

Devils dominate track and field meet

by Lisa Hinton-Valdrighi

Lancaster scored a double victory at Northumberland last Wednesday, winning both the girls and boys track and field meets.

Lancaster's boys scored 77 points to win the four-team meet, with the host Indians finishing second with 67, Essex third with 54 and Washington & Lee fourth with 30.

The Lady Devils scored 72 points to win their meet, while Northumberland was the runner-up with 40 points, Essex third with 49 and Washington & Lee fourth with 34.

In the boys meet, Lancaster captured seven first places. Tyrell Henderson led the scorers with two wins. Henderson jumped 43'3" to win the triple jump and turned in a personal best time of 41.5 to win the 300-meter hurdles.

Devante Haskins threw the discus 110'3" to win that event.

On the track, Kaliq Noel led the middle distance runners with a personal best time of 52.9 to win the 400-meter and Justin Washington led the sprinters, winning the 200-meter in 23.6.

Lancaster's boys also won two relay events with the combination of Kenique Stewart, Patrick Kelley, Travis Boyd and Sean Jones winning the 4X800 in 9:15 and Stewart, Kelley, Jones and Trevon Henderson teaming up to win the 4X400 in 3:52.23.



Devante Haskins of Lancaster won the discus event at Northumberland last week with a 110'3" throw. Photo by Lisa Hinton-Valdrighi

In the girls meet, Lancaster won two jumping events. Tala Henderson cleared 4'4" to win the high jump and Aloni Scott jumped 32'11" for a personal best and first place in the triple jump. Scott also captured a win on the

short track, winning the 100-meter dash in 13.07.

Zykheia Bullock, Elizabeth Robertson, Shani Johnson and Dazah Davenport ran a 5:20 in the 4X400-meter relay to win that race.

Lancaster's boys and girls track teams will compete in the West Point Invitational Saturday, May 3, and return to West Point for a tri-meet Wednesday, May 7, against the host Pointers and Washington & Lee.

SCOREBOARD

Varsity baseball

Essex 4, Lancaster 2
Mathews 5, Lancaster 3

JV baseball

Essex 8, Lancaster 5
Mathews 10, Lancaster 6

Varsity softball

Essex 10, Lancaster 1
Mathews 12, Lancaster 1

JV softball

Essex 16, Lancaster 2

Varsity boys soccer

Essex 1, Lancaster 0 (OT)

Track

Boys

1. Lancaster 77. 2. Northumberland 67. 3. Essex 54. 4. Washington & Lee 30.

Girls

1. Lancaster 72. 2. Northumberland 40. 3. Essex 49. Washington & Lee 34.

Upcoming Games

Varsity baseball

(Lancaster's home games are played at Dream Fields near Kilmarnock, 5 p.m.)

May 2:
Northumberland at Lancaster

May 6:
Lancaster at Rappahannock

May 8:
Essex at Lancaster

JV baseball

(Lancaster's home games are played at Dream Fields near Kilmarnock, 5 p.m.)

May 2:
Northumberland at Lancaster

May 6:
Lancaster at Rappahannock

May 8:
Lancaster at Essex

Varsity softball

(Lancaster's home games are played at Dream Fields near Kilmarnock, 5 p.m.)

May 2:
Northumberland at Lancaster

May 6:
Lancaster at Rappahannock

May 8:
Essex at Lancaster

JV softball

(Lancaster's home games are played at Dream Fields near Kilmarnock, 5 p.m.)

May 2:
Northumberland at Lancaster

May 6:
Lancaster at Rappahannock

May 8:
Lancaster at Essex

Varsity boys soccer

May 2:
Lancaster at Mathews (6 p.m.)

Track

May 3:
Lancaster at West Point Invitational (8 a.m.)

May 8:
Lancaster and Washington & Lee at West Point (4 p.m.)

Red Devils set back two games on the diamond

by Lisa Hinton-Valdrighi

Lancaster's varsity Devils fell in back-to-back outings last week to Essex and Mathews to stand at 9-3 overall.

Essex scored two runs in the fourth and sixth innings last Tuesday to squeeze by the Devils, 4-2.

Lancaster had taken a 2-0 lead in the first quarter after Daniel Thomas led off with a hit and stole second. He moved to third off a sacrifice bunt by Demetrick Lee and scored off a sacrifice fly by Jordan Hodges. Kyle Thomas drew a walk, stole second and went to third on a passed ball to score off a hit by Josh Moore.

The Trojans tied the game at 2-2 in the bottom of the fourth, added another two in the sixth and got out of a sticky situation for the win in the top of the seventh when Lancaster left the bases loaded.

"We played a good game, but we couldn't get the hits when we needed to," said LHS coach Welby Saunders. "In fact, our hitting has really disappeared."

Josh Moore suffered the loss on Tuesday, while Taylor Woolard was the losing pitcher Thursday in a 5-3 loss to Mathews.

Lancaster managed three runs in the fourth inning to take a 3-0 lead. The Devils scored off two walks, a hit and a sacrifice fly by K. Thomas. Grant Long had two hits to lead the offense.

Lancaster hosts Northumberland tomorrow (May 2) and will go to Rappahannock next Tuesday, May 6.

Lancaster JV team succumbs to errors

Some costly errors cost Lancaster's JV baseball team some runs in a pair of losses to Essex and Mathews last week.

The Trojans beat the Devils, 8-5, last Tuesday and Mathews defeated Lancaster, 10-6, last Thursday.

Matthew Abbott was on the mound against Essex. He struck out six and walked only two.

Lancaster came up with only two hits in the outing with Brandon Rosalia hitting a double to score once and Jamie Coates hitting an RBI single and scoring once. The Devils drew nine walks in the game.

Rosalia and Spencer Hook combined on the mound against the Blue Devils with Rosalia pitching three innings and Hook four.

Hook led at the plate for the Devils with two doubles for two RBIs and Rosalia had a single and double for an RBI. Abbott hit two singles and recorded an RBI and Darik Reed hit a single and double.

Lancaster rallied for three runs in the top of the fourth on two walks, a double by Rosalia and a single by Abbott.

"We had a few costly errors [against Essex] and had some again in this game," said LHS coach Tom Kleinfelder. "But the boys are getting better every game. They really are. We were down big early, but chipped away to make it a game. It doesn't matter how many runs we're down, they don't give up."

Lancaster is at home Friday, May 2, when the JV Devils host rival Northumberland at 5 p.m.



Tanner Steensma wins the ball in the air for Lancaster. Photo by Lisa Hinton-Valdrighi

Penalty hands soccer match to Essex, 1-0

by Lisa Hinton-Valdrighi

Essex broke a scoreless tie with a penalty kick in the last two minutes of the second overtime last Wednesday to squeak by Lancaster, 1-0, in a boys varsity soccer game.

"I was very, very happy with my guys," said LHS coach Chris Felthouse. "They played the best game they've ever played for me and it was disappointing to have to lose that way."

Lancaster was called for a handball in the box with two minutes remaining in the second of two five-minute overtimes and the Essex shot got by LHS goalkeeper Connor Donahue, who had made 16 saves in the game.

"Our defense is possibly the best in the district," said Felthouse. "Our back four guys of Kevin Thomas, Carter Robbins, Weston Schomer and Jack Kelley are almost impossible to get by. And Connor made two amazing, photo-moment type saves in the second half to keep Essex from scoring [during regulation time]."

The Devils took 10 shots on goal. Paul Chambers led the offense with five shots.

"The biggest thing we have to do now is get this offense going, that's where we're still struggling," said Felthouse. "Our defense is solid, but we've got to be able to score."

Lancaster, 1-4 overall, will travel to Mathews Friday, May 2, for a 6 p.m. match.



Matthew Abbott of Lancaster delivers a pitch during a JV game last week. Photo by Lisa Hinton-Valdrighi

Speedway will host Pinewood Derby and Scout Night on May 3

Bill Sawyer's Virginia Motor Speedway on Saturday, May 3, will host the third annual Truckin Thunder Dirtwood Nationals Pinewood Derby presented by the Virginia Army National Guard.

"We are extremely excited to host this event and to help

raise money and awareness for ChildHelp. We have to thank Tom and Judy Brooks of Truckin Thunder for the amount of effort they put into this event and for being a great sponsor," said general manager Clarke Sawyer.

The event will run as part

of Scout Night at the Races. Gates will open at 3 p.m. The pinewood derby will start at 4 p.m. The Virginia Army National Guard also will have a "Pit Crew" Challenge under the grandstands for all in attendance to participate.

After the Dirtwood Nationals all Boy Scouts, Cub Scouts and Girl Scouts in uniform, will get free admission to enjoy a night of full-sized dirt car racing. During the evening's festivities, the Speedway also will help raise money and awareness for the charity ChildHelp®.

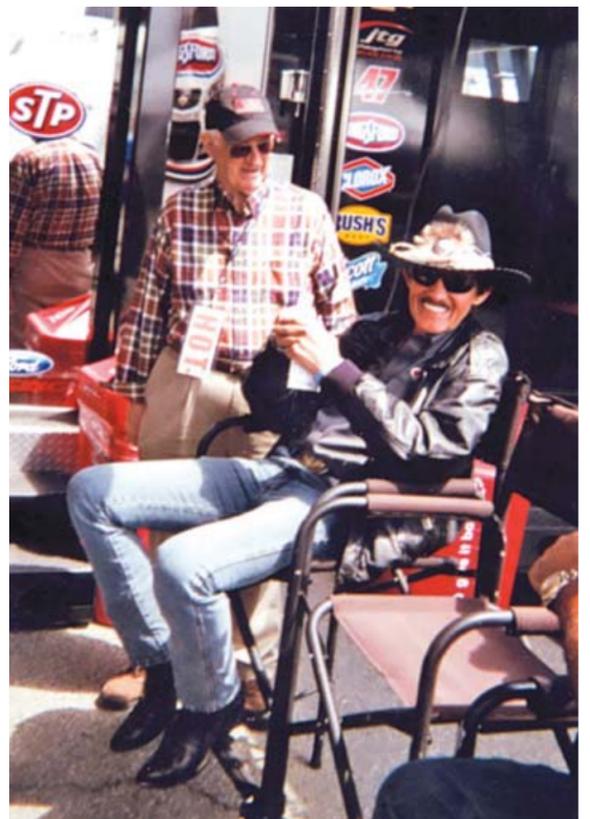
"I can't wait for this year's Dirtwood Nationals event on May 3rd. Every year the event seems to get bigger," said Truckin Thunder owner Tom Brooks. "Pairing a pinewood derby event with a full-scale racing night at Virginia Motor Speedway is a natural.

"Participants from the local Scouting community and

Virginia Motor Speedway's racing family will make for a fun-filled evening that also will raise money for one of my favorite charities, ChildHelp®. I feel fortunate to have one of the ChildHelp Villages here in Virginia. Helping them with their work of rehabilitating and caring for severely abused and neglected children is very important to me," said Brooks.

There will be three divisions for the Dirtwood Nationals, Scouts, fans and Virginia Motor Speedway competitors. A champion will be crowned in each division and then there will be a run-off to see who will be the overall champion.

Standard Scouting pinewood derby rules will govern the races. For anyone wanting to participate but not having a pinewood derby car, a limited quantity will be available for rent for a \$10 donation to ChildHelp.



At the races

From left, David Headley of Irvington chats with his friend Richard "King" Petty in the garage area at the Richmond International Raceway prior to Friday night's Nationwide ToyotaCare 250 and just before the big storm hit. The race was delayed over 3 hours. Kevin Harvick, driving a JR Motorsports Chevrolet, finished first. Joey Logano, driving a Team Penske Ford, won the NASCAR Sprint Cup Toyota Owners 400 on Saturday night.



Maryland catch

The Fletcher family anglers of Stephen City and the Tyson family anglers of Glen Gary, W.Va., fished the Potomac River on April 19, opening day of the spring trophy rockfish season in Maryland waters. They were fishing with Capt. Gene Pittman aboard the Bodacious out of Reedville. Capt. Pittman operates Pittman Charters Inc.

The Fishing Line

by Capt. Billy Pipkin

The past week offered mixed conditions on the water. Through the wind, rain and rough seas, the water temperatures, currently at 55 degrees in the bay, have found a way to rise. There were a few nice days mixed in which allowed anglers to partake in their favorite activity.

Striped bass fishing continued to improve in Maryland waters as well as in the Potomac River. It seems the fish are continuing to move out of the spawning areas and into the bay. Those fish in the upper reaches of the bay waters including Annapolis and as far south as Chesapeake Beach, Md., are showing signs of further southward migration as well.

The cooler weather continues to slow the post spawn migration of fish. I fully expect there to be plenty of fish available during the next two weeks in Virginia waters which open today, May 1.

The creeks and rivers in Virginia waters that feed the Potomac and Rappahannock rivers are holding medium to large specimens. During the late afternoon and evening hours they tend to move to shallow waters to feed. This presents a great opportunity for light tackle casting action.

For the best trolling action, find areas of structure to work. These areas include deeper oyster shores, channel drop-offs, grassy bottoms, outside of protruding points and other locations where the bottom changes or has habitat for the baitfish to frequent.

I have noticed that long leaders (20+ feet) with light 40-50# leaders are producing well. Single lures are getting more action than umbrellas or tandem rigs.

Upcoming competitions include the Reedville Fishing Derby May 1-3, the Northern Neck Anglers Club Rockfish tournament May 3-11 and the Maryland Saltwater Sportfishing Association Championship on the Chesapeake tournament May 2-4.

Croaker action is improving daily. They remain generally small with a size range of 8-11 inches on average. Bloodworms and shrimp are the preferred menu for the early croakers. Once again, locations offering structure (refer to my previous note above) are holding the largest quantities of these fish.

Enjoy your week, be safe and catch some dinner. Until next week, Fair winds.

Capt. Billy Pipkin owns and operates Capt. Billy's Charters at Ingram Bay Marina in Wicomico Church, 580-7292, ingram-baymarina.com



On time for Derby

Paul Geisinger (above) and Glenn Warner of Lottsburg landed this 49-inch, 52-pound rockfish off the mouth of the Potomac on opening day. It took the two friends 45 minutes to bring this monster aboard after the fish fouled all their lines. Geisinger hopes his luck continues this weekend in the Reedville Fishing Derby. Anglers can still register at 410-967-7664.

SPORTS SHORTS

Food bank open

The White Stone Baptist Church on May 9 will sponsor the second annual Food Bank Open Golf Tournament to benefit the Northern Neck Food Bank. The tournament will begin with a noon shotgun start at Indian Creek Yacht and Country Club near Kilmarnock.

The entry fee is \$75 per person, or \$45 for club members, and includes green fees, cart, catered barbecue dinner and a \$25 tax-deductible contribution per person to the food bank. Register at whitestonebaptist.church.org, or call 577-0246.

Anglers club

The Northern Neck Anglers Club is dedicated to educating anglers about saltwater fishing

techniques and sharing information about tackle, bait selection, techniques and locations. The club meets periodically and conducts several tournaments during the season.

Annual dues are \$30 and all tournaments are free to members. To join, visit northernneckanglersclub.wordpress.com; or call secretary Mark Roy at 540-550-7108.

Reedville derby

Smith Point Sea Rescue officials recently announced the 31st annual Reedville Fishing Derby will be held May 2 and 3. The competition species is striped bass.

Buzzard's Point Marina will be the hosting facility. Cash prizes, based on 100 entries, total some \$16,500. The per boat registration fee is \$225. Registration forms, rules and schedules are available at smithpointsearescue.com. The public is invited to come to Buzzard's Point Marina at 6:30 p.m. Saturday, May 3, to see the winning fish and watch the awards ceremony.

Urbanna Cup

The Urbanna Cup regatta for cocktail class wooden boats will be held May 16-18. Racers are expected to arrive May 16 for course trials and safety checks. Competition will begin at 9 a.m. May 17 with six heats in the morning and nine after lunch.

Related festivities include bands, beer/wine and food. On May 18, boaters will be able to run about in the creek, have relay races and generally entertain the crowds. For more race details, visit ccwbra.com, or visit middlesexva.org.

Rock tournament

The Northern Neck Anglers Club will conduct a rockfish tournament May 3-11. To sign up, visit northernneckanglersclub.wordpress.com; or call secretary Mark Roy at 540-550-7108.

BRIDGE RESULTS

Five tables were in play at the Woman's Club of White Stone on April 22.

Winners north/south were first, Alison Holman and Shirley Pleasants; and second, Virginia Adair and Babs Murphy.

Winners east/west were first, Charlie Miller and Shirley Churchill; and second, Arden Durham and Betty Fay Lewis.

The next bridge for this group is Monday and Tuesday, April 28 and 29, at 1 p.m.

Six tables of duplicate bridge were in play April 22 at Hills Quarter.

Winners north/south were first, Millie Wiley and Alice Slember; second, Rhonnie Kerr and Betty Thornton; and third, Fran Green and Daria Lowe.

Winners east/west were first, Barbara Sherupski and Sandy Ackerly; second, Ann Arnold and Hanneke Schaafsma; and third, Tot Winstead and Liz Hargett.

FYI
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Weekly Tides

Windmill Point – Sunrise & Moon – May 2014

Fri. 5/2	High 1:40 1.4' Low 8:25 0.1' High 2:04 1.2' Low 8:23 0.1'	Sunrise 6:08 Sunset 7:56 Moonrise 8:45 Moonset 11:16	Tue. 5/6	High 4:39 1.2' Low 11:26 0.4' High 5:11 1.1' Low 11:40 0.5'	Sunrise 6:04 Sunset 8:00 Moonset 1:19 Moonrise 12:17
Sat. 5/3	High 2:22 1.4' Low 9:08 0.2' High 2:47 1.2' Low 9:07 0.2'	Sunrise 6:07 Sunset 7:57 Moonrise 9:36	Wed. 5/7	High 5:32 1.1' Low 12:16 0.4' High 6:06 1.1'	Sunrise 6:03 Sunset 8:01 Moonset 1:53 Moonrise 1:12
Sun. 5/4	High 3:05 1.3' Low 9:52 0.2' High 3:31 1.1' Low 9:54 0.3'	Sunrise 6:06 Sunset 7:58 Moonset 12:01 Moonrise 10:29	Thu. 5/8	Low 12:38 0.5' High 6:28 1.1' Low 1:08 0.4' High 7:02 1.1'	Sunrise 6:02 Sunset 8:01 Moonset 2:25 Moonrise 2:07
Mon. 5/5	High 3:51 1.2' Low 10:37 0.3' High 4:19 1.1' Low 10:44 0.4'	Sunrise 6:05 Sunset 7:59 Moonset 12:42 Moonrise 11:23	Fri. 5/9	Low 1:37 0.4' High 7:23 1.1' Low 1:58 0.3' High 7:55 1.2'	Sunrise 6:01 Sunset 8:02 Moonset 2:56 Moonrise 3:04

Corrections

Piankatank River, Cherry Pt.	-1:42	-1:44	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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From left are (front row) Bobbie Armfield, Pat Willett, Lynn Jones, Faith Kauders, Harriet Baggett, Julie Butler, Charlie Armfield and Norm Hammer; (next row) Kathy Rhodes, Mike Rhodes, Wayne Graves, Karen Mullins, Noreen Matt, Andy Kauders, Tony Sica, Jim Timm, Carol Hanes and Bill Hanes; (next row) Bob Hanes, Bruce Adams, Dick Sevilla, Butch Miller, Klaus Schaschek, Bob Chambers, Randy Meadows, Ron Carey and Ned Crockett. Arvid Frankenhoff, Jim Dise and Tom Melton also went on the trip.

Golfing excursion attracts 30 competitors

Thirty golfers from King Carter Golf Club, Indian Creek Yacht and Country Club, Golden Eagle Golf Club and Quinton Oaks Golf Club recently participated in four days of competitive golf in Myrtle Beach, S.C., reported Tony Sica.

First-day individual winners were Bobbie Armfield, for the women, and Ron Carey, for the men.

Second-day four-team winners for the men were Wayne Graves, Bob Chambers, Randy Meadows and Andy Kauders. Second-day two-woman team winners were Faith Kauders and Carol Hanes.

Third-day two-man team winners were Bill Hanes and Bob Hanes. Third-day two-player team winners for the women were Pat Willett and Noreen Matt.

Lynn Jones and Faith Kauders tied for the individual winner for women on the fourth day.

Charlie Armfield was the men's winner on the fourth day.

Matt was the overall winner for the women, while Carey was the overall winner for the men.

"This was the fourth year of a highly successful trip to Myrtle Beach and we look forward to next year," said Sica.

CLUB GOLF

Golden Eagle

The Golden Eagle Golf Club play day winners last week were first, Mike Stephens; second, (tie) Hank Little and Allen Robins.

ICYCC ladies

The Indian Creek Yacht and Country Club nine-hole winners last week were first, Kendall Minton; second, Joy Dawson; and third, Louise Petralia.

ICYCC

The Indian Creek Yacht and Country Club nine and nine cross country par 3 winners were Gordon Haaland, Rusty Dawson, Beth Kendrick and Judy Epps.

The Indian Creek Yacht and Country Club mixed scramble winners for April 27 were first, Hap Hadd, Donna Swinney and Jim Georgiadis; second, Norm Smith, Ken Bransford and Kayleen Hadd; and third, David Pilvelait, Ed Roccella, Kylie Bransford and Kathy Rhodes.

King Carter

The King Carter Golf Clubmen's play day winners for April 21 were first, Ron Hugate; second, Klaus Schaschek; and third, (tie) Bruce Adams and Jon Baer. Winners for April 23 were first, Arthur Abbott; and second, (tie) Craig Smith and Wayne Graves.

Piankatank ladies

The Piankatank River Ladies Golf Association winners for April 24 were first, Chong Hudgins, Patricia Jones and Lynne Richardson; second, Gina Custis, Sharon Dunaway and Zelon Stilley; and third, Sue Silberhorn, Toonie Dooley and Bev Hudgins.



Indian Creek project

Ed Roccella won 10 hours of instruction with PGA assistant professional Travis Law and Kendall Minton won 10 hours of instruction with PGA assistant professional Brenda Mayer. From left are Minton, Mayer, Roccella and Law.



From left are mixed scramble winners Hap Hadd, Donna Swinney and Jim Georgiadis

Quinton Oaks men

The Quinton Oaks Senior Men's League first flight winners for April 22 were first, Bob Price; second, Don Matthews; and third, (tie) Terry Bruesser and Bruce Cosimini. Second flight winners were first, Paul Deleo; second, Leo Bashinski; and third, Dick Andersen.



From left, nine and nine winners Gordon Haaland, Rusty Dawson, Beth Kendrick, and Judy Epps play from a floating dock to the first green.



From left are Tom Smith, Steve Callis and Frank Klein.

Smith wins shotgun match

The Rappahannock Pistol and Rifle Club conducted a shotgun match consisting of one round of trap and one round of wobble trap on April 27 with a total of 50 targets.

Tom Smith captured first place with a score of 45, followed in second place by Steve Callis with a score of 43 and by Frank Klein in third place with a score of 40.

Wobble trap varies from regular trap in that the target angles to the left or right of center can be twice as wide as regular trap, and elevations may vary from low targets less than waist high to more than twice as high as regular trap, explained Smith. While trap consists of a series of single shots from five stations at ground level from 16 yards behind the trap house, wobble trap is shot from five stations at varying elevations adjacent to the wobble trap house.

Wobble trap consists of one single target and two report pairs (second target is released upon the firing of the first shot) from each of the five stations, added Smith.

Meadows, Kelley keep Lady Devils in the ball game

The Lady Devils managed only two runs in two outings last week, losing 10-1 to Essex in a varsity conference softball game and losing 12-1 to Mathews in non-conference play.

Mikayla Meadows and Le'Aira Kelley had a hit each for Lancaster in both contests.

Kelley was 1-for-2 with a run against the Blue Devils last Thursday, while Meadows was 1-for-2 and Brook Reed went 1-for-3.

Meadows and Kelley also both went 1-for-2 last Tuesday at Essex, while Brittany Jones went 1-for-3 with a triple.

Lancaster will host Northumberland at 5 p.m. Friday, May 2.

More sports on page D6

SPORTS SHORTS

Lions golf

The Lancaster County Lions Club will hold its annual Charity Golf Tournament on May 14 at Indian Creek Yacht and Country Club. The registration fee is \$75 per person or \$300 per team. Check-in time will be 11.30 a.m. followed by a shotgun start at 1 p.m. Lunch is provided.

The tournament is open to male and female golfers. Format will be four players, captain's choice. Prizes will be awarded. To register, call Julie Dudley at 296-0172.

Colts football

Middlesex County Youth Football Association registration will be held from 9 a.m. to 2 p.m. May 3, 10 and 17, and June 7 at the Middlesex Sports Complex behind St. Clare Walker Middle School in Locust Hill. Lancaster County children are eligible to play for the Colts.

There are several divisions ranging from ages 5 to 14. Each child must have a DMV photo ID to be eligible to play. The fee is \$85. Registration forms are available at middlesexcolts.com.

Adopt a pet

Plum Summer, 15170 Northumberland Highway, Burgess, will host an Adopt-A-Pet Day with the Northumberland County Animal Shelter from noon to 3 p.m. May 3.

Volunteers and staff will offer instruction and information on pet adoption and pet care. They will have a variety of pets with them.

She Crabs

Richmond Multisports business development and operations coordinator Andy Moser will be the guest speaker for the She Crabs Triathlon Club meeting May 2.

The meeting will begin at 5:30 p.m. at the RGH Outpatient Rehabilitation and Sports Medicine Center, 43 William B. Graham Court, Kilmarnock.

Boating class

U.S. Coast Guard Auxiliary Flotilla 33 will offer a free boating safety class from 8 a.m. to 5 p.m. May 10 at Bank of Lancaster northside branch, 432 North Main Street, Kilmarnock.

To register, contact Walter Montross at wcmontross@aol.com, or 580-2250.

Clinical hypnosis

Dr. Ronald Flora of Flora Clinics will conduct hypnosis clinics May 8 at the Comfort Inn, 6639 Forest Hill Avenue, Gloucester.

A weight loss clinic will begin at 6 p.m. and a stop smoking clinic will begin at 7:30 p.m. The fee is \$90 per person, per clinic.

804

Unless noted, all phone numbers in this publication carry the 804 area code.



Safe at the plate

Lancaster pitcher Cameron Pittman covers home as an Essex base runner scores on a passed ball during a JV softball game last week. The Lady Trojans beat the Lady Devils, 16-2. Photo by Lisa Hinton-Valdrih

EVANS BOWLING CENTER RESULTS

Ladies League

Kara George led Tri-Star in three wins over D & L Doc n' Divas with the week's highest set—a 370, including games of 126, 116 and 128. Mary Newton posted a 328 set with games of 100 and 143—the week's highest score. Shona Pacheco had a 104 game.

For D & L, Beverley Benson bowled a 320 set with games of 110 and 112. Terry Stillman rolled games of 107 and 100.

The Corner Restaurant took two games from Yeatman's Forklift. Debi Berry tallied a 359 set with games of 106, 113 and 140. Betty Evans scored a 350 set with games of 132, 102 and 116. Mary Savalina had a 316 set with games of 110 and 115.

For Yeatman's, Val Crosbie led with a 326 set including games of 124 and 110. Alma George rolled a 316 set with games of 100 and 120. Joan Bowles had a 306 set with a 111 game.

R. P. Waller won two games from Express Auto. Ann New-some's 301 set included games of 114 and 102. Marsha Nash had a 105 game. Ola Rae Nash had a 103 game.

For Express Auto, Vivian Callaway bowled a 122 game. Sandra Evans had a 101 game.

KIWANIS AUCTION & FLEA MARKET

Saturday-May 10, 2014

To Benefit Kiwanis Youth Projects
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Matt Ficklin, Auctioneer

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1967 - 13' 6" Boston Whaler & trailer- 14' Sunfish 7 trailer	1978 - 26' Luger Gaff Sailboat & trailer
1968 - 23' Sportcraft	1983 - 14' Skipper sailboat & trailer
1996 - 17' Maxum	1973 - 16' Tanzer sailboat & trailer
1994 - 24'v Chaparral & trailer	1978 - 27' Ericsson sailboat
1990 - 21' Seaswirl	1975 - 27' Hunter sailboat
1987 - 20' Wellcraft & trailer	1971 - 25' Cal Sailboat
1987 - 19' Citation & trailer	1982 - 22' Tanzer Sailboat
1978 - 21' Mako & trailer	1960 - 9.5' Aeronautical dinghy
1976 - 26' Penn Yann	1977 - 20' Buccaneer Sailboat
1996 - 20' Seaswirl & trailer	- 8' El Toro Sailboat - skiff
1974 - 33' Morgan Sailboat	14' Sunfish Sailboat
1960 - 11' 6" aluminum skiff	1979 - 20' Aqua Sport Power Boat
	Hobie Cat w/Trailer

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FREE WEEK GUEST PASS

New school security equipment is operational in Northumberland

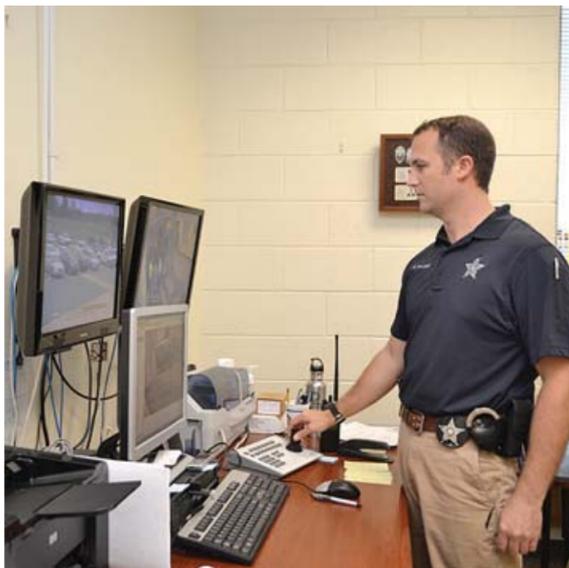
by Renss Greene

HEATHSVILLE—New school security equipment installed over spring break is up and running at Northumberland schools.

“I would say that Northumberland is on the cutting edge when it comes to safety and security with some of the technologies that we have in place,” said NHS principal Dr. Travis Burns.

Johnson Controls and its subcontractors installed and updated camera systems at Northumberland schools over spring break, adding 24 new cameras at Northumberland middle and high schools according to school resource officer and Northumberland sheriff’s deputy Allen Garland. Burns said the clearer picture of the new digital camera system has already come in handy resolving a school dispute.

“One of the parties felt like he or she was being intimidated, and this system is really good about picking up body language and nonverbal cues of students, that with a grainy analog system you would not be able to pick up,” Burns said. “It would have been grainy, and you would



School resource officer Allen Garland controls one of the new digital cameras on the outside of the Northumberland high and middle school building.

have had two sides with two different stories.”

The cameras only record when they detect motion, saving hard drive space and allowing Garland and school administrators to look back at old recordings in their investigations.

“You take some of your less

active cameras, we can go back three or four months,” Garland said.

The new cameras, installed with money from a school safety grant won last year, bring the total number of cameras in the middle and high schools up to 92. According to Garland, the

only areas not covered by cameras now are inside classrooms, bathrooms, and locker rooms. The cameras add to existing safety measures including electronic door locks with intercoms, shatter resistant film on glass near the entrance, electronic card readers at doors, and powerful radios which allow school staff to contact emergency personnel instantly.

“I’m used to, in my own experience, having a radio that’s connected to other administrators,” Burns said. “This radio is connected to anybody and everybody in the community that would respond to a crisis situation, if need be, here at the school.”

Garland says the addition of more cameras has already started to discourage large groups of students congregating in areas previously without camera coverage.

“We’re probably more high-tech than some of your larger school divisions when it comes to safety and security, and I think you can attribute that to the fact that we have a school board, a sheriff’s department, and a superintendent who put safety and security at the top of their list of priorities,” Burns said



Farm to campus

In cooperation with the Northumberland Extension office, The Northumberland High School Physical Activity and Educational Services (PAES) class held its annual Farm and Field Day April 28. Above, junior Holly Smith holds BBQ, a chicken her PAES class raised. Farm and Field Day brought livestock, shelter animals, food, emergency services vehicles, plant sales, and farm equipment out for a sunny day at the high school. BBQ was hatched by the PAES class in an incubator borrowed from Wilkins Game Birds, which was at the event selling chicks. “Thank you so much for coming to the PAES Greenhouse Farm and Field Day,” said instructor Tammy Wilkins. “The day was a huge success because you came to support us.” Photo by Renss Greene

Photography safari to shoot farmers market

Former White House staff photographer, photojournalist and professor Mike Geissinger will lead an expedition to capture the Irvington Farmers Market Saturday, May 3.

Orientation will be held from 5:30 to 7 p.m. Thursday, May 1, at the Rappahannock Art League Studio Gallery, 19 North Main Street, reported Barbara Pulling.

From 7 to 11 a.m. Saturday, the class will be on location at the Irvington Commons to cover the market with Geissinger, said Pulling. The class will then return to the gallery to edit and critique images.

The fee is \$100 for RAL members and \$125 for others. Register at the gallery, or 436-9309.

Book drive benefits clinic clients

Jordan Abbott and Sadie Hassman know the power of words.

The two fifth-graders at Chesapeake Academy in Irvington are avid readers who love books and serving the community. On their own, they came up with a plan to combine the two loves and spread the wealth that words can offer.

They dropped by the Northern Neck Free Health Clinic April 11 with their collective efforts – 650 books for children who pass through the clinic to pick up and enjoy in their own time.

“These books are a wonderful gift,” said executive director Jean Nelson. “We can use them in the waiting room, and to give to children who are here for providers. What a great idea to move these books off the shelves and into the hands of children who might not have a chance to read them otherwise. We are all truly impressed.”

Their book drive, once it started, engaged the whole Chesapeake Academy community, said head of school Deborah Cook. “It was their own idea, they did all the preparation and all the promotion,” she said. “They went to the student council to get support, and they have a power point presentation for the whole school.”

The whole school got behind it, said Cook. The book drive was announced at a March 5 school assembly, and on March 10 a challenge was issued: If Jordan and Sadie collected 300 books, Cook promised to dye



From left are Northern Neck Free Health Clinic executive director Jean Nelson, students Sadie Hassman and Jordan Abbott and clinic volunteers Dr. Ann Kingsbury and Dr. Milton Kingsbury.

her hair blue. By March 12 her fate was sealed and another challenge was added: collect a second 300 books, and assistant Head of School Julianne D. Keese would do the same.

Students, parents, faculty, staff and school trustees all donated books, and the book drive was concluded by March 21. Both “heads” turned blue.

Both girls “really believe in community service,” Cook said, and they are already planning their next effort – a collection of socks for those in need this fall, dubbed “Socktober.”

Abbott is the daughter of Richard and Jan Abbott of Weems and Hassman is the daughter of Doug and Corey Hassman of Kilmarnock.



Sadie McCoy and Jakera Turner of Heathsville read while they wait.



Picking a winner

From left, Lancaster County Virginia Education Foundation board member Traci Ford and her son, Nicklaus, pick the winning ticket in a recent raffle. The winner, Taylor Nelson, received four tickets to see “Wicked” in Richmond.

JEWELRY FACTS

BY ROSS CHRISTIANSEN



How do you know if a diamond is worth the price? The cost of a diamond hinges on four factors: cut, color, clarity and carat weight. While carat weight is easily determined by putting a diamond on a scale, the other factors are both subtle and subjective. For people buying relatively large stones . . . near one carat or heavier . . . there are laboratories that issue reports on individual stones, certifying all pertinent specifications and, in some cases, the origin of the stone.

Don’t buy diamonds without assistance from someone who knows gemstones, we are your local experts who can assist you.

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Come visit and see the future!
Now scheduling observations and accepting applications for fall 2014 enrollment.

LMS lists highest honors

Lancaster Middle School recently announced its highest honors roll (straight As) for the third quarter of the 2013-14 academic session.

Fourth-graders on the honor roll are Kaylee Donovan, Michael Foulkes, Joseph Kellum, William McGee, Olivia Saunders, Hailey Smith, William Stickler and Elizabeth Woolard.

Fifth-graders on the honor roll are Tabitha Baugh, Olivia Brocklebank, Chloe Fridley, Marshall Lee, Grace Orer, Daniel Smith, Amanda Steensma and Katherine Thomas.

Sixth-graders on the honor roll are Courtney Croasdale, Virginia DeMario, Matthew Haydon, Riley Molineaux, Carlos Norris, Sydney Price, Corey Smith and Hannah Wilmer.

Seventh-graders on the honor roll are Whitney Barrack, Latney Hodges and Kaeli McGrath.

Eighth-graders on the honor roll are Katelynn Dawson, Sheridan Ford and Lucy Washington.



Dancing for Disney

Lancaster and Northumberland students of Miss Linda's School of Dance recently returned from a Florida tour where they performed on a Walt Disney World stage. The trip marked the 14th year the Disney Performing Arts program has invited Miss Linda's School of Dance. From left are (front row) Maggie Haynes, Paige Forrester, Destiny Boles, Macie DeLuke, Dallas Walker, Emily Rice, Mary Logan Hill, Rachel Rice, Libbie Perkins, Kylie Ewell and Celden Hornsmith; (next row) Olivia Saunders, Angela Hundley, Andrew Hill, Jaylenn Carter, Ryleigh Hornsmith, Ashley Deagle, Isabelle Busch and Sheena Johns; (next row) MacKenzie Hilton, Daniela Gonzalez, Leighann Humphries, Maria Ogg, Alexis Thompson, Linda Betz-Coffield and Bristol Barnes.

Grace Episcopal Church announces scholarships

The scholarship committee at Grace Episcopal Church in Kilmarnock invites graduating seniors from Lancaster High School, active members of Grace Church and/or current recipients of scholarships from Grace to apply for the 2014-15 school year.

According to committee member Poppy Cockrell, scholarship funds are available for undergraduate studies at state-supported colleges or universities in Virginia. Completed applications are due in the Grace

Church office by July 1.

The committee will review all applications submitted by July 1 and students applying later than this date will be considered only if funds remain, said Cockrell.

Current recipients of Grace Church scholarships must re-apply by July 1 to be considered for renewal of scholarship funds, she said.

Applications are available at the Lancaster High School guidance office or the Grace Church office, 303 South Main Street, Kilmarnock.

LHS posts highest honors

Lancaster High School recently announced its highest honors honor roll (straight As) for the third quarter of the 2013-14 academic session.

Freshmen on the honor roll are Destiny Carter, Mary Frere, Johnston Kemp, Wyatt McCranie and Vilesha Waller.

Sophomores on the honor roll are Caroline Beck, Skylar Dixon, Keondra Jenkins, Nancy-Jane McClain, Alexander Nelson, John Richardson, Allison Savoy, William Smith, Tanner Steensma and Robert West.

Seniors on the honor roll are Hannah Richardson, Laura Smith, Kenosha Stewart and Zachary Benton.

More School News on pages D4-5

SCHOOL REPORTS

■ Lifelong crusades

Historian Jon Stallard will teach "Fighting for the Cross: A Short Overview of the Crusades," a Rappahannock Institute for Lifelong Learning course, from 1 to 3 p.m. May 9, 16 and 23 at Rappahannock Community College, 52 Campus Drive, Warsaw.

Advance registration is required with a tuition payment of \$35. To register, contact Sharon Drotleff at the Rappahannock Community College Educational Foundation office, 333-6707, 877-722-3679, or sdrotleff@rappahannock.edu.

■ Lifelong religion

Foundation for Historic Christ Church education director and curator Robert Teagle will teach "Religion and the Founding Fathers," a Rappahannock Institute for Lifelong Learning course, from 1 to 3 p.m. May 7, 14 and 21 at Christ Church, 420 Christ Church Road, Weems.

Advance registration is required with a tuition payment of \$35. To register, contact Sharon Drotleff at the Rappahannock Community College Educational Foundation office, 333-6707, 877-722-3679, or sdrotleff@rappahannock.edu.

■ W&M banquet

William & Mary's Lower Northern Neck alumni chapter will gather for a spring banquet from 6 to 8 p.m. May 8 at Indian Creek Yacht and Country Club, 362 Club Drive, Kilmarnock. Dr. Aaron De Groft, Class of 1988, from the Muscarelle Museum of Art will be the guest speaker.

Alumni and friends will enjoy a buffet featuring fried oysters and stuffed chicken breast. The fee will be \$30 for dues-payers, \$35 for others, cash bar. To register, call Carol Hughes, 438-5739.

■ Youth night

Friendship Community House, 549 Chesapeake Drive, will host a Youth Fun Friday event from 7 to 9:30 p.m. May 9 for ages 10 to 15. The fun includes music, crafts, games and refreshments.

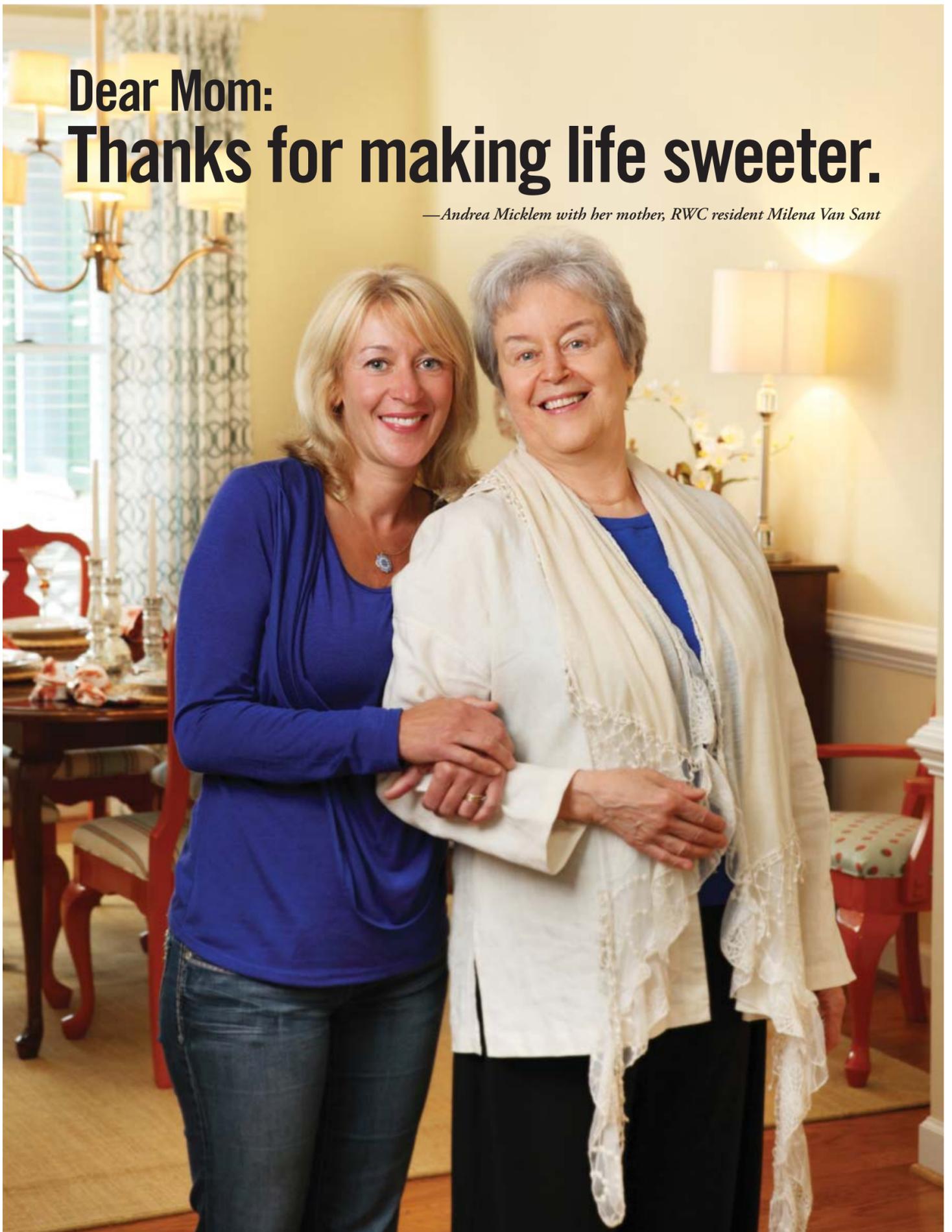
■ Nurturing parents

Middle Peninsula Northern Neck Community Services Board Prevention Services conducts ongoing Nurturing Parenting programs from 6:15 to 8:45 p.m. Tuesdays at the MPNNCSB MH/SA Administration Office, Saluda, and 6 p.m. to 8:30 p.m. Mondays at the Warsaw Counseling Center, Warsaw.

Pre-registration is required. Fees are \$20 (Handbook) and \$20 per person/per session, or \$35 for couples. The 15-week program takes place year round and parents can enroll in the classes at any time. To register, call 804-642-5402, or 1-888-773-8550.

Dear Mom: Thanks for making life sweeter.

—Andrea Micklem with her mother, RWC resident Milena Van Sant



Did you know that the U.S. holiday of Mother's Day is 100 years old this year? The credit goes to Anna M. Jarvis, who campaigned for a day to honor mothers after her own mother passed away. In 1914, President Woodrow Wilson made the official announcement proclaiming Mother's Day as a national holiday. So, from Rappahannock Westminster-Canterbury to Milena Van Sant and all our resident mothers, may every day be Mother's Day.



Rappahannock
Westminister-Canterbury
Embrace life on your terms.



Grayland Horn of Northern Neck ACE



Valerie Moore of Hometown Rentals



Terri Thaxton of Objects, Art and More

More businesses add to yard sale

The Grace Church Yard Sale will be held from 8 a.m. to noon May 3 at Camp Kekoka, 1083 Boys Camp Road, Kilmarnock. Publicity and procurement chairman Judy Ripley this week announced additional items have been contributed by Northern Neck Ace Hardware of Kilmarnock, Objects of Irvington and Hometown Rentals of Kilmarnock.

Proceeds from the annual sale and auction are given back to the community, said Ripley. An auction catalog is posted at graceepiscopalkilmarnock.com.

Shuttle service will be available throughout the morning between the Grace Church parking lot, 303 South Main Street, Kilmarnock and Camp Kekoka.

Barter service to begin operations

A free service for gardeners will begin May 8 in Kilmarnock. Barter Your Bounty is now organizing in the Kilmarnock area.

At 5:30 p.m. on Thursdays, beginning May 8, Barter Your Bounty will convene in the Kilmarnock Office Park parking lot on South Main Street near Boys Camp Road.

Barter Your Bounty will allow gardeners, bakers, fishers, and others to trade surplus with others, said co-founder

Charlene Talcott.

"A person may have a bumper crop from the garden that someone else would love to have. The gardener can come to the swap and trade for other food products such as eggs, honey, herbs or baked goods," explained Talcott.

"Someone else may have started a whole packet of seeds and have 50 tomato plants when only 10 are needed, and can trade with others who would love to have those bed-

ding plants," she said. "So far, people have expressed an interest in bringing eggs, asparagus and crabs, but we don't know what will show up at the swap."

There is no charge to participate—just bring something to barter. A Facebook page has been established (facebook.com/groups/234488546757851/) where people can ask questions or post items they want to bring, said Talcott.

Eastern Virginia Bankshares Inc. releases first quarter 2014 results

Eastern Virginia Bankshares Inc., the holding company of EVB, recently reported results of operations for the three months ended March 31, 2014.

Net income available to common shareholders was \$1.5 million, or \$0.09 per diluted share, compared to net income of \$704,000, or \$0.12 per diluted share during the same period of 2013. For the three months ended March 31, 2014, the company reported net income of \$2.0 million, an increase of \$916,000 over the net income of \$1.1 million reported for the same period of 2013.

The company's results continue to be positively impacted by the extinguishment of long-term Federal Home Loan Bank advances in the third quarter of 2013. The prepayment of these advances has significantly improved the company's financial position and net interest margin as compared to the first quarter of 2013. The difference between net income and net income available to common shareholders is the effective dividend to the holders of the company's Series A Preferred Stock.

"I am very pleased to report that our company continues to show improved results, and for the first quarter of 2014 an 84.8% increase in our net income when compared to the same period last year," said president and chief executive officer Joe A. Shearin.

"The year over year improvement in our overall financial position and operating results is the result of our continued focus on our strategic plan, including improving our asset quality and strengthening our balance sheet through the execution of previously disclosed strategic initiatives," continued Shearin.

"During the first quarter of 2014, and as a result of our decision to prepay our long-term Federal Home Loan Bank advances during the third quarter of 2013, our net interest margin increased by 70 basis points and 7 basis points when compared to the first and fourth quarters of 2013, respectively," he said. "During the first quarter of 2014 we were able to reduce net charge-offs by 92.2% when compared to the prior year and continued to show improvement in our loan and asset quality metrics with reductions in nonperforming and classified assets of 25.4% and 10.8% during the period.

"Throughout the balance of 2014, we plan to continue evaluating and implementing deliberate strategies to further strengthen our financial condition, and we will use our strategic and financial flexibility to focus on growth and opportunities to increase the value of our company," he added.

"I am also very pleased with our announcement earlier this quarter regarding the termina-

tion of the informal memorandum of understanding with the Federal Reserve Bank of Richmond and the Virginia State Corporation Commission Bureau of Financial Institutions effective March 13, 2014," said Shearin. "The lifting of the informal memorandum of understanding marks the culmination of our hard work and execution of strategic initiatives over the last three years to improve asset quality, increase earnings, and strengthen the overall condition of the company and EVB by the board and the management team."

Highlights:

- Net interest margin (tax equivalent basis) increased 70 basis points to 3.93% for the three months ended March 31, 2014, compared to 3.23% for the same period in 2013.
- Nonperforming assets decreased \$3.0 million during the first quarter of 2014 to \$8.8 million, or 1.29% of total loans and other real estate owned ("OREO") at March 31, 2014, down from 1.80% at the end of the prior quarter.
- Net charge-offs decreased \$1.3 million to \$111,000 for the three months ended March 31, 2014, down from \$1.4 million for the same period in 2013.
- Provision for loan losses decreased to \$250,000 for the three months ended March 31, 2014, compared to \$600,000 for the same period in 2013.
- Increase in net interest income by \$1.2 million from the same period in 2013, principally due to a \$1.4 million decrease in interest expense.
- Gain on the sale of available for sale securities of \$380,000 resulting primarily from the sale of a portion of the company's previously impaired agency preferred securities (FNMA & FHLMC).
- Expenses related to FDIC insurance premiums of \$332,000, compared to \$587,000 for the same period in 2013.
- Expenses related to collection, repossession and OREO of \$67,000, compared to \$126,000 for the same period in 2013.
- Increase in the effective dividend on preferred stock by \$142,000 from the same period in 2013 due primarily to the dividend rate on the Company's Series A Preferred Stock increasing from 5% to 9% on January 9, 2014.

The return on average assets and return on average common shareholders' equity on an annualized basis, for the three months were 0.57% and 6.64%, respectively, compared to 0.26% and 3.75%, respectively, for the three months ended March 31, 2013.

Riverside Tappahannock Hospital to celebrate anniversary on May 3

For Riverside Tappahannock Hospital (RTH), 2014 marks two very important milestones for the hospital and community.

For half a century, the hospital has been a vital part of the community and for 25 years Riverside has been part of an ongoing commitment to improving the health and quality of life of the people in the Tappahannock and Northern Neck regions.

To celebrate this legacy of health, RTH invites the community to its campus, 618 Hospital Road, Tappahannock from 1 to 3 p.m. Saturday, May 3, to share in the history, see the changes that have taken place over that last 50 years, and learn what's in store for the future of the hospital.

The program will begin at 1:15 p.m. First District Rep. Rob Wittman is the guest speaker.

Originally named Tidewater Memorial Hospital, the facility opened in 1964 through a community fundraising effort and a partnership with the Seventh Day Adventist Church. It served the health care needs of the Tappahannock and Northern Neck regions over the next 25 years.

Riverside Health System acquired the hospital in 1989 and renamed it Riverside Tappahannock Hospital. During that time the hospital has grown in services offered and achieved several quality awards that rank the facility among the best in class. Little of the original structure remains recognizable or untouched as the facility has grown and evolved to meet the ever-changing health care needs of the community.

"As an example, diagnostic imaging has changed significantly over the years and Riverside has continually invested in technology in order to deliver the best care possible. At the same time, we have to invest in the facility in order to house everything," said vice president and administrator John Peterman. "Over the past few years we've added a digital mammography suite, an MRI, and we're also getting ready to install a brand new CT scanner."

"We're also experiencing changes in the health care system which will require us to once again look at how our hospital space is being utilized," continued Peterman. As our population ages, the services they need require changes to meet those needs, he said. We've done this by achieving NICHE certification for our care of the elderly. We're also seeing more and more procedures are being done on an outpatient basis and we are in the process of redesigning our facility to meet this changing care delivery model."

Next on the horizon are completely renovated, private hospital rooms, he said. Just as the hospital needed community involvement to be built, the community has stepped up when asked to support the hospital during their Building a Better Place to Heal Capital Campaign. Riverside Health System has committed to matching whatever funds are raised during the campaign.

"For the past three years, we have been fundraising in order to make this goal a reality and I think people are going to be very excited when they see what's in store on May 3," said Peterman.

This anniversary event is free and open to the public. Call 443-6175, or visit riversideonline.com/celebration to reserve a seat.

Fall Festival announces advertising opportunity

The 19th annual Fairfields Fall Festival committee is seeking advertisers for the 2014 festival brochure.

The festival, sponsored by Fairfields UMC, will be held October 11 on the church grounds, 14741 Northumberland Highway, Burgess.

Each year the festival committee donates back to the community the proceeds from the festival, reported Bob Matthews. Part of these funds come from the ads that are sold to local merchants and patrons and distributed in a printed booklet.

"We encourage all recipients to use the booklet as 'yellow pages' and to support the advertisers," said Matthews.

The deadline is May 15. The fee is \$100 for a full page, 4-3/8" x 7-3/8;" \$50 for a half-page, and \$25 for a quarter page.

For an application, contact Anne Holland at 580-4455, or jmanhld@hughes.net.

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Bank of America.....	14.95
Dominion Resources	72.74
Eastern VA Bank Shares...6.75	
Exxon Mobil.....	101.17
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Riverside Spotlight on Services Riverside Wellness and Fitness Center

Shockwave. TRX. Tabata. Not sure what those words even mean? That's ok. These, and more, make up the core of the Riverside Wellness and Fitness Center's group exercise programs. They're new, and in many circles, considered cutting edge. Take Shockwave - the fast paced rowing machine circuit workout. In December, the Wellness Center became the first in the state to offer what the media dubbed "the most efficient total body workout."

"It's great to stay on the cutting edge, and we are very proud of that, but we're also proud that we don't just take everything that's new," said Valerie Morgan, the center's Group Exercise and Personal Training Coordinator. "It has to make sense. It has to be safe. It can't just be a fad. It has to be here to stay."

Shockwave, TRX and Tabata are new and cool and cutting edge. And that's great. But they also carry Morgan's stamp of approval. "I evaluate each new program that comes in," she said. "You should have seen me when we started offering yoga. We studied it for a long time before we started offering it to our members." She has to. Not only do the Wellness Center members come from several counties to workout and vary in ages, but Morgan knows, especially based on her background she owes it to them. "I mean, we have a member in their 70s taking Shockwave," Morgan said. "What does that tell you?"

Morgan is certified by, among others, the American Council on Exercise and National Strength and Conditioning Association, and has taught group exercise for more than three decades, 25 years of which have been at the Wellness Center. She's seen fads come and go. She's watched people set and make their goals. And she knows a good thing when she sees it.

Located on the campus of Riverside Walter Reed Hospital, Riverside's Middle Peninsula Wellness and Fitness Center features strength training and cardio equipment, pool, track, racquetball, basketball, tennis and volleyball courts, and a group exercise floor. To learn more about the services offered or to see the group exercise schedule visit us online at www.riversideonline.com/rwfc/middle-peninsula or call 693-8888.



Riverside Wellness and Fitness Center, comprehensive healthcare right here at home...part of Riverside's mission to care for others as we would care for those we love.

riversideonline.com



From left, Charlotte Budding, Betty Taylor and Rich Kantor sort through donations for the sidewalk sale.

Rappahannock Art League to hold a sidewalk sale May 3

The Rappahannock Art League will hold a sidewalk sale May 3 at the Studio Gallery, 19 North Main, Kilmarnock.

"Since this is also Shop Local Day, we are looking forward to many people being in town to take advantage of Shop Local activities," said event chairman Chrissy Hardin.

Items include framed or unframed paintings and prints, frames, art supplies and objets d'art. There will be smaller, less expensive art and crafts such as those found in the gift and holiday shops.

The gallery also will offer a \$100 gift certificate as a door prize



Katie Reynolds

Carousel will host seminar for women

Many women suffer from pelvic pain and urinary incontinence at some point in their lives, and most women do not take the steps to address this.

Katie Reynolds, P.T., D.P.T., and Carousel Physical Therapy's Women's Health specialist, will speak on the importance of why women need to listen to their bodies and why it is important not to ignore symptoms of pelvic floor dysfunction, and how pelvic rehabilitation can help.

The seminar will be held from noon to 1 p.m. May 14 at Bay Center for Spiritual Healing, 31 Noblett Lane, Kilmarnock. R.S.V.P. by May 9 to 435-3435, or carousel@verizon.net.

"Women's Health issues are very common; recent studies show over 40% of the population has some form of urinary incontinence, and 20% suffer from pelvic pain. So, we feel that National Women's Health week is the perfect opportunity to reach out to women to get them to understand what it means to be well, and put their needs first," said Reynolds.

Beehive grant funds available through June

With the advance of colony collapse disorder, other diseases and pest challenges like mites, life has been difficult for honey bees in America—and for the beekeepers trying to raise them.

Assistance for establishing new hives in Virginia is available through the state's Beehive Grant Fund.

Any individual who purchases a new hive or purchases materials or supplies to construct a new hive can apply for a grant. Each grant will be in the amount of actual expenses incurred for the purchase of items to establish a new hive, up to \$200 per hive, not to exceed \$2,400 per individual per year.

Bees are essential to much of U.S. agriculture. If they are not present to pollinate plants, crop production begins to decrease.

"We know the impact that (losing) these bees can cause," said Keith Tignor, Virginia's state apiarist. "We have seen it in other countries."

Virginia crops pollinated by bees include apples, peaches, wine grapes and alfalfa hay.

Guidelines for the beehive grant program are available at vdacs.virginia.gov. Applications must be fully completed and include receipts from supply purchases. The grant period for fiscal year 2014 ends June 30.

BUSINESS BRIEF

■ Sign up

Eligible farmers and ranchers can now sign up for U.S. Department of Agriculture disaster assistance programs restored by passage of the 2014 Farm Bill. Depending on the size and type of farm, eligible producers can enroll in one of four programs administered by the Farm Service Agency.

To sign up for the Livestock Forage Disaster Program, Livestock Indemnity Program, the Emergency Assistance for Livestock, Honeybees and Farm-Raised Fish Program or the Tree Assistance Program for Orchards and Nursery Tree Growers, visit any FSA office, USDA Service Center, or fsa.usdago/FSA.

Light is promoted to president at Chesapeake Trust Company

Chesapeake Investment Group recently announced Jean H. Light was promoted to president of Chesapeake Trust Company at a recent board of directors meeting.

Light began her career with Chesapeake Trust Company in November 1981 and over the years has served as assistant trust officer, trust officer and senior vice president/trust officer.

"Jean has been an instrumental part of our trust department in helping clients with their trust and estate planning needs," said Chesapeake Investment Group president John Sadler. "She does a great job understanding each individual client's needs and putting the appropriate plans in place to realize their goals."

"I have enjoyed serving all of my years here in the Trust Division, and helping many families work through difficult situations while continuing to meet their goals," said Light. "It is a pleasure to work with the best wealth and trust management team in the Northern Neck, Middle Peninsula and Williamsburg markets."



Jean H. Light

Light has completed Southeastern Trust School at Campbell University; Trust and Graduate Trust Schools at the University of North Carolina; ABA National Trust School at Emory University; Virginia Commonwealth University School of Business, Financial Planning; and the VBA Executive Leadership Program.

She volunteers on the boards of Partners for Lancaster County Schools Foundation; vice chairman, Rappahannock Westminster-Canterbury; The Ben D. Conley Charitable and Educational Foundation; and rear commodore, Indian Creek Yacht and Country Club. She is also the founder and a current advisory board member of the Richmond County Museum.

Light enjoys sailing aboard *Odyssea V*, gardening, kayaking, cooking and scrapbooking.

She and her husband, Tom, have five children living in North Carolina and Virginia, a three-year-old grandson and another one on the way.

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Shop Local Day is May 3rd.



Chesapeake Bank and Lancaster By the Bay Chamber of Commerce invite you to join us for Shop Local Day on May 3. Participating merchants displaying The Buck Stays Here™ decal will be offering hard-to-resist bargains and special incentives.

Ready to make your customized Shop Local Day shopping list? Go to blog.chesbank.com. Select the "For Shoppers" tab to preview all the merchant offers. Then, start creating your personal shopping itinerary by selecting from specific categories, like Art & Antiques or Clothing & Accessories. Choose your preferred location, like Lancaster County. Next, print out your list and shop like you mean it. Some merchants will be extending their offers, so be sure to read each one carefully to get all the details. And, if you're serious about shopping, you're going to need the right gear. Pick up your free Shop Local shopping bag at any Chesapeake Bank branch or Chamber office.

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Helping the prom

The Cooperative Helping Hands Association recently presented a monetary donation to the Lancaster High School prom. From left are member Steve Smith, student Lexi Smith and junior class prom sponsors Lynette Pewett and Chris Gresham. The Cooperative Helping Hands Association is the fundraising organization created by Northern Neck Electric Cooperative's employees to support the community. The cooperative also donated five cases of bottled water for the event.

Extension compiling stories for centennial

This year Virginia Cooperative Extension and the national Extension system are turning 100 years old. Activities are being planned throughout the commonwealth to mark the 100th anniversary of the Smith-Lever Act, which officially established the National Cooperative Extension System.

A Virginia Cooperative Extension Day will be celebrated May 8, and other events are being organized to recognize Extension volunteers.

To help mark the centennial, Virginia Cooperative Extension is compiling stories and photos from individuals who have benefited from Extension programs. Details are available at ext.vt.edu. Virginia Farm Bureau has been

a proponent of Extension funding in the General Assembly for years, noted director of commodity services Spencer Neale.

"Cooperative Extension touches many people of all ages throughout our society, not only in rural areas through its outreach to farmers and its youth livestock and equine activities, but also people in urban and city settings through its family and consumer services, community viability activities and the Master Gardener program," said Neale.

"It also provides a direct link in taking university research and applying it in meaningful and effective ways throughout the state," he said. "Farm Bureau has a long history of partnering with Extension, and we look forward to that continued bond for the next 100 years."



Tasty fundraiser

The Rappahannock General Hospital Cancer Center recently sponsored a staff bake sale to raise funds for the Lancaster-Northumberland Relay for Life. Above are some of the employees who donated and purchased baked goods to help raise over \$500 for the event.

CMG names Dreelin employee of the quarter

Lynne Dreelin has been selected as Chesapeake Medical Group's Employee of the Quarter for April.

Dreelin is a patient service representative in the Hartfield Family Practice office and has been with CMG since April 2007.

She lives in Middlesex County with her husband, Mike. They have two sons, Travis and Ryan, who live in Northern Virginia, along with granddaughters Chloe, 3, and Sophia, 17 months.

In her free time, she enjoys quilting, reading, camping, gardening and traveling- which is often shared with her granddaughters, said marketing and public relations coordinator Joanna Marchetti. She is a great representative of the CMG team.

CMG is most fortunate to have her as part of the team, added Marchetti.



Lynne Dreelin

BUSINESS BRIEFS

Parade of Homes by the Bay

The Lancaster by the Bay Chamber of Commerce will host the Parade of Homes by the Bay on May 30 and 31. The parade of homes will showcase the work of builders, tradesmen and related vendors.

The event will be held from 10 a.m. to 6 p.m. May 30, and 10 a.m. to 5 p.m. on May 31. Advance registration through May 29 at \$20 per person. Register at lancasterva.com/events; the Lancaster By the Bay Chamber of Commerce, 129 South Main Street, Kilmarnock, or the Bank of Lancaster main branch, 100 South Main Street, Kilmarnock.

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Home Builders Association meets at Noblett Appliances

Noblett Appliances and Propane recently hosted the monthly meeting of the Home Builders Association of the Rappahannock (HBAR).

Associate member Joe Hudnall and staff opened their Main Street showroom to 50 association members and guests.

"After a lively meet and greet, we were introduced to Betty O'Neill," reported president Michael Harvey. "Betty is the Wolf and Sub-Zero Appliance representative from Richmond. Using the incredible Wolf equipment in Noblett's showroom,

Betty prepared a feast of hors d'oeuvres, shrimp, pastas and incredible desserts. We thought that we were going to have light finger foods and instead we were treated to an incredible array of foods that you would expect from a gourmet restaurant."

She explained that Sub-Zero, famous for high-end appliances, acquired the Wolf brand about 10 years ago. Noblett has carried the two product lines for the same time period, said Harvey. Several of the contractors at the meeting have installed Wolf ovens and

ranges in customers' homes with tremendous results.

"I think that all of us were really taken with the Steam Microwave that cooked five pounds of shrimp in eight minutes to absolute perfection," he said. Everyone had a wonderful time at this meeting. Joe provided everything for a great evening including several very nice door prizes. Marian, Peggy and Dennis made us feel very welcome."

This is what the HBAR is about—members working with members to support the building industry, added Harvey.



From left are Michael Harvey and Joe Hudnall.

BUSINESS BRIEFS

Computer workshops

Various computer training workshops will be held at 1:30 p.m. on Tuesdays through June 3 at the Northumberland Public Library, 7204 Northumberland Highway, Heathsville.

Basic computer training will be offered May 6; resume building, May 13; iPad training, May 20; and eBooks and tablet training, June 3. To register, visit the library or call 580-5051.

Website management

The University of Mary Washington Small Business Development Center (SBDC) Warsaw office will offer a website management workshop from 1 to 3 p.m. Monday, May 5, at the Warsaw office, 479 Main Street, Warsaw.

The registration deadline is May 2. The registration fee is \$20. Call Bonnie Haywood at 333-0286, or email bhaywood@umw.edu.

Shop Local Day

The fourth annual Shop Local Day, sponsored by Chesapeake Bank, is slated May 3. Working closely with area Chambers of Commerce, Chesapeake Bank is reaching out to merchants, encouraging them to participate by displaying The Buck Stays Here decal in shop windows and offering special incentives to shoppers.

To sign up for Shop Local Day, businesses may go to blog.chesbank.com, contact Chesapeake Bank at 800-434-1181, or email banklocal@chesbank.com.



Writers meet

Reeve Lindbergh, youngest daughter of Charles and Ann Morrow Lindbergh, spoke at the Chesapeake Bay Writer's April 23 dinner meeting at Distinction Catering in Hayes. She spoke about how she began her writing career and told some family anecdotes. She is the author of two family memoirs, books of essays and poetry, and a number of children's books. From left are Mary Ann Carr, Lindbergh, Jane Cutler and Martha Ann King.

Old books

The Northumberland Public Library's Ye Olde Book Shoppe, 7072 Northumberland Highway, Heathsville, is open from 9 a.m. to 5 p.m. Thursdays and Fridays and 9 a.m. to 2 p.m. Saturdays.

Prices range from 50 cents for paperbacks and children's books to \$3 for new hardcover books and \$2 for older ones. Antique books, coffee table books and sets of more than one volume typically cost \$5.

Information technology

Genius Izaak will provide free information technology assistance from 3:30 to 4:30 p.m. Wednesdays May 7, 14, 21 and 28 at the Northumberland Public Library, 7204 Northumberland Highway, Heathsville. Bring electronic devices, including cell phones.

Grain stocks

Virginia corn stocks stored off the farm on December 1, 2013, totaled 8.9 million bushels compared to 8.7 million bushels on December 1, 2012, according to the USDA National Agricultural Statistics Service.

Virginia wheat stocks stored off the farm totaled 5.13 million bushels and 5.73 million bushels, respectively.

Marketing plan

The University of Mary Washington Small Business Development Center (SBDC) Warsaw office will offer a marketing plan workshop from 6 to 8 p.m. May 8 at the Northern Neck Small Business Incubator, Heathsville.

The registration deadline is May 5. The registration fee is \$20. Call Bonnie Haywood at 333-0286, or email bhaywood@umw.edu.



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- Lamberth Building Materials
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- Left Bank Gallery
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- Lewis General Repair, Inc.
- Lighthouse Thai & French Cuisine Restaurant
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