck and Tidewater.

The Dream Team will include Dustin King of Warsaw, Ryan Kent, Rich Morgan, Scotty George, Michael Clark, Johnny Mothershead, Welby Saunders, Tim Blake, Ryan Hinton and Jonathan Norris.

Gates open at 6:30 p.m. Advance tickets are \$10. Tickets are available at Noblett's and the Sports Centre in Kilmarnock.

Proceeds will benefit the Lancaster High School athletic department.

Back-to-school physicals to be held August 4 & 12

Back-to-school physicals will be held from 1 to 5 p.m. August 4 and 12 at the Northern Neck Free Health Clinic in Kilmarnock.

Students or their parents should bring the student immunization record, the school physical form, and family financial documentation. The physicals are open

to all students in Lancaster, Middlesex, Northumberland, Richmond and Westmoreland counties.

Appointments are preferred, but walk-ins are accepted. To make an appointment, call 435-0575.

The physicals are sponsored by the Kiwanis Club of the Northern Neck.

Club holds potluck picnic

The Northern Neck Corvette Club held a potluck picnic July 19 at the home of Betty and Roger McKinley.

Before the picnic began and as cars arrived, rain poured down. Corvette owners do not like rain on their cars, yet 15 Corvettes showed up, said club member Bonnie Shelton.

The McKinleys, the rest of the picnic committee, and the food preparers made the picnic a success, said Shelton. Everyone had a great time, including the children who played badminton and corn hole toss, she said.

SPORTS SHORTS

Boating safety

U.S. Coast Guard Flotilla 33 will offer About Boating Safety from 8 a.m. to 5 p.m. August 14 at the Lancaster Community Library in Kilmarnock. The fee is \$25 per student and \$5 for additional family members. To register, call Don Gallagher at 435-2084.

Corvette cruise-in

White Stone will hold a cruise-in from 4 to 6 p.m., Saturday, July 31, at Chesapeake Drive and the corner of Route 3. The event is for Corvettes.

All area Corvette owners are invited to display their cars. This will be a free, non-judged, fun family event with door prizes awarded at 6 p.m. The event is sponsored by the White Stone Business Association and area merchants.

NHS fall sports

Northumberland High School fall sports teams report for practice beginning August 2. The golf team reports at Quinton Oaks Golf Course at 4 p.m. Varsity and JV volleyball teams report at 5 p.m. to the high school gym; varsity and JV football teams report at 5 p.m. to the athletic field; boys and girls cross country teams report at 6:30 p.m. to the athletic field. Varsity and JV field hockey teams report at 6 p.m. to the athletic field.

A completed Virginia High School League physical is needed to participate in any sport. Forms and coupons for physicals can be picked up at the middle or high school from 9 a.m. to 4 p.m. Monday through Thursday.

LHS fall sports

The Lancaster High School golf team reports for practice at 3:30 p.m. August 2 at the Golden Eagle Golf Course near Irvington. Also at 5:30 p.m. August 2, the varsity and JV volleyball teams report to the school gym, the varsity and JV football teams report to the athletic field, and the boys and girls cross country teams to the course.

At 5:30 p.m. August 9, the field hockey team reports to the athletic field and the cheerleading squad reports to the commons.

BRIDGE RESULTS

Nine-and-a-half tables of duplicate bridge were in play July 20 at the Women's Club of Lancaster.

Winners north/south were first, Virginia Adair and Betty Fay Lewis; second, Ginger Klapp and Judy Peifer; and third, Steve Lowe and Burley Medlin.

Winners east/west were first, Barbara Bryant and Patricia Travers; second, Malena McGrath and Jane Bunnell; and third, Liz Hargett and Tot Winstead.

The next bridge for this group will be August 3 at 1 p.m.

The Women's Club of Lancaster held its regular bridge luncheon July 20. The clubhouse was decorated lovely and after a wonderful lunch, attendees played bridge and mahjong. Winners were bridge, Shirley Pleasants, 4,160 points; and mahjong, Dottie Perdue, up \$95.

The next sandwich bridge will be August 18. Call Betty Thornton at 462-0742 for reservations or to be placed on a waiting list. The Women's Club of Lancaster thanks all who participate in making the sandwich bridge a success.

Six-and-a-half tables of bridge were in play July 26 at the Woman's Club of White Stone.

Winners north/south were first, Arden Durham and Babs Murphy; second, Dianne Monroe and Jane Bunnell; and third, Betty Fay Lewis and Ginger Klapp.

Winners east/west were first, Marilyn Reed and Barbara Bryant; second, Shirley Churchill and Don Schelling; and third, Carolyn Reed and Mary Andrews. The next bridge for this group is August 11 at 1 p.m.

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John Vail



Boyd Bragg

Golf Cart Maintenance Tips

by Tom Minter

To fully understand clean air's impact on an engine, consider the following: Engines running at full speed consume an average of 10,000 gallons of air for every gallon of gasoline.

The air cleaner element shoulders the responsibility of making clean air. Unfortunately, it is also an engine's most neglected part. Too often engines deemed as not running right are magically fixed when the air cleaner is removed and cleaned or replaced.

Air cleaners are designed to filter air. Eventually they will become clogged and will need replacing.

End users of off-road recreational vehicles do not regularly replace the air cleaner as recommended. This severely compromises the engine's life span.

Tom Minter owns Minter Golf Cart Sales in Tappahannock.



Participants in the race training course included, from left, Alex Raffetto, Rob Trimble, Billy Hatch, Patrick Elliott, Ana Rowan, Nic Rowan, Corey Jameson, Peter Hutt, instructor Caitie Somerville, Sean Rowan, Jack Zelman, Joey Hatch, Oliver Hutt, Hannah Richardson, Daniel Resio, Carrie Hebert, Alex Resio and Hunter Benes.

Sailing school holds race training course

Premier Sailing School recently conducted its annual race training course with participants from Premier Sailing and Rappahannock River Yacht Club (RRYC).

The course included four days of intensive training with many on-the-water drills and onshore classes covering race preparation, tactics, ISAF yacht racing rules, starting techniques, racing etiquette and more. Students sailed in Optimists, Sunfish and 420s.

"This is my favorite course to teach because all the keenest kids sign up for this

course and most are really interested in improving their skills and getting into racing," said Arabella Denvir of Premier Sailing. "And," she said, "we have the chance to see some instant results because all the students race in the RRYC Junior Regatta the day after their course ends."

This year students from the course placed as follows:

Corey Jameson of RRYC, grandson of Dave and Kate Raffetto, placed second and Sean Rowan of Premier, placed third in the 24-strong Optimist fleet. Jack Zelman and Caitie Somerville of Pre-

mier placed second in the 420 fleet. In the sunfish fleet Rob Trimble of Premier was first, Hannah Richardson of RRYC was second, and Peter Hutt of Premier was third.

This race training course was timed so that it could be used as a lead up to the Optimists Nationals which took place in Deltaville a week later. Three Premier students raced in that event. John Vail and Boyd Bragg, both of RRYC, raced in the Green Fleet, and Galt Oliver, a Premier sailor from Virginia Beach, raced in the Pearl Fleet.

Local boys compete in Optimist Nationals

John Vail and Boyd Bragg, both of Irvington, represented the Rappahannock River Yacht Club in the 2010 U.S. Optimist Nationals Regatta, held July 20 to 24 in Deltaville.

Over 300 racers from around the world raced for the title. The one-design class was divided into red, white, blue and green fleets. Bragg and Vail sailed in the green beginner's fleet of 49 boats.

Yacht club hosts annual junior regatta

The Rappahannock River Yacht Club (RRYC) hosted its annual junior regatta July 16. Thirty-eight junior racers representing Indian Creek Yacht Club (ICYC), Fishing Bay Yacht Club (FBYC), Ware River Yacht Club (WRYC), Premier Sailing, and RRYC participated. Optimists and Sunfish

raced on Carter Creek and 420 racers were on the Rappahannock River. Trophies were awarded to the winners.

The Sunfish winners were, first, Robert Trimble, Premier; second, Daniel Resio, RRYC; and third, Peter Hutt-Sierra, Premier.

The Optimist winners

were, first, Trent Levy, FBYC; second, Corey Jamison, RRYC; and third, Sean Rowan, Premier.

The 420 winners were, first, Eric Siegel and Hanna Gordon, ICYC; second, Caitie Somerville and Jack Zelman, Premier; and third, Beatrice Bronner and Ben Hammil, ICYC.

The Fishing Line

by Capt. Billy Pipkin

Boaters beat the heat last weekend by doing more cruising and water sports than fishing. Early morning and late afternoons surely offered the most comfortable conditions and the best fishing results. With a slight reprieve from the sultry weather, I am once again seeing more anglers on the water.

Flounder fishing is improving throughout the region with catches becoming widespread. Although numbers are up, the majority of catches remain below the legal 18.5 inches. A persistent angler will surely return home with table fare worthy of the time spent drifting live bait.

One key to success in flounder fishing is presentation. Most anglers find that a colored skirt placed ahead of the bait will entice more strikes. This is usually preceded by several colored beads and even a spinner. The spinner simulates a minnow and the colors merely help draw attention to the bait. Chartreuse-white and yellow-white are both good combinations. The color and number of beads is a matter of personal preference. I've seen many flounder rigs that strongly resemble a gypsy's attire. On the other hand, some of the largest flounder that I have landed were caught on a strip bait modestly dressed with only a light skirt. We also use two-ounce bucktails or jig heads dressed with Berkley Gulp baits. The white, chartreuse,

pepper and new penny colors are the most popular for the flatfish.

Croaker are making a stronger showing with the channel edges holding fish in the bay as well as the lower rivers. The GW'1' outside the Great Wicomico river is holding fish as are the lumps between buoy 62 and the RN2 marker below Tangier. Quantities are not overly abundant, but a respectful catch can be boated with some patience. The eastern side of Tangier sound between the light and the No.1 marker has been holding larger croaker. Also, the western channel edge above the "cut channel" continues to hold a mix of croaker in the grassy areas. In the lower Potomac River, croaker are mixed with some perch in the Coan and Yeocomico rivers. The rental boats at Ingram Bay Marina have noticed an influx of both croaker, spot and small bluefish this week at the mouth of the Great Wicomico River with a couple of nice flounder mixed in.

Spot are making a good showing this week with better numbers coming from the mouth of the Rappahannock River near "the spike," Butlers Hole and Stingray Point areas. Dividing Creek and other inlets up to the Great Wicomico, including the Little Wicomico at Smith Point, are holding spot. They remain modestly sized, yet are becoming more available each week. Bloodworms or Fish Bites are the key baits for spot fishing.

Spanish mackerel are teasing anglers with guest appear-

ances from Windmill Point to Dividing Creek. Action is also picking up on the bar at Smith Point. Action is short-lived with the morning hours outperforming the heat of the day. Small yellow, chartreuse and gold Drone spoons are proving success. The gold Tony Accetta and Clarks are also working for the spotted speedsters. Remember, a trolling speed of between five and seven knots will entice more mackerel.

Bluefish remain available on the S.W. Middle Grounds and on the edge near the Northern Neck Reef where chumming lightly will attract two- to four-pound specimens to the boat. At this time, Maryland is holding the largest specimens as the baitfish are extremely abundant above the state line. Trolling for the smaller pound-sized blues is going well along the western shores and lower rivers. These fish are surface feeding during the morning and evening hours. Deploying No. 1 and No. 2 planers will get your lures to the proper depth.

For anglers who have been struggling a bit with their fishing luck, I hear that they will have goldfish available at the Kilmarnock Firemen's Carnival this weekend on Waverly Avenue. Did somebody say "fish?" This captain will see you there. Until next week... Fair winds.

(Capt. Billy Pipkin owns and operates Capt. Billy's Charters and Ingram Bay Marina in Wicomico Church. 804-580-7292 captbillys-charters.com)

CLUB GOLF

ICYCC 18-holers

The Indian Creek Yacht and Country Club 18-hole winners for July 20 were first, Nancy Monroe, Pat Gwaltney and Sharon Rowe; and second, Mary Hug, Janet Blunt, Donna Swinney and Nancy Galloway.

ICYCC 9-holers

The Indian Creek Yacht and Country Club 9-holers on July 15 played low gross/low net. Low gross winners were first, Fran Sulick; second, Louise Petralia; and third, Wanda Wallin. Low net winners were first, Suzy Swift; second, Pat Willett; and third, Robin Perks.

On July 22, they played a scramble. Winners were Brian Vermeer, Tom Melton, Bruce Sterbel and Randy Palmer.

King Carter Golf Club

The King Carter Golf Club on July 15 played a 9-hole scramble. Winners were Tom Barany, Millie Wiley and Ralph Donofrio.

Piankatank ladies

The Piankatank Ladies Golf Association on July 22 held a low net play day. First flight winners were first, Joanne Coombs; second, Ellen McGown; and third, Betty Carneal. Second flight winners were first, Nina Carter; second, Chong Hudgins; and third, Karen Gorin.

Quinton Oaks ladies

The Quinton Oaks Ladies Golf Association on July 21 played captain's choice. Winners were first, Su Schmalz, Juanita Miles and Karen Otrupchak; and second, (tie) Maggie Dennett, Alice Raw-

lings and Anna McCauley, and P. J. Kienast, Bobbie Armfield and Sara Goodwyn.

Quinton Oaks men

The Quinton Oaks Men's first flight winners for July 20 were first, Russ Meyer; second, Frank Fingloski; and third, (tie) Rich Sellman, Richard Patereau and Gene Davis.

Second flight winners were first, (tie) Bruce Berry, Gerald Belanger and Stan Rem-

bisz.

Tartan men

The Tartan Golf Club men's winners for July 26 were first, Randy Meadows; second, Charlie Armfield; and third, (tie) Gerry Hice and Dixon Whitworth.

Tartan ladies

The Tartan Golf Club ladies' winners for July 26 were first, Bobbie Armfield; and second, Noreen Matt.

PIT STOP

Virginia Motor Speedway
July 24 results:
 late Models- First, Scott Adams; second, Matt Marshall; and third, Tom Cohick.
 Sportsmen- First, Michael Roop; second, Roger Jamerson; and third, John Kirby.
 Modifieds- First, Dan Arnold; second, Brett Hamilton; and third, Brian Maxey.
 Limited stocks- First, Kevin

Fletcher; second, Brett Adkins; and third, Wesley Givens.
July 31 races: No races.
August 7 races:
 (VMS is on Route 17 in Jamaica, eight miles north of Saluda. Pit gates open at 4 p.m.; spectator gates open at 6 p.m. Track activities begin at 6:30 p.m.)
Late models (35 laps), sportsmen (25 laps), modifieds (25), limited stocks (20 laps).

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Weekly Tides

Windmill Point – Sunrise & Moon - July/August 2010

<p>Fri. 7/30</p> <p>High 2:08 1.2' Low 8:38 0.2' High 2:28 1.3' Low 9:02 0.3'</p>	<p>High 4:52 1.0' Low 11:19 0.3' High 5:28 1.3'</p>	<p>Sunrise 6:07 Sunset 8:15 Moonset 10:23 Moonrise 10:15</p>	<p>Tue. 8/3</p> <p>High 4:52 1.0' Low 11:19 0.3' High 5:28 1.3'</p>
<p>Sat. 7/31</p> <p>High 2:43 1.2' Low 9:13 0.2' High 3:06 1.3' Low 9:44 0.4'</p>	<p>High 12:23 0.6' High 5:49 1.0' Low 12:15 0.3' High 6:29 1.3'</p>	<p>Sunrise 6:08 Sunset 8:14 Moonset 11:20 Moonrise 10:41</p>	<p>Wed. 8/4</p> <p>Low 12:23 0.6' High 5:49 1.0' Low 12:15 0.3' High 6:29 1.3'</p>
<p>Sun. 8/1</p> <p>High 3:21 1.1' Low 9:50 0.2' High 3:47 1.3' Low 10:30 0.5'</p>	<p>Low 1:27 0.5' High 6:53 1.0' Low 1:16 0.3' High 7:33 1.4'</p>	<p>Sunrise 6:09 Sunset 8:13 Moonset 12:19 Moonrise 11:09</p>	<p>Thu. 8/5</p> <p>Low 1:27 0.5' High 6:53 1.0' Low 1:16 0.3' High 7:33 1.4'</p>
<p>Mon. 8/2</p> <p>High 4:03 1.1' Low 10:31 0.3' High 4:34 1.3' Low 11:23 0.6'</p>	<p>Low 2:30 0.4' High 7:58 1.1' Low 2:20 0.2' High 8:35 1.4'</p>	<p>Sunrise 6:10 Sunset 8:13 Moonset 1:19 Moonrise 11:42</p>	<p>Fri. 8/6</p> <p>Low 2:30 0.4' High 7:58 1.1' Low 2:20 0.2' High 8:35 1.4'</p>

Corrections

Piankatank River, Cherry Pt.	High -1:42	Low 86%
Great Wicomico River Light	0:30	0:20 75%
Smith Point Light	1:01	0:44 86%

PM times are in boldface type

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Rage wins championship

The Northern Neck Rage 14U won the Nitty Gritty Regional Qualifier Tournament July 17 and 18 in Glen Allen. The Rage girls went 5-0 and beat the Virginia Edge 11-2 in the championship game. From left are (front row) Sammi Rutter, Hannah Marks, Olivia Gauding, Connor Haislip and Sophie Goodman; (next row) coach Bill Saunders, coach Glen Marks, Hallie Berger, Elizabeth McCarthy, Rachel Berger, Mackenzie Moughan, Xenna Belfield and manager Chip McCarthy.

Volunteers needed for parkway celebration

The Blue Ridge Parkway will officially mark its 75th anniversary with a weekend celebration on the scenic road September 10-12.

Some 400 volunteers are needed for parking and traffic control, as well as programming and interpretive activities. To sign up, visit blueridgefriends.org, or call 1-800-228-7275. Choose dates and times to volunteer and follow-up confirmation and instructions will be mailed.

"The Blue Ridge Parkway was created 75 years ago with the hopes that it would connect the communities and the people in Appalachia," said Blue Ridge Parkway

superintendent Phil Francis. "The parkway is calling on those same communities and people to help us make our 75th anniversary event a success. We have an urgent need for volunteers during this celebration weekend. Working alongside park staff, you can be part of this historical event and help ensure all our visitors have a memorable and safe visit."

The events will be held at the Blue Ridge Music Center at Milepost 213 near Galax, and at Cumberland Knob at Milepost 217 near the Virginia-North Carolina line. All activities are free and open to the public.

State Park announces August special events

Chief ranger of interpretation and education Charlene Talcott recently posted August special events at Belle Isle State Park in Lancaster. To verify dates, times, fees and details, or to register for activities in advance, call 462-5030.

Special events include:

- August 1-** Fish Printing, 10 a.m.-noon. Practice gyotaku, the ancient art of fish printing. Practice on paper. Bring T-shirts, tote bags or other materials to print. \$2 per person, or \$6 per family.
- August 2-** Family Play Day, 10 a.m. Cooperative, competitive and fun games for family bonding. Equipment provided.
- August 3-** Geocaching, 10 a.m. \$8 per team. GPS and instruction provided for finding treasures throughout the park. Reservations required.
- August 4-** Invert Alert, 10 a.m. \$2 per person, or \$6 per family.
- August 5-** Weeds, Seeds and Everyday Needs, 10 a.m. \$2 per person, or \$6 per family.
- August 6-** Story Time Under the Stars Campfire, 8:30 p.m.
- August 7-** Sunset Canoe Trip, 7-9 p.m. Equipment and instruction provided. \$6 per person. Reservations recommended.
- August 8-** Grand Ole Osprey Canoe Trip, 2 p.m. at Belle Isle State Park. Equipment and instruction provided. \$5 per person. Reservations recommended.
- August 9-** Geocaching, 10 a.m. \$8 per team. Reservations required.
- August 10-** Tracks and Scats—Signs of the Times, 10 a.m. \$2 per person.
- August 11-** Astronomy, 8 p.m. with NASA astronomer Kathy Miles.
- August 12-** Invert Alert, 10 a.m. \$2 per person, or \$6 per family.
- August 13-** Friday the 13th Campfire, 8 p.m.
- August 14-** Birding by Boat, 7-9 a.m. Morning is the time to see birds, such as ospreys, warblers, herons, sparrows and others. Equipment and instruction provided. Canoes and tandem kayaks, \$6 per person, single kayaks, \$10 per person. Reservations required.
- August 15-** Marsh Madness Canoe Trip, 2 p.m. Equipment and instruction provided. \$5 per person. Reservations recommended.
- August 16-** Walk in the Woods, 10 a.m. \$2 per person, \$6 per family.
- August 17-** Fish Printing, 10 a.m.-noon. \$2 per person, or \$6 per family.
- August 18-** Family Play Day, 10 a.m.
- August 19-** Make a Hiking Stick, 10 a.m. \$2.
- August 20-** Tall Tales Campfire, 8 p.m.
- August 21-** Full Moon Canoe Trip, 8 p.m. Equipment and instruction provided. \$6 per person. Reservations recommended.
- August 22-** Music By The River, 6 p.m. Mercy Creek in concert.
- August 22-** Walk in the Woods, 10 a.m. \$2 per person, \$6 per family.
- August 24-** Full Moon Kayak Trip, 8 p.m. Equipment and instruction provided. \$8 per single. \$10 per double. Reservations recommended.
- August 27-** Hayride and Campfire, 8 p.m. \$3 per person.
- August 28-** Wild About Wetlands Canoe Trip, 10 a.m. Equipment and instruction provided. \$5 per person. Reservations recommended.
- August 28-** Music By The River, 6 p.m. Southern Grace in concert.

Virginia State Parks receives national award

A statewide volunteer program, the Virginia State Parks Youth Conservation Corps (YCC), has been named the Outstanding State Volunteer Program in the U.S. by the Take Pride in America program.

Virginia State Parks are operated by the Virginia Department of Conservation and Recreation (DCR). The Take Pride in America program is administered by the U.S. Department of the Interior.

"Virginia State Parks have received many accolades over the years, from awards honoring facilities and amenities to being recognized as the best managed state park system in the United States," said DCR director David Johnson. "This award recognizes the hard work and contributions of nearly 1,000 young people and staff who made this program so successful."

Fashioned after the Depression-era Civilian Conservation Corps, the YCC is a summer program for volunteers between the ages of 14 and 17. Working in crews of approximately 10 volunteers and three college-age supervisors, the young people each contribute between 120 and 180 hours of service.

Participants work in state parks across Virginia on a variety of conservation projects including trail and campground maintenance, construction, fence building, tree planting, noxious weed removal and fish habitat improvement. Program projects foster teamwork, self-esteem, social responsibility and respect for the environment, said director of volunteer services Gaston Rouse.

"These youngsters are the future of the Commonwealth and the future of America," Rouse said. "Volunteering

is one of the most important facets of adult life, and we need to incorporate that into the lives of our children."

In 2007, the YCC program received the Virginia Governor's Best Youth Volunteer in Virginia award.

Since its creation in 2002, nearly 1,000 young people have participated in the YCC program.

This year, 246 are expected to participate in the program, logging an estimated 65,000 hours worth \$1,360,450 in employee hours. The program attracted 447 applicants in 2010.

YCC volunteers will work in 20 parks in two three-week sessions. Ten were completed earlier this summer, while the second session of YCC volunteers will work through August 7 in nine state parks: Westmoreland, Holliday Lake, Leesylvania, York River, Belle Isle, Claytor Lake, Lake Anna, Sky Meadows and Wilderness Road, as well as the Petersburg National Battlefield.

"The YCC program gives young people opportunities to serve their state and communities while learning important skills and it introduces natural resource and environmental fields as a possible career path," said State Parks director Joe Elton.

"The YCC embodies the core responsibility of the state parks system by fostering environmental awareness at a young age and connecting our volunteers to the awe and wonder of nature," said Elton. "YCC participants carry the memories of these experiences with them for the rest of their lives and they remain our partners in protecting state parks for future generations."



Thirty boys and girls attended the Summer Dance Experience July 19 to 23.

Dance camp held

Thirty boys and girls, ages four to nine, participated in Bayside Youth Ballet's Summer Dance Experience at the Gloucester Diggs School of Dance Studio July 19 to 23.

The campers took classes, learned terminology, and rehearsed choreography. Creative movement and pre-ballet were the focus. Students also tumbled and created art.

In its third year, the dance camp is one of several community outreach programs sponsored by the ballet company to bring the art of dance to the local community. The camp was open to residents of Mathews, Gloucester, Middlesex and Lancaster counties who could not be currently enrolled at Diggs School of Dance.

As part of the dance teacher training program, all classes and activities are led by Bayside Youth Ballet members. Emma Hollowell and Haley Beatley received training by school fac-

ulty and taught most of the classes.

Beatley, who will pursue dance education at Radford University in the fall, found the camp especially helpful, she said. Student assistants Adelen Bracken, Miranda Bracken, Amaris Mills and Cheyenne Waters assisted with all classes and activities. This is the second year of participation for the Brackens and Mills. Waters enjoyed the camp and plans to help yearly, enjoying the opportunity to "be a kid again."

Diggs faculty members Debbie Diggs, Rachel Morris, Leslie Payton and Teresa Bracken assisted with classes and teacher training.

The week culminated with a performance showcasing the choreography learned by campers. The audience was shown portions of a dance class as campers demonstrated what they had learned.

Bayside Youth Ballet is a nonprofit organization.

A Doctor Speaks

by George Moore, MD

Preventing sports injuries

Anyone who works out should first be concerned about possible heart problems. To protect yourself, get a checkup before you start a serious exercise or sports program. Look for warning symptoms such as chest pain, a racing or erratic pulse, undue shortness of breath, and light-headedness. Get help if you experience any of these symptoms.

Although cardiac problems are infrequent, musculoskeletal woes are relatively common. A study of over 6,300 adults who exercised regularly found that 21 percent had developed an injury during the course of a year. The knee was the most frequently injured joint. People who exercise actually have a lower long-term risk of disability than sedentary people, but injuries are much more common with intense exercise and competitive sports than with moderate exercise done for health.

Injuries are generally preventable, most are mild, and the majority will respond nicely to simple treatment at home. And you should know when to consult a health care professional.

Prevention is always the best treatment. Remember—you need to work yourself into shape slowly. Use a graded exercise program to get into shape gradually, and then stay in shape the year

round. Avoid the temptation to go all out without preparing yourself properly.

Warm up before each exercise session and cool down afterwards. Stretch regularly to preserve flexibility and reduce the risk of injury.

Use good equipment; wear supportive, well-fitting shoes for weight-bearing activities.

Use good technique; a few lessons or a little coaching can improve your mechanics as well as your performance.

Don't overdo it. Fatigue and dehydration impair concentration, often leading to a misstep or fall. Overuse is the major cause of injuries; give your body a chance to rest and recover after workouts, particularly when you are first getting into shape. Alternate hard sessions with easier ones. For example, walk one day, play tennis the next, and garden the third. A day off now and then does not hurt, either.

If prevention fails, early detection is the next line of defense. Be alert for symptoms. A bit of soreness and stiffness is normal, but pain, swelling, diminished strength or mobility and discoloration of the skin is not. Look for small problems before they become big ones. If your problem seems small, treat it yourself. But if you don't improve, get expert help.

Sports injuries you need to avoid include:

- Sprains to ligaments

that connect bones. In first-degree sprains, ligaments are stretched but second- and third-degree sprains result from torn fibers.

- Strains are injuries to muscles or tendons that connect muscles to bone. These also come in first-, second- and third-degree varieties.

- Fasciitis is inflammation of the fibrous tissue that covers many muscles or tendons. Overuse is often to blame. A common example is plantar fasciitis of the sole of the foot, which plagues many walkers and runners.

- Bursitis is inflammation of the small, fluid-like sacs that cushion joints, muscles or bones.

- Arthritis and synovitis refers to inflammation of a joint or the membrane that surrounds it. "Water on the knee" is a common example.

- Dislocations occur when

bones slip out of their proper alignment in a joint. This painful condition should be addressed by a physician or highly experienced trainer or therapist.

- Fractures usually require skilled medical management except for broken toes and stress or hairline fractures.

Exercise is wonderful for health, but people who exercise do run a risk of injury.

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