

Rappahannock Record

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75¢ Volume 98 No. 14

Thursday, January 15, 2015

www.rrecord.com



Polar plunge raises \$5,200

Brave participants at Camp Kekoka's sixth annual Freezin' for a Reason Polar Bear Plunge enter the near-freezing waters of Indian Creek January 10. The weather was clear, windy and cold at 28 degrees. Friends and supporters waited on shore with towels, blankets and coats. Camp executive Cassie Leichty said 20 plungers participated, raising \$5,200 for the camp's Guardian Program. Photo by Renss Greene

Otis Polk Sr. dies, served on planning commission

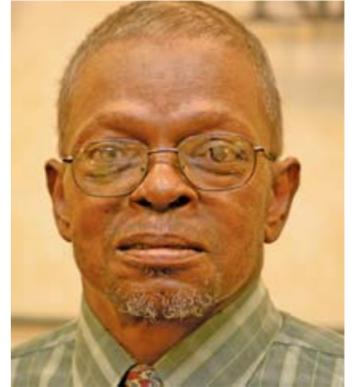
by Renss Greene

KILMARNOCK—Kilmarnock Planning Commission member Otis Polk Sr. died on the morning of January 12, according to town manager Tom Saunders.

Polk was appointed to the planning commission in July 2014 to fill a vacancy left by town council elections.

"Otis was new to the commission, but he had lots of enthusiasm and sincere love of the town," said commission chairman Lindsay Gardner.

Arrangements were not available at press time.



Otis Polk

White Stone council meets without quorum

by Renss Greene

WHITE STONE—The White Stone Town Council was unable to achieve a quorum for its January 7 meeting.

In attendance were mayor Randy Reeves and council members Irving Brittingham and William Hubbard. Winter illness kept most of the council away—deputy mayor David Jones and council members Kelli Moss and Joe Sliakis all said they were sick. Council member Blair Kenyon said he stayed home to take care of an ill child, and member Jennifer Hodges said that because she was ill at the previous meeting, she did not know that January's meeting had been rescheduled.

Without at least four council members in attendance, the council could not vote, but continued with an informational session.

Reeves announced his council committee chairs, including William Hubbard, budget and finance committee;

Blair Kenyon, public safety; David Jones, building and external; Irving Brittingham, special assignments; and Jennifer Hodges, flags and Christmas lighting. The committee chairmen will appoint committee members.

Town manager Pat Frere also updated the council on the town's revitalization project. As part of an application for a planning grant, Frere said he has met with the planning district commission. The town tentatively plans to hold a community meeting February 3 on the project.

The town also is adopting rules to come in line with requirements for receiving federal grants. These include a non-discrimination policy, a drug-free workplace policy, a fair housing certification, a business and employment plan that encourages the town to favor local business and lower income residents, handicap nondiscrimination regulations, and a grievance procedure if any of these

COUNCIL, continued on page A2

Lancaster to implement local alternative education program

by Audrey Thomasson

KILMARNOCK—The Lancaster school board on Monday voted unanimously to withdraw its participation in the Northern Neck Regional Alternative Education program in Warsaw starting with the September 2015 term.

While praising the Warsaw school and the efforts of the school director Todd Davis, superintendent Steven Parker said the increasing costs of continued participation were driving their decision. He recommended the district start its own local alternative school.

"We will save \$100,000, at least," Parker said. "We'll save \$30,000 in transportation and \$70,000 in personnel..."

Assistant superintendent Dan Russell told the board the district's initial plan for a local alternative school is to open a "distance learning model" featuring web-based learning from 3:45 to 5:45 p.m. Wednesdays and Thursdays at Lancaster High School

with students studying from home in between.

The motion to withdraw from the Warsaw school was made by District 4 member Patrick McCranie. The vote was 5-0.

In other action, the board approved moving forward on the proposed 2015-16 Capital Improvement Budget that includes acquisition and renovation of the Lancaster Community Library on School Street for an Early Childhood Education Program, the purchase of two new school buses, and the final phase replacement of heating, ventilation and air conditioning systems at the middle school.

Also, the district was awarded an \$80,000 security grant which must have a \$20,000 match by the county. The board approved moving the request forward to supervisors.

Members set dates for board and public input into the school budget planning process. All meetings and work sessions will begin at 6:30 p.m. A budget work session will be held January 19 at the school board office.

A related public hearing will be held January 26 at the middle school. A vote on the budget will be held February 9 at the school board meeting. The budget will be forwarded to board of supervisors for its February 26 meeting.

"We'd like early passage of the budget in order to recruit and maintain the best teachers," said Parker. "We want contracts out by early May—before they've gone somewhere else."



Ice, wind and sun

Old Man Winter struck a cold blow to the Northern Neck last week, and frigid weather has continued. This scene was captured at the Cedar Point subdivision in Weems on the Rappahannock River near the mouth of the Corrotoman River. A wintry mix of snow, sleet and freezing rain invaded the area this week and icy conditions led to the closing of schools and other cancellations Wednesday. Photo by Donna Lofton

Share your song of bliss

The Rappahannock Record in Kilmarnock and Southside Sentinel in Urbanna will publish Bliss, an annual bridal supplement, on January 29 and would like to include stories from their readers about their special wedding song.

You may share what song you and your spouse chose for your first dance and why. What made it "your" song? Did you take dance lessons before the wedding? Was it the song the two of you heard on your first date? Was it the song your parents danced to at their reception?

Tell us about any special song that was performed at your wedding ceremony and why it was chosen.

Share your story in 100 words or less and send us a photo. Please include the names of everyone in the photo and contact information in case we have a question.

Submit your story by January 21 to editor@rapprecord.com, or Rappahannock Record, P.O. Box 400, Kilmarnock VA 22482, or bring it by the office at 27 North Main Street, Kilmarnock.



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www.RRecord.com

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General Managers
Robert D. Mason Jr., Editor

J.E. Currell, Publisher, 1927-1993

Published weekly except Christmas week at Kilmarnock, Lancaster Co., VA
Periodicals Postage Paid at Kilmarnock, VA 22482 and additional mailing offices.
Postmaster: Send address changes to the Rappahannock Record, P.O. Box 400, Kilmarnock, VA 22482-0400

Subscriptions (payable in advance): \$27 per year in the Northern Neck and Middlesex County; \$37 per year elsewhere.
Single copy: \$.75.

Member: Virginia Press Association and National Newspaper Association



Printed on recycled paper.
All items submitted for publication are subject to inclusion in digital or other electronic formats for use in other Rappahannock Record products.

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Ronnie Jett



Richard Haynie

Northumberland supervisors re-elect leaders to new terms

by Renss Greene

HEATHSVILLE—The Northumberland board of supervisors at its annual organizational meeting January 8 unanimously re-elected its chairman and vice chairman.

Longtime board members Ronnie Jett and Richard Haynie will continue to serve as chairman and vice chairman, respectively.

"The chairman is just a title, is all it is," said Jett, thanking the other board members for their support. "Some people think it has more authority, but it doesn't. We're just all

equal on this board."

The board also adopted its schedule and by-laws for 2015, which were unchanged from last year. The board will continue to meet at 5 p.m. on second Thursdays in the Northumberland Courts Building, 39 Judicial Place, Heathsville. Public hearings will begin at 7 p.m.

In other business, the board appointed two new members to the Board of Zoning Appeals. The board appointed Mike Vaughn from District 1 and Albert Penley from District 4. Penley will continue to serve on the planning commission as well.

The Agenda

Local Government News

IRVINGTON—A town meeting will be held at 6:30 p.m. tonight, January 15, to inform residents of future plans at The Tides Inn. The meeting will be held at Irvington Baptist Church, 53 King Carter Drive, Irvington.

Mark Grenoble, who heads the parent companies of The Tides Inn, will give a presentation on future plans for change and development and the impact on the community.

LANCASTER—There will be a public information session on the proposed public boat ramp at Windmill Point Marina during tonight's meeting of the Lancaster planning commission.

The meeting begins at 7 p.m. in the County Administration Building, 8311 Mary Ball Road, Lancaster.

County planning and land use director Don Gill will brief the commission on events that have occurred to date, including the lease agreement, grant application and award of \$150,000 by the Virginia Department of Game and Inland Fisheries.

HEATHSVILLE—The Northumberland planning commission will meet at 7 p.m. tonight, January 15, in the Northumberland Courts Building, 39 Judicial Place, Heathsville.

The commission will hear updates and reports from county staff. There are no public hearings scheduled.

Council

continued from page A1

rules are violated. Frere said these laws mirror policies the town already practices.

Some of these policies can be enacted with Frere's signature. The council will have to vote on the nondiscrimination policy, the fair housing certification and the grievance procedure at its next meeting.

Dr. Westbrook, McCann keep school board posts in Lancaster

by Audrey Thomasson

KILMARNOCK—The Lancaster County School Board began the new year January 12 with an organizational meeting.

District 5 member Dr. Robert Westbrook was elected chairman for a second consecutive year.

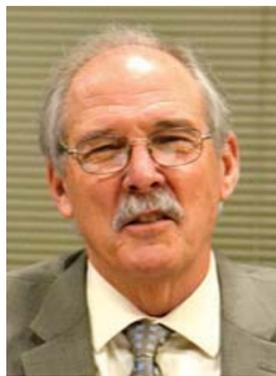
District 1 member Robert Smart nominated Westbrook. District 3 member Don McCann seconded the nomination.

Westbrook nominated McCann as vice chairman, seconded by District 4 member Patrick McCranie. The vote was 5-0.

"It's been a year since I joined this board," said Westbrook after his election. "It's been a good year, thanks to Sandy Spears and Steven Parker."

Deborah Pullium was re-elected clerk of the board with Jennifer Benson as deputy clerk.

Westbrook will continue on the Northern Neck Regional Special Education and Alternative Education boards. He will begin serving as the delegate to the Virginia



Dr. Robert Westbrook



Don McCann

School Board Association with Smart serving as alternate.

McCann will continue on the boards of the Northern Neck Regional Technical Education and Partners for Lancaster School Foundation.

District 2 member Ella Davis will continue on the Chesapeake Bay Governor's School board.

Assistant school superintendent Dan Russell was authorized to act in the absence of the superintendent for approval of monthly bills and payroll.

School board meetings will continue to be held at 6:30 p.m. the second Monday of each month in the media center of Lancaster Middle School, according to Westbrook.

Board endorses superintendent's textbook carryover funding plan

by Audrey Thomasson

KILMARNOCK—The Lancaster school district plans to take advantage of a recent "caboose bill" of the General Assembly that permits school divisions to carry forward to fiscal year 2015 any remaining fund balance from last year.

Lancaster superintendent Steven Parker asked the board for permission to ask the county to place textbook funding into a separate category in order to "roll over" unspent

textbook funds. Accumulating textbook funds would improve the district's purchasing power because they could buy more books at one time, he explained.

Parker referred the board to a letter from Steven R. Staples, superintendent of public instruction in Virginia, regarding the General Assembly's adopted budget which urges certain state and local funds to be carried over in fiscal 2015.

"Localities are encouraged to allow school boards to carry

over any unspent local allocations into the next fiscal year," Staples quoted in a May 30, 2014, letter. Specifically, the letter points to a provision that states, in part, "School divisions are permitted to carry forward any remaining balance of textbook funds until the funds are expended for a qualifying purpose."

Previously, under the Code of Virginia, school boards were required to return unexpended state funds to the Commonwealth and local funds to the county at the end of the fiscal year.

School board chairman Dr. Robert Westbrook asked for clarification on the bill.

"It seems textbooks is just part of it," he said.

Parker explained he was specifically requesting to separate textbooks from the operating budget in order to roll over that funding for better "buying" power.

The board gave its approval in a 5-0 vote.

Planning commission hears solar array idea

by Renss Greene

KILMARNOCK—The Kilmarnock Planning Commission on January 12 heard an idea for a solar array to bring money into the town budget.

Planning and zoning director Marshall Sebra mentioned the idea as a way to offset a small part of the cost of the planned town center park development.

He said the town may be able to lease unused property above an old landfill site to Dominion Virginia Power, depending on site suitability and acreage. The property is off Fox Hill Drive.

According to Dominion, the Solar Partnership Program is a pilot program to set up solar facilities to both generate power and expand the company's understanding of community-based solar. Dominion expects to install up to 30 megawatts of solar facilities on leases which it expects to last around 20 years.



Chairman Lindsay Gardner hears planning and zoning director Marshall Sebra's idea to lease unused town property for a solar facility.

Sebra said the old landfill property, which is wooded and hilly, has little value to the town now.

"It's not like we could put it on the market and somebody would snatch it up," Sebra said. "It can't be built upon."

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Rescue squad audit completed, investigation continues

by Audrey Thomasson

KILMARNOCK—An independent forensic audit of the Kilmarnock Lancaster Volunteer Rescue Squad's finances has been completed and is in the hands of the squad's officers.

The nearly year-long audit is part of an investigation to safeguard

against possible embezzlement or mismanagement of funds. According to the squad's most recent tax returns, in 2012 it had some \$195,445 in savings and \$2,313,848 in financial investments with total assets of \$3,227,481.

County administrator Frank Pleva said the county contributed \$395,000 to the squad's operating fund in mile-

age reimbursements over the past five years, plus annual contributions of \$50,000. The squad also receives a donation for use of the squad's building as a voting precinct and from the state's Four for Life Program funds (from annual vehicle registration collections), said Pleva.

County officials requested the audit after a 2013 incident in which

a locked filing cabinet was forced open and a laptop computer was reported missing at the squad's headquarters on Harris Road. Chief of Police Mike Bedell reported the theft was most likely done by someone internally because there were no signs of forced entry. No charges have been filed in the case.

"These (audit) investigations take

a long time because there are a lot of documents to search," said Lt. John Ruffin of the Virginia State Police Bureau of Criminal Investigation, which is working the case with Kilmarnock police.

Over the next few months, investigators will review the auditor's report for any criminal or suspicious activity, he said.

SHERIFFS' REPORTS

Lancaster County Sheriff Ronnie Crockett this week reported charges against nine individuals.

Felonies

Marion D. Brown, 47, of Urbanna was charged January 8 with grand larceny (third or subsequent offense enhanced to a felony).

Jeannie C. Dunworth, 34, of Heathsville was charged January 9 with being a fugitive (felony) from Maryland since August 27 (all fugitive arrests are based on felony charges from the demanding state).

Misdemeanors

A Campbell Road man, 27, was charged January 6 with contempt of a juvenile court order.

A Weems Road man, 34, was charged January 7 with contempt of juvenile court.

A Fox Hill Drive man, 18, was charged January 7 with destruction of property valued at less than \$1,000.

A Heathsville man, 38, was charged January 9 with contempt of a Northumberland County court.

A Twin Branch Road man, 48, was charged January 10 with malicious wounding.

A Twin Branch Road man, 24, was charged January 11 with domestic destruction of property (\$520 damages).

A Gloucester man, 35, was charged January 11 with contempt of court (failure to appear on an original charge of shoplifting).

Activity Report

January 6: Staff received a larceny report from a Lively area convenience store (purse/wallet with cash, personal papers; \$940 loss); notified Northumberland authorities of a residential burglary call on Prentice Creek Road; responded to a possible attempted burglary call on James Wharf Road (no criminal incident; damage determined to have been caused by an animal), to a domestic disturbance (verbal only) on Oyster Way, and with Kilmarnock Police Department (KPD) to North Main Street on a report of a wanted person in the area; and assisted KPD with a traffic stop on James Jones Memorial Highway (possible wanted person from North Main Street).

January 7: Staff received a sexual assault report (no further information released in order to protect the victim and due to the nature of the investigation), and a motorist's complaint of a logging truck with no tail/brake lights in the Lara/Alfonso area (no units in position to intercept); and responded to a possible burglary of an outbuilding on Waverly Avenue (no criminal incident).

January 8: Staff received a walk-in request for a protective order (order issued by magistrate), and a walk-in complaint of mail tampering on Holgate Way; responded to a reckless driving complaint on Ring Farm Road (vehicle gone on arrival), to a mental health emergency/domestic disturbance on Shady Lane, and to a domestic disturbance on Chestnut Point Road; and notified the water utility company of a leak in the 5100 block of Mary Ball Road.

January 9: Staff responded to a possible burglary/prowler complaint on Twin Branch Road (no criminal incident; staff determined the wind rattled the door), to burglary call, just occurred, in the 8200 block of Jesse duPont Highway. (Northumberland authorities responded to assist; possible suspect vehicle intercepted by Northumberland County Sheriff's Office), with the Department of Social Services for an adult protection case on Wilson Lane; responded with KPD to a mental health emergency on North Main Street (subject agreed to be transported for emergency mental health services), and to an assault call on Twin Branch Road (EMS dispatched on officer's request; arrest reported on Jan. 10); received a walk-in complaint of vandalism in the 1100 block of King Carter Drive; recovered a wallet from the waste management staff at Nuttsville, and was able to return it to the owner; checked on the well-being of a Rocky Neck Road resident at the request of a concerned citizen (no emergency services needed); and notified NCSO of an E911 disconnect call that originated in the area of Browns Store Road and Jesse duPont Highway.

January 10: Staff responded to a prowler complaint in the 100 block of Lumberlost Road, with KPD to a fight call in the 100 block of Irvington Road (first officer on scene in 3 minutes; subjects were gone on arrival), with White Stone Police Department (WSPD) to a possible mental health emergency in the 6000 block of Windmill Point Road (subject damaged his own property; no criminal incident; subject did not meet criteria for emergency mental health services), with KPD to an assault call on School Street (complainant was referred to contact juvenile probation officer), and to a two-vehicle traffic crash in the 800 block of Pinckardsville Road; and notified Virginia Department of Transportation (VDOT) of a downed traffic control sign at Ice House and Sandlin drives.

January 11: Staff responded to a domestic disturbance on Brent Court (arrest reported above), and to an unauthorized use of a vehicle complaint on Mantua Road (complainant declined to prosecute); and received a report of broken pipes at the boat dock at Windmill Point

CRIME SOLVERS

The Lancaster County Crime Solvers seeks information on Priscilla Roxanne Browder.



Priscilla R. Browder

Browder, 29, is wanted for failure to appear in General District Court on January 7, 2015.

She is described as a black female with brown hair and green eyes. She is 5 feet 8 inches tall and weighs 300 pounds. Her last known address was 2967 Browns Store Road, Apartment C-9, Heathsville.

If you have information on Priscilla Browder, call Lancaster County Crime Solvers at 462-7463.

You will not have to give your name or appear in court. Crime Solvers pays rewards up to \$1,000 for information that is useful to law enforcement.

Call Crime Solvers if you have information on drug deals, dealers, stolen property, abuse to animals or persons, or any crime that has taken place or is taking place at this time. You do not have to give your name. This phone line is not recorded.

The Northumberland County Sheriff's Office seeks the help of the community regarding four recent incidents.

On or about the weekend of November 15-17, the building housing Belfield's Physical Therapy was vandalized. There were several holes in the building, possibly from a small caliber weapon.

On or about the weekend of December 12-15, Belfield's was again vandalized by someone shooting into the building.

On or about the weekend of December 5-8, a purse was taken from a vehicle. This incident occurred at the Old Courthouse or at Coan Stage Church. The purse contained items of various values.

On or about the night of December 11, a vehicle was burglarized in the Bay Quarter Shores area of Northumberland County. A Kindle Fire, Garmin NUVI GPS, a gray purse and a Vera Bradley checkbook were taken.

The sheriff's office is seeking information that will lead to an arrest of individuals responsible for these incidents. Call the TIPS Hotline, 580-8477, or the sheriff's office, 580-5221, and ask to speak with Investigators Allen or Webb.

(a property caretaker was contacted thanks to help from another citizen).

January 12: Shortly after 1 a.m. staff responded to Middlesex County to assist in locating an armed person threatening suicide per Henrico County authorities (LCSO staff also checked numerous locations in the White Stone-Windmill Point areas based on updates from Henrico; as of approximately 3:30 a.m. the subject had not been located). Staff also notified NCSO of a citizen's concern about buzzards on a house on Bogey Neck Road.

Staff also conducted 14 traffic stops, issued eight summonses, assisted six motorists, investigated six building alarms, processed a mental health order, logged four inmate transports, received 10 911 hang-up calls, and fielded three calls for animal control service.

The new call category for 911 hang-up calls has been added to alert the community to false emergency calls by carrying the phone in pockets, or other means. When dispatchers cannot make voice contact with the caller, they must call back; the majority of the return calls go to phones with no voicemail set up or mailboxes that are full. Others are caused by children playing with old cell phones that still have the battery in them. These calls can only be tracked back to a cell tower, each of which may cover an area of more than 300 square miles.

Fire calls

Upper Lancaster Volunteer Fire Department responded to wash down debris at Mary Ball and Peirces roads.

White StoneVFD and Kilmarnock VFD responded to a chimney fire on Shady Lane.

Northumberland County Sheriff Chuck Wilkins last week reported misdemeanor charges against six individuals.

A Lancaster man, 24, was charged January 6 with petit larceny and driving suspended.

A Reedville man, 25, was charged January 6 with petit larceny.

A Farnham man, 27, was charged January 8 on a capias to show cause on violating conditions of his release.

A Heathsville man, 46, was charged January 9 with trespassing.

A Heathsville man, 50, was charged January 10 with driving under the influence and trespassing on church property.

A Heathsville man, 30, was charged January 11 with assault and battery.

Caution advised when winter weather strikes

Go slow in ice and snow

RICHMOND—Snow and ice have returned to Virginia's weather forecast and the Virginia Department of Motor Vehicles (DMV) is reminding motorists to use caution.

The Old Farmer's Almanac is calling for a "teeth-chatteringly" cold winter this year and that means motorists need to take extra precautions to stay safe.

From December 2013 to February 2014, snow or sleet was a contributing factor in 3,202 traffic crashes in Virginia. Five people were killed and 1,058 were injured.

"If you have to drive in snowy or icy conditions, maintain a safe speed and leave plenty of room between you and the vehicle in front of you to ensure you have enough time to slow down," said DMV Commissioner Richard D. Holcomb, the Governor's Highway Safety Representative. "Make sure you give yourself extra time for travel so you don't feel rushed. And, remember, just because you have a four-wheel drive or all-wheel drive vehicle, doesn't mean you can ignore snow and ice on roadways."

When the road surface is covered with snow or ice, driving becomes hazardous and visibility is reduced. Drivers are encouraged to slow down and increase following distance from three seconds to at least six seconds. The braking distance for road surfaces with rain, snow and ice can be three-to-nine times greater than stopping distances on dry roads.

Follow these tips for safe travel in winter weather conditions:

- Safely remove all snow and ice from your vehicle, including the roof, before driving. Snow

falling off your vehicle can impair your view or the view of another driver.

- Turn on your lights, and make sure they are clear of snow and ice.

- Always wear your seatbelt and avoid distractions when behind the wheel.

- Steer with smooth and precise movements to prevent skidding.

- Don't cut in front of large trucks, especially during winter driving conditions. Remember that trucks are heavier and take longer to make a complete stop.

Don't pass snow plows or sanding trucks.

- Watch for ice on bridges and in shady areas. Bridges freeze before other road surfaces. Just because you can't see ice doesn't mean it's not there.

- Keep an emergency kit in your car in case you become stranded. The Virginia Department of Emergency Management suggests filling the kit with water, non-perishable food, blankets, hats, gloves, a flashlight, an ice scraper, jumper cables, road flares and a first aid kit.

- Put a bag of cat litter or sand in your vehicle to add weight and to use for traction if you're stuck.

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Man will serve 17 years for Weems home invasion and attack

by Audrey Thomasson

LANCASTER—A young man who brutally beat a woman in the head with the butt of his shotgun received an active jail sentence of 17 years.

Rajaeh Jeffarries Smith, 20, of White Stone was found guilty last August of five felonies in the invasion of a Weems residence. He and

accomplice Jordan Alonzo Segar broke into the victim's home in December 2013, beat and robbed her and left her bound with a cord, according to assistant Commonwealth's Attorney Kenny Kunkle who prosecuted the case.

The victim took the stand to detail the permanent impact of the attack on her life. She testified to suffering permanent injury to her

skull and a number of psychological injuries.

"I'm afraid to answer the door without a gun in my hand," she testified. She said she had over \$5,000 in medical expenses and that the men took several items which were never recovered, including her mother's engagement ring which had sentimental value and could not be replaced.

Lancaster Circuit Court Judge Harry T. Talianero III sentenced Smith to a total of 78 years with 17 years active jail time.

Smith's sentence included 30 years with 24 suspended for aggravated malicious wounding, 30 years with 24 suspended for breaking and entering, five years with four suspended and \$5,000 restitution for grand larceny, 10 years with nine

suspended for abduction, and mandatory three years for use of a firearm in commission of a felony.

Segar was sentenced in October 2014, and received 31 years with four years active jail time. That case also was prosecuted by Kunkle.

"I'm pleased with the results," said Kunkle. "The victim has some finality and can start putting her life back together and move forward."

LANCASTER COUNTY CIRCUIT COURT REPORT

by Audrey Thomasson

LANCASTER—A couple accused of obtaining prescription drugs by allegedly making a false claim they were involved in a traffic accident, was found not guilty January 9 in Lancaster County Circuit Court.

In a bench trial, Judge Harry T. Talianero III found reasonable doubt in a single charge of felony fraud to obtain drugs against Kyle T. Ullrich and Jeanne Charlene Dunworth Ullrich.

The couple was recently found not guilty of making a false report involving the same incident in Northumberland County.

According to witness testimony, the accident occurred on June 9, 2014, as the couple was turning into a gas station in Burgess.

Under questioning by Commonwealth's Attorney Robert Cunningham, Walter Seymour testified he was driving a pick-up truck behind the Ullrichs and had slowed as they were making the turn when he was rammed from behind by a third vehicle.

Seymour claimed the Ullrich's vehicle was not involved in the mishap, however, when the third driver, George Canada, sped away from the scene immediately after the accident, Seymour said he chased after him.

A witness entering the Buoy convenience store said he did not see the accident, but when he looked in the direction of the crash, he did not see the Ullrich's vehicle.

Canada did not show up in court to testify.

Virginia state trooper Joseph Thompson testified the Ullrich's vehicle did not appear to have any damage at the spot where Seymour's truck would have come into contact with the Ullrich vehicle. Trooper Thompson said he interviewed the couple separately at Rappahannock General Hospital and both claimed they were hit by the truck as they were turning into the gas station.

There were inconsistencies in Dunworth Ullrich's statement regarding identification of the vehicles, he stated.

Emergency room physician Dr. Virginia Gale testified she prescribed the drug diazepam based on the medical history and examination of the couple.

Defense attorneys Elizabeth Hurd and Jan Smith made motions to strike the case. However, the judge asked if the defendants wanted to testify.

Jeannie Dunworth Ullrich then testified. "I don't know the make and model of trucks or cars," she stated in explaining "inconsistencies" in her statement to the trooper. She testified her husband had an existing injury that could be triggered by the accident. After getting gas, she drove to Rappahannock General Hospital in Kilmarnock, where they and their child were seen by an emergency physician and the couple received a prescription for diazepam.

In her motion to dismiss, Hurd noted the emergency room physician made a medical diagnosis before giving the couple a prescription. "They were found not guilty of the misdemeanor charge of making a false report

in Northumberland County," said Hurd.

"Law enforcement did not interview a single person in hospital personnel, as stated by the Commonwealth's Attorney in his opening statement," said Smith. "The trooper brought the same charges in Northumberland County...where they were acquitted... and then again in Lancaster County. The Commonwealth's Attorney is trying to bootstrap the statements made at the hospital in Lancaster back to the accident."

In rendering a verdict of not guilty, the judge said, "Seymour was focused on the vehicle that struck him." Also, he noted there are many cases of accidents where there is no notable damage to a vehicle. "Considering all the evidence, there's reasonable doubt."

Other cases

Johnathan Frederick Mitchell pled guilty to failure to register as a sex offender for a second time. The judge asked for a sentencing report and set a trial date on six felony sexual offenses at 9 a.m. March 3.

Brannonn D. Wade Sr. pled guilty to one felony count of child abuse and disregard for life.

A second charge of the same offense was not prosecuted.

He received five years, all suspended.

Linwood Maurice Neal Jr. was given several weeks to hire a new attorney after Brent Jackson asked to be removed from the case because his client wouldn't listen to his advice. Neal is facing four felony charges of manufacture and distribution of a controlled substance and eluding police.

Shakeen D. Walker, charged with probation violation on a felony conviction, was assigned a court date of 9 a.m. May 29.

Michael Angelo Bowman's trial was continued to 9 a.m. February 22, after a joint motion for continuance by the defense and Commonwealth's Attorney.

Michael Andrew Yarka was found in violation of probation. Sentencing was continued to 9 a.m. February 27.

Brandy Nicole Bartron, accused of non-compliance in paying restitution and violation of probation, was ordered to pay \$50 a month and be enrolled in a substance abuse program within 10 days. A review was set for 9 a.m. April 24.

Russell Lee Dodson's case of extortion was continued to March 30.

Andrew Thomas Jones asked

for a continuance due to a medical emergency. A trial on three felony forgery and grand larceny charges was continued to 9 a.m., February 27.

Virginia Montgomery was sentenced to an active four months in jail on six probation violations. The judge allowed for work release.

Eric Lee George was sentenced to an active two years as required by law after pleading guilty to possession of a firearm by a convicted felon. A grand larceny charge was not prosecuted.

Clarifications

Commonwealth's Attorney Robert Cunningham offers the following clarifications to the court report for December 12.

Abod Ahmed Kassim withdrew his appeal of misdemeanor sexual battery, letting the lower court trial guilty verdict stand.

Brandon T. Fischer, charged with destruction of property, also was sentenced to pay \$3,460 in restitution to the Upper Lancaster Ruritan Club and serve 50 hours community service through the Community Corrections Program.

NORTHUMBERLAND COUNTY CIRCUIT COURT REPORT

by Renss Greene

HEATHSVILLE—The Northumberland County Circuit Court convened Thursday, January 8, with the Hon. Harry T. Talianero III presiding.

On that date:

James Martimes Sellers of Kilmarnock was tried on two counts of violation of probation on a felony offense. His probation was revoked, and he was sentenced to six years and nine months in the penitentiary, all suspended.

A review was held in the case of Tasha Reese of Callao, who was found not guilty of child neglect by reason of mental insanity in August 2006. The review was carried over to August 20.

Antonio Javon Morris of Lancaster was to be tried on three counts of manufacturing or distributing a controlled substance. His trial was continued to February 5.

Matthew Gregory Carr of Heathsville was successful in his motion to modify the sentence for his previous guilty plea of credit card fraud. Carr was sentenced

to five years in the penitentiary, four years and nine months suspended. Two counts of violation of probation were dismissed.

Marcus Delonte Hundley of Tappahannock was to be tried on charges of entering a structure to commit assault and battery, grand larceny, and entering a structure to do damage. The trial was continued to February 19.

Tamika Charmane Walters of Weems was sentenced for obtaining money under false pretenses, to which she pled guilty in August 2014. Walters was sentenced to five years in the penitentiary, all suspended, and indefinite supervision, and ordered to a diversion center.

Lewis Welford Thompson Jr. of Hague was to be tried on charges of forgery of bank notes, other forgery, and grand larceny. The trial was continued to February 19.

Aki Martez Gibson of Kilmarnock was to be tried on charges of possession of a weapon by a violent felon and marijuana distribution. The trial was continued to January 27.

Nathan Muse of Lottsburg withdrew an appeal on the

charge of resisting arrest, a misdemeanor, and was sentenced to 12 months in jail. The prosecution did not pursue felony charges of manufacturing or distributing a controlled substance and assault on a law enforcement officer.

Allen Cornelius Conaway of Heathsville was to be tried on charges of failure to stop at an accident, unauthorized use of a vehicle, and driving on a suspended license. His trial was continued to February 5.

Wayne Cardell Arthur Jr. of Heathsville pled guilty to eluding police and possession of a weapon by a felon. He was sentenced to eight years in the penitentiary, seven suspended, and five years of supervised probation. He also withdrew an appeal on charges of possession of marijuana and had his license suspended for six months.

Whitley Erin Sines of Woodford pled guilty to DWI and was sentenced to 60 days in jail, 50 suspended. Her license was suspended for one year. She also pled nolo contendere to two counts of child neglect, which were taken under advisement.

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Bills of local interest filed for 2015 General Assembly

by *Renss Greene*

KILMARNOCK—The Virginia General Assembly convened for 2015 January 14. Several bills of local interest have already been filed for this year's session.

District 99 Del. Margaret Ransone at press time had filed: HJ 589, to honor Samuel Bryan Chandler, former mayor of Montross, who died on September 23, 2014.

HB 1750, to expand access to investigational drugs if there are no satisfactory FDA-approved alternatives available. The bill would also require that the potential benefits of the investigational drug outweigh the risks, that the patient's doctor has recommended it, and that the patient has provided informed, written consent to use the drug.

HB 1748, to grant next of kin of anyone injured or killed in an accident access to reports of the accident maintained by the Virginia Department of Motor Vehicles. Reports involving minors would only be available to parents or guardians.

District 4 Sen. Ryan McDougle, at press time, had filed:

SB 1030, to authorize the Virginia Marine Resources Commission to convey an easement and right of way to Dominion Virginia Power to construct an overhead transmission line across

To contact the Northern Neck's legislators while the General assembly is in session:

District 99 Del. Margaret Ransone
General Assembly Building, Room 809
Capitol Square
Richmond, VA 23219
698-1099
DelMRansone@house.virginia.gov

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District 28 Sen. Richard Stuart
General Assembly Building, Room 302
Capitol Square
Richmond, Virginia 23219
698-7528
district28@senate.virginia.gov



the Rappahannock River in Middlesex and Lancaster.

SB 1032, to eliminate the Alcoholic Beverage Control Board and create a Virginia Alcoholic Beverage Control Authority. The bill would transfer current ABC employees and their benefits to the new authority.

District 28 Sen. Richard Stuart at press time, had filed:

SB 940, to amend the charter of the Town of Montross to move town council elections from May to November beginning in 2016.

SB 996, to exempt motorboat operators who are Virginia residents born before July 1, 1972, from having to demonstrate compliance with boating safety requirements, but removes that exemption for persons renting a boat to operate on Virginia waters.

SB 1109, to create a Freedom of Information Act exemption to allow public bodies to close meetings to discuss cybersecurity.

Other bills

Three bills dealing with acquiring food from small home or farm operations have been filed, including HB 1290, the Virginia Food Freedom Act; HB 1461, the Three Cow Exemption; and HJ 519, which would amend the Virginia bill of rights to include the right to acquire farm-produced food directly from the farm.

Three bills dealing with various levels of marijuana legalization, which has proponents in the area, have been filed. HB 1445 would allow doctors to prescribe and patients to possess medical marijuana for treatment of epilepsy. HB 1605 would legalize marijuana possession and distribution of marijuana for medical purposes with a prescription generally. Finally, SB 686 would decriminalize marijuana possession, making possession a civil penalty with a maximum \$100 fine, paid to the Literary Fund.

On the waterways, HB 1298 would require law enforcement to have probable cause before stopping and boarding a noncommercial water vessel. HB 1324 exempts veterans of the Navy, Coast Guard, or Merchant Marine from the boating safety course education requirement. HB 847 would require commercial fishermen to report any dump of more than 2,000 harvested menhaden to the VMRC, and makes them responsible for cleanup of any menhaden that wash onto abutting shorelines.

HB 1591 would create requirements for labeling of food containing genetically modified organisms.



From left, Lancaster County Virginia Education Foundation board members Bob Smart and Sandy Spears draw the winner of four tickets to see the "Million Dollar Quartet" musical in Richmond.

Broadway in Richmond raffles are under way here

KILMARNOCK—The Lancaster County Virginia Education Foundation "Broadway in Richmond" raffle continues.

Separate drawings will be held for upcoming plays "Sister Act," "Chicago, the Musical" and "Memphis." The winner of each raffle will receive four orchestra seats plus \$100, said president Margaret Socey.

Tickets are \$10 each, or three for \$20. Tickets are available at The Box in White Stone, Kilmarnock Antique Gallery in Kilmarnock, Objects in Irvington, from any board member and 438-6604.

Proceeds support LCVEF programs, which include a third-grade trip to Washington, D.C., an annual scholars' dinner, teacher mini-grants and the coordinator of tutors and mentors, said Socey.

Ticket #401 wins \$10,000 LCL lottery

KILMARNOCK—Lancaster Community Library executive director Lindsay Gardner recently released the names of the Library Lottery winners. A drawing was held following the conclusion of the lottery on January 10.

Nancy Rowland won the grand prize of \$10,000 with ticket #401.

"The lottery is our only fundraising event, and I am so pleased that we sold all 600 tickets this year in record time," said Gardner. "I'm very grateful to all those who supported the library by purchasing a ticket. I would also like to thank all the board members, volunteers, and staff who helped to sell tickets and raise awareness for the library."

Other prize winners included first, \$2,000, Rita Scott, #255; second, \$1,000, Kilmarnock Lettering Company, #540; third, \$500, Roy Amburn Jr., #222, Julie Blum, Linda Benson, Edith Blum, Connie Horne and Betty Tidwell, #413, and Aleta Hoffman, #566; and early bird prize, \$500, Dennis McNeal and Jimmy Robertson, #053.

Cruise winners

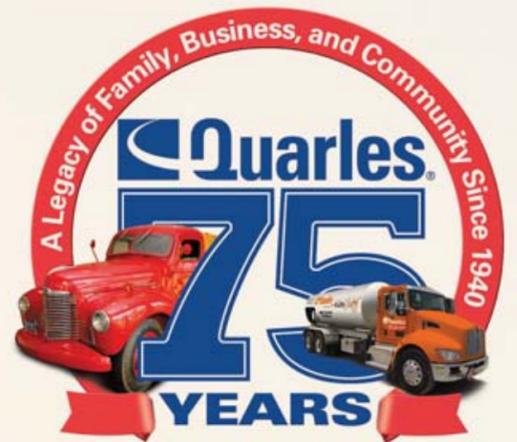
The Lancaster Band Boosters recently announced Craig Giese of Lively won the Cruise Raffle, a five-day Bahamas excursion aboard the Carnival cruise ship Splendor. From right are Giese and his wife, Michelle. The Band Boosters also announced its next fundraiser will get under way Saturday, January 17, at Farm & Home in Kilmarnock. The grand prize is \$1,000 and second prize is \$250. Tickets will be \$5 each.



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Focal Point



A colorful winter sky over the Rappahannock River sparks an allegorical illusion of a burning bridge.

Photo by Garnett Fisher

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

YOUR LETTERS

President needs to stand up against terrorism

After the terrorist attack in France, it is amazing the president will not use the term "Islamic terrorist." Why?

Is it because of naivete or is there an underlying belief that by identifying those who terrorize in the name of Mohammed is wrong? Could he actually be in a minor way sympathetic to the terrorists and not wanting to offend them?

No matter the reason, he is perpetuating a false narrative. By all the military and national security experts this denial of reality is allowing Islamic terrorists to recruit and gain power. His actions are making our country and the rest of the world less safe.

Instead of talk about releasing terrorists from Guantanamo Bay, leaving gaping holes in our borders, prosecuting terrorists in criminal courts and tying the hands of the military by limiting engagement rules, we need strong decisive action to defeat these terrorists in their home arenas. Otherwise, we will have them here in our country.

We need a president who is a world leader, not one that draws red lines in the sand and then kicks sand to cover them up. The president needs to stand up and start telling the vulnerable that instead of 7 or 21 virgins, they are going to die and go straight to hell.

We need criminal statutes to go after clerics in foreign countries who recruit terrorists to fight against us. We need intelligence from combatants more than we need criminal trials. We have capable military and intelligence-gathering forces. We need to understand this is a war and we have the ability to win. All we need is a president that has the will.

Allowing the false narratives to continue in the name of so-called political correctness is absurd and to our detriment.

Al Hall,
Reedville

More comments on an unjust war

Another writer has taken me to task for my comments about the Vietnam War.

The writer said that my criticism of the Vietnam War was based on the fact that we lost. Not correct. My criticism was based on my belief that it was an unjust war. If we had won, it would still have been an unjust war.

The writer also argued that the U.S. fought the Vietnam War to protect the freedoms of the South Vietnamese from communism. This supports the point I made in earlier letters, namely, that the war had nothing whatsoever to do with protecting American freedoms.

What especially intrigued me was the writer's argument that U.S. soldiers are duty-bound to obey their political leaders, even if those leaders are wrong, and that soldiers must "put their lives at the disposal of our political leadership" (his words).

My view is that a soldier must have just cause to fight. If he fights, but doesn't have just cause, then he's acted unjustly.

In stark contrast, the writer believes that a soldier must fight if his political leaders command him to do so. The command alone is sufficient and the justness of the cause is irrelevant.

Would the writer obey a politician's command to kill his own family? If yes, the writer would act unjustly. If no, he would contradict his statement that a soldier must put his life at the disposal of politicians.

It is very odd that the writer, in his attempt to praise soldiers, actually debases them because he expects them to accede to being political pawns and to fight without consideration of the justness of their cause. For him, soldiers must behave as if they have no moral sense—like a dog.

"Woof, woof, aye, aye, sir!"
Hank Hoover,
White Stone

Win or lose, remember our veterans as patriots

Memorial Day and Veterans Day are special for all veterans and their families to remember those who made the ultimate sacrifice in the service of their country, willingly or unwillingly. We should all be grateful to those unselfish patriots. It is callous and shameful for the December 18 writer to suggest we should "dispense" with these days.

That writer calls Vietnam veterans unpatriotic "slaves" of the government's "mailed fist" who were drafted and served only to avoid jail, and because the war was not justified and "...had nothing whatsoever to do with protecting American freedoms..." neither did their service. He is disrespectful to the 58,178 brave soldiers who gave their lives and the countless others physically and mentally wounded for life, and their families.

It is wrong for him to suggest Vietnam veterans were not patriots. We were drafted and served, loved our country and supported it, whether its actions were "justified" or not. We gave up our civilian lives to serve our country. We fought, bled and died. We saw and did things we didn't want to remember. We came home from the war and were spit upon by flower children, we were called "baby killers," disrespected and insulted by those who weren't there. We didn't talk about it. Not for years and years. But we can't forget either. Neither can our wives, children and parents.

Now he writes that we weren't patriots because we were forced labor? We shouldn't be honored because it was an unjustified war and we lost? Why is he vilifying the Vietnam veteran? Will he say the same thing about Afghanistan veterans? Did we protect American freedoms there? Did we "win" that war? Was that a "justified" war?

As Americans we should all stand as one. We all need to remember.

Randy Romaine,
SGT US Army 1967-1969,
Lancaster

Fiction or Fact from Bob's Almanac

by Robert Mason Jr.

With all the attention given Martin Luther King Jr. Day nationwide on Monday, January 19, let's not forget about Lee-Jackson Day, celebrated in the Commonwealth of Virginia this year on Friday, January 16.

The state holiday celebrates the birthdays of Virginia born and bred, U.S. Military Academy educated Confederate Generals Robert E. Lee and Thomas J. "Stonewall" Jackson.

Robert E. Lee was born on January 19, 1807. His birthday has been celebrated as a Virginia holiday since 1889. Stonewall Jackson was born January 21, 1824. His birthday was added to the holiday in 1904.

In 1983, the Commonwealth merged the holiday with the new federal holiday honoring civil rights leader Martin Luther King Jr. In 2000, the legislature established Lee-Jackson Day as the Friday preceding the third Monday in January, and affirming the third Monday in January as Martin Luther King Jr. Day. State offices are closed for both legal holidays.

Their military service and reputations are duly documented in the annals of U.S., Virginia and CSA histories. However, beyond the legions of historians, scholars, biographers, Virginia Military Institute cadets, Washington and Lee alumni, Sons of the Confederate Veterans and United Daughters of the Confederacy, some of their observations and maxims may be long forgotten, if not appropriately remembered for the holiday.

Among items plucked from various sources, the following statements are attributed to Lee:

- Get correct views of life, and learn to see the world in its true light. It will enable you to live pleasantly, to do good, and, when summoned away, to leave without regret.
- We must expect reverses, even defeats. They are sent to teach us wisdom and prudence, to call forth greater energies, and to prevent our falling into greater disasters.
- Never do a wrong thing to make a friend or to keep one.
- Obedience to lawful authority is the foundation of manly character.
- The education of a man is never completed until he dies.
- The trite saying that honesty is the best policy has met with the just criticism that honesty is not policy. The real honest man

is honest from conviction of what is right, not from policy.

- In all my perplexities and distresses, the Bible has never failed to give me light and strength.
 - My chief concern is to try to be an humble, earnest Christian.
 - Do your duty in all things. You cannot do more, you should never wish to do less.
 - So far from engaging in a war to perpetuate slavery, I am rejoiced that slavery is abolished. I believe it will be greatly for the interests of the South. So fully am I satisfied of this, as regards Virginia especially, that I would cheerfully have lost all I have lost by the war, and have suffered all I have suffered, to have this object attained.
 - I can only say that I am nothing but a poor sinner, trusting in Christ alone for salvation.
 - It's the loneliest feeling in the world—to find yourself standing up when everybody else is sitting down. To have everybody look at you and say, "What's the matter with him?" I know. I know what it feels like. Walking down an empty street, listening to the sound of your own footsteps. Shutters closed, blinds drawn, doors locked against you. And you aren't sure whether you're walking toward something, or if you're just walking away.
 - We poor sinners need to come back from our wanderings to seek pardon through the all-sufficient merits of our Redeemer. And we need to pray earnestly for the power of the Holy Spirit to give us a precious revival in our hearts and among the unconverted.
- Among items plucked from various sources, the following statements are attributed to Jackson, or to a notebook of maxims he kept and attempted to follow, although many were the words of others and he never claimed them as his own:
- Captain, my religious belief teaches me to feel as safe in battle as in bed. God has fixed the time for my death. I do not concern myself about that, but to be always ready, no matter when it may overtake me. Captain, that is the way all men should live, and then all would be equally brave.
 - Nothing justifies profanity.
 - I see from the number of physicians that you think my condition dangerous, but I thank God, if it is His will, that I am ready to go. ... It is the Lord's Day; my wish is fulfilled. ... I have always desired to

die on Sunday.

- Never take counsel of your fears.
- Our God was my shield. His protecting care is an additional cause for gratitude.
- If you desire to be more heavenly minded, think more of the things of heaven, and less of the things of earth.
- People who are anxious to bring on war don't know what they are bargaining for; they don't see all the horrors that must accompany such an event.
- My tears have not ceased to flow, my heart to bleed; but one upward glance of the eye of faith gives a return that all is well and that I can do all things through Christ that strengthens me. Are not his promises wide enough?
- Say as little of yourself and friends as possible.
- Sacrifice your life rather than your word.
- Fix upon a high standard of character.
- My spare time is given to reading and to other sources of improvement.
- It seems to me, that if they would unite thus in prayer, war might be prevented and peace preserved.
- We all carry the memory of wounds we have suffered through our lives. The love we receive and the values instilled at an early age, combined with God's healing power will determine how ugly and visible the scars that remain and how we allow them to define our character.
- I then learned an important lesson: that one who has been the subject of converting grace and is the child of God can, in the midst of the severest sufferings, fix his thoughts upon God and heavenly things, and derive great comfort and peace; but that one who had never made his peace with God would be unable to control his mind, under such sufferings, so as to understand properly the way of salvation, and repent and believe in Christ.
- Unconditional faith and complete trust in the Lord conquers all vices, blesses us with joy and happiness where only darkness once appeared, and gives strength and courage in times of adversity.
- You may be whatever you resolve to be.
- Live each day boldly without fear, loving and serving the Lord our God in all things, and be prepared to leave this earth for our heavenly home at any time.

Excerpts

Many years ago I wrote an item about the Northern Neck's own bibliophile, Mrs. Betty Bland Stewart, who died in 1999, at the age of 89. She was the most devoted and persistent book searcher I ever knew. Initially, she worked from her historic home, "Pop Castle," overlooking the Rappahannock River, and after selling the house, from wherever she was living at the time.

She operated in the days before the Internet or the computer, voraciously seeking books for clients across a national network. She relished the process, and was extremely proficient. Her signature trademark was a postcard describing the book she had located for a client, and asking how to proceed. When she died, her apartment resembled a small library, with each volume neatly shelved in orderly fashion for her to be able to use it on demand.

A few years after her death, I met a new neighbor, Betsy Douglas, who to my great delight turned out to be Mrs. Stewart's niece, the daughter of her sister. Betsy and her husband, Al, had decided to escape Northern

Next to the furnishings and antiques area was the book sale, which her aunt, who spent her last years as a resident at RW-C, would have found irresistible.

winters and moved to the shores of Barrett's Creek from their home on Cape Cod. Not long thereafter Betsy commenced a new career, accepting employment at Rappahannock Westminster-Canterbury.

In appearance, the resemblance between Betty Bland and her namesake, Betsy, is quite noticeable, and as with Betty Bland, Betsy enjoys books and old things. Betsy also manifests her aunt's scrupulous attention to detail. At RW-C she was the ideal person to assume the task of organizing and overseeing the annual Bazaar in September and the

Flea Market in February. Every fall she produced and directed an event that has become far more than a resident activity. She collected pieces all year long, ultimately displaying them in the auditorium to her particular taste in arrangement. The end result was uniformly spectacular, an occasion not to be missed.

Betsy enjoyed the excitement of the bazaar, and admitted no one until the opening on Saturday morning of the last weekend in September. The hubbub and din of getting started never deflected her from her appointed duty, and she utilized Al's stentorian baritone voice to get across whatever instructions she needed to convey.

She came to know most of her customers who traveled from afar by name, welcoming all, and directing them to their areas of interest. Next to the furnishings and antiques area was the book sale, which her aunt, who spent her last years as a resident at RW-C, would have found irresistible.

The bazaar and flea market comprised only a small part of Betsy's role at RW-C, for her

major responsibilities were the payroll and other administrative duties. Over the years she has succeeded in raising from those public events extensive funding for the organization's foundation that assists some of the residents in being able to enjoy their retirement years there.

In recent years, Betsy began thinking of joining Al in retirement, and gradually began taking the steps attendant to it. Her plans materialized, and December 31 was her last day on the staff prior to becoming a lady of leisure.

She can take great satisfaction both in having served the needs and desires of the residents of RW-C, and the many others who came to her events and activities. For many of the latter she was the face of the institution as they encountered her ubiquitously cheerful presence, ever greeting visitors and residents alike in her enthusiastic manner, and giving everyone the treat of participating in her wonderful smorgasbord of interests.

Happy Retirement, Betsy!

by Henry Lane Hull



Do you Remember?

In 1962, the T.D. McGinnes Inc. used car lot (above) was at Main and Church, the current site of the Kilmarnock Town Hall, 1 North Main Street, said Kilmarnock Museum president Carroll Lee Ashburn. "Do you Remember?" is a community service of the museum.

YOUR LETTERS

Terrorists cannot win

On Sunday, an estimated one million people gathered in Paris as a solidarity demonstration against terrorist attacks on Western communities.

Attending were people from more than 50 countries, including world leaders from the U.S., Britain, Spain, Germany, Russia, Turkey, Jordan, Israel, and the Palestine Authority. The U.S. representatives were Attorney General Eric Holder and our French ambassador. But they were already there.

Obama should have gone himself, or at least sent Joe Biden. France is our oldest ally.

Several years ago I wrote a letter warning Muslim terrorists that they cannot win. Restating some of the relevant points, our country, in its infancy—a collection of unorganized, rag-tag farmers—was pitted against the mightiest power in the world—and we won. We won against that power again in 1812. We arose from the ashes of Pearl Harbor, unprepared, unarmed, and unorganized, and overcame the triple threat of the Axis powers that had subjugated Europe, Africa, and most of the Pacific. We stood up to mighty, unprincipled Soviet Russia during the Cold War, and saved the free world from communist domination.

We arose from the ashes of Ground Zero and overcame the totalitarian regime in Iraq. And we will arise from whatever atrocities your evil little minds can conjure or implement.

If you think that your quest for a world-wide Caliphate is possible, then think again: Totalitarian dictatorships never last.

In the final analysis, it won't matter how many innocent men, women, and children you kill (in direct violation of the Qur'an)—you cannot win.

If you back us into a corner, you have no idea the destruction we can mobilize. Our mid-

20th century weapons annihilated entire cities. Our 21st-century weapons can obliterate entire countries.

Do not mistake our religious tolerance, our economic differences, our corporate greed, our military restraint, or our childish political bickering for lack of determination.

You cannot win.

Rob Ransone,
Wicomico Church

Keep foods safe

This letter is in reference to the Food Freedom Act which would exempt food products made in private homes from government regulations as long as they are sold to consumers and labeled with a disclosure statement.

Any time that one is dealing with a product like raw milk or raw seafood there are many regulations in place to protect public health, not to put the small person out of business.

I am not as familiar with the risks of consuming raw milk products but I do have a lot of experience working with seafood products. I worked with the Virginia Department of Health for 40 years and during this time I inspected many seafood products from the harvest to processing to consumption. I worked with the small mom-and-pop operations as well as the larger operations in which I enjoyed for many years.

I have seen many changes in seafood processing and these changes have enabled the state of Virginia to be number one for seafood production and quality on the East Coast.

I spent a large part of my career pursuing seafood operations trying to skirt the law by illegally harvesting and processing seafood. We called these operations bootleggers. Some of these illegal operations mishandled the food to the point that it became a major public health risk.

Currently, all shellfish products are inspected monthly for sanitary conditions along with HACCP controls which require strict time and temperature requirements. These requirements are essential for controlling harmful bacterial levels which includes the well-known Vibrio species. All of these inspections and regulations were put in place to protect public health.

This new Food Freedom Act being pushed to the General Assembly would basically be legalizing bootlegging activities. Any food products, especially raw products, should be inspected thoroughly. I am a firm believer in food safety for our consumers.

Carroll J. VanLandingham Jr.,
Lancaster

Support food freedom bills

I would like to thank Renss Greene for an extremely well-done and professional article appearing on the front page last week bringing consideration to this bill which will hopefully go to the floor for a vote this session coming up.

I'm a little biased to this story for a number of reasons: first, the Barbers are neighbors and friends and Bernadette has worked tirelessly on this for a long time.

This bill is an opportunity for the small farmer with a handful of cattle, pigs, free range

chickens and a couple of milking cows to supplement the large expense of raising and caring for these animals. These animals which God provided to nourish our bodies are treated humanely and more importantly, are free of the massive doses of hormones and antibiotics that the inhumanely treated animals receive from the government regulated corporate farms.

Lindsay Reames of the Virginia Farm Bureau Federation, which opposes this legislation, citing safety and health concerns, states that this practice could adversely affect the food and grocery industry as it stands today. I don't believe that this small-scale production could ever be a detriment to the food industry.

Most importantly to me is that I don't need a government to tell me what's best for me. Should I decide to buy a small amount of raw milk or fresh meat from my neighbor, it is my choice and should any consequences occur, they are mine as well.

I ask all of you to please contact Del. Ransone's office at 472-4181 and delmransone@house.va.gov in support of HB 1290, HB1461 and HJ 519.

Tom Donahue,
Morattico

This time they have it right

For years the Lancaster board of supervisors has been working to find a suitable location for a public boat ramp.

The majority of our citizens do not live on the water, yet they have been, and continue to be, denied the right of access to the water. Every time a location has been proposed, people who live near the site have made claims resulting in the supervisors' lack of determination to see the project become a reality.

But this time they should stand up, fight, and get the job done. Windmill Point Marina is serviced by a good county road, access to the bay and fishing grounds is excellent, there is ample parking, and our public beach is a short walk away.

Most important of all, the ramp would be located in a marina, a commercial property that would benefit from the additional business and activity that the boaters and their families would bring.

In a recent letter to the editor opposing the location, Windmill Point condo owners expressed their concerns. Yet they chose to buy adjacent to a marina, a facility that was there before they were. If they bought next to an airport would they oppose planes landing there?

This time the supervisors have it right. Get it done!

Jim Schmidt,
White Stone

NAACP to install officers

The Lancaster County Branch of the NAACP will conduct its installation of officers ceremony at 7 p.m. Tuesday, January 20, at Bank of Lancaster northside, 432 North Main Street, Kilmarnock.

Other agenda items will include discussion of area 14 director, 2015 Virginia State conference NAACP legislative day and the process for submitting resolutions to national, said Lloyd N. Hill.

All members are urged to attend this important meeting, added Hill.

Because You Are Polite...

Let's Talk Manners

by Ginger Philbrick

Having once been a waitress at the Commonwealth Club of Richmond, I am concerned that serving etiquette has become lax, especially locally. Are there still rules for correct service and, if so, would you please share some of them?

Amy Jo, White Stone

Dear Amy Jo,

Recently, after having the arm of a tuxedoed waiter, who was standing at my right at an upscale restaurant, invade my personal space several times in his mission to serve the person to my left, I too began feeling a bit less optimistic about the future of service in America. I truly had to repress the urge to chomp on his sleek black sleeve. Fortunately, the parfait was delicious and helped me settle down.

As you know, good table service is like a ballet; each move is accomplished smoothly so that there is only enjoyment, not intrusion. And, yes, there definitely are still rules that assure the dance is done well.

The barebones basics are:

- Food is served from the left and used dishes are picked up from the right.
- Beverages are served and re-filled from

the right. Never, ever reach across a diner.

- Check on the welfare of your customers once or twice, not more unless there is reason to be concerned.

- Before removing a plate, the server should ask the diner if she would like it removed.

- Even though someone's plate is empty, he might wish to keep it until his companions have finished.

- Before dessert is served, everything should be removed from the table except the sugar and cream, the utensils which will be used for the dessert, and the filled beverage glasses or cups and saucers. The centerpiece can stay, of course.

Obviously, there are times, such as when patrons are seated in booths, when the ballet of necessity becomes more like a square dance, and there is a lot of interaction of diners as they pass food and drink. But, even then, the waitress can make points by her courtesy and respect for her customer's personal space.

Ginger Philbrick is the owner of *Because You Are Polite...LLC*. You are invited to e-mail your manners questions to her and she will respond as time and space allow. You may contact her at youarepolite1@verizon.net and visit her website at becauseyouarepolite.com. RSVP!

Northumberland Democrats to begin election considerations

Northumberland County Democrats will meet at 6 p.m. Thursday, January 22, at the Northumberland Public Library, 7204 Northumberland Highway, Heathsville.

"This will be a challeng-

ing year for Northumberland Democrats," said chairman Frank Kober. "An election for county supervisor and school board will be held in November for Districts 1, 4 and 5. While some of the seats are non-partisan, our Democratic Ideals mandate that we field a candidate for each position."

This will be one item of discussion for the meeting, he added.

Vice president Joe Schlatter will be the featured speaker, said Kober. He is very knowledgeable about the candidates, issues and positions. After his initial presentation, Schlatter will take questions.

Lancaster GOP to meet Jan. 20

The Lancaster County Republican Committee will meet at 7 p.m. Tuesday, January 20, at the Chesapeake Training Center, 51 School Street, Kilmarnock.

Republican Party chairman Sue Clingan noted the committee will discuss strategies to increase membership and plans for its 2015 Reagan Day Dinner. The dinner is slated March 15 at Indian Creek Yacht and Country Club, 362 Club Drive, Kilmarnock, she added.

"All interested persons are welcome to attend our meeting January 20," said Clingan.



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Letters policy

Letters on current events and other topics of community interest are welcome. Please observe the following guidelines:

Do:

- Be as brief as possible. Keep letters to 300 words or less.
- Sign your name and include your address and phone number for verification, or clarification, even when emailing the letter.

Do not:

- Write on personal matters.
- Praise or condemn private businesses.
- Send form letters, thank you letters, malicious letters, promotional letters, anonymous letters, or letters addressed to someone else.
- Submit more than one letter in two consecutive weeks.

All letters are subject to editing for length, clarity, or potentially libelous statements.

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From left, George Trice works with crew-member Jerry Parks of Gloucester to manage the raised footrope gillnet coming aboard the Gloria J in the lower James River.

Research shows better way to gillnet stripers, avoid sturgeon

Anchored gillnets used for striped bass can be modified to reduce bycatch of Atlantic sturgeon—and catch the same amount of rockfish, according to a cooperative research program of the Marine Advisory Service (MAS) at the Virginia Institute of Marine Science (VIMS).

Since the Atlantic sturgeon was federally listed in 2012 as “endangered,” bycatch of the species must be minimized to the extent practicable, including from sinking gillnets used in the lucrative striped bass fishery.

Poquoson waterman George Trice has been part of the cooperative program over the last 10 years.

“We’re trying to show that we can still fish for stripers, and interact safely with sturgeon that might be on the bottom,” said Trice.

Sturgeon feed off the bottom using their long vacuum-like mouths. So Trice modified his gear by raising the footrope (and net) three feet off the bottom to help avoid sturgeon.

A grant from the VIMS Fisheries

Resource Grant program went towards gear modification and costs of running his 42-foot deadrise, the Gloria J.

Over the last couple of years, Trice has fished the experimental nets in places where sturgeon are known to congregate—and the new net configuration reduced sturgeon bycatch by 80%.

But most importantly, when he set the nets specifically for striped bass, the experimental net fished just as well as the traditional net.

The research program is designed to work the bugs out of new gear.

“This is why it’s important to have fishermen doing this research,” said Tom Murray, MAS associate director and Sea Grant Marine Extension leader at VIMS.

Albert Spells, Virginia fisheries coordinator for the U.S. Fish and Wildlife Service, says the cooperative research program is important. “We biologists may think we know a lot about fish, but it’s the watermen out there who know where the fish are, what their habits are,” said Spells.

Regulations make it unlawful for any person to “take, catch or possess any sturgeon,” and require that “any sturgeon caught by any person shall be immediately returned to the water.” Even stopping to take pictures of sturgeon is prohibited. Virginia regulations to further limit interactions between fishing gear and Atlantic sturgeon are on the horizon, possibly by late 2015.

If that happens, Virginia fishermen will be ahead of the curve with an already tested gear modification.

Proposals for the Fisheries Resource Grant program are being solicited through the end of January. The grants help cover expenses of research for exploring new methods to improve fisheries, fishing habitat, aquaculture or seafood processing.

For more information, see vims.edu/research/units/centerspartners/map/frg/, or contact Tom Murray, Associate Director Advisory Services, VIMS, P.O. Box 1346, Gloucester Point, VA 23062, 684-7190, or tjm@vims.edu.

Farm Bureau volunteers to speak with state legislators

Virginia Farm Bureau Federation volunteer leaders will speak with state legislators about issues of interest to the Commonwealth’s farmers during the organization’s annual Legislative Day on January 29.

Member-identified critical issues for the 2015 session of the Virginia General Assembly are:

- Adequate funding for Virginia’s Agriculture Best Management Practices Cost-Share Program.

- Adequate funding for operational support and technical assistance for soil and water conservation districts.

- Maintaining state oversight and regulation of the application of biosolids and industrial residuals as a source of nutrients on farmland.

- Protecting the Right to Farm Act in its current form by only supporting changes that

are preferable to the farmer and provide further protection from nuisance lawsuits.

- Maintaining the Land Preservation Tax Credit because it is an incentive for farmers to preserve working farms and forests.

- Avoiding cuts to the Virginia Department of Agriculture and Consumer Services’ Purchase of Development Rights.

- Maintaining funding such that the integrity of the VDACS Weights and Measures program is not compromised.

“Legislative Day is such an important part of Farm Bureau’s grassroots process,” said Kelly Pruitt, VFBF governmental relations grassroots coordinator. “Farmers from all across the state get the opportunity to lobby their legislators with the issues they determined were most important to the state’s agriculture industry.”



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BUSINESS BRIEFS

■ Treats for Troops

The Walgreens in Kilmarnock staff and customers are continuing to collect “Treats for the Troops,” a tradition started by the late Edward Muddiman. Through the end of 2014, over 5,000 pieces of candy had been delivered to troops at Walter Reed Hospital.

When visiting Walgreens, purchase and donate a candy bar to the troops.

■ Job workshops

Upcoming Virginia Employment Commission workshops include Gain Skills for Employment, January 15; Jobs Corps, January 21; and Workforce Investment Act Orientation, January 26.

The workshops will begin at 10 a.m. at the VEC Workforce Center, 14243 Historyland Highway, Warsaw.

■ BLS classes

Rappahannock General Hospital recently announced Basic Life Support classes for health care providers will be offered at 8:30 a.m. January 22 and 29, as well as February 12, 19 and 26. The classes will last approximately four hours.

Contact Cathy Myers at 438-8000 in the staff development office to reserve a space. Books are available by request. Classes are taught by American Heart Association instructors.

■ Old books

The Northumberland Public Library’s Ye Olde Book Shoppe, 7072 Northumberland Highway, Heathsville, is generally open from 10 a.m. to 4 p.m. Thursdays and Fridays, and 10 a.m. to 2 p.m. Saturdays.

■ Free legal aid

Rappahannock Legal Services managing attorney John R. Rellick will offer Northumberland and Lancaster residents who qualify free legal advice at 10 a.m. January 15, February 19, March 19 and April 16 at First Baptist Church, 3585 Courthouse Road, Heathsville.

Applicants should call 443-9393 in advance to determine eligibility and make an appointment. Services are provided in many kinds of civil cases. However, personal injury cases, traffic cases and criminal cases are not handled by Rappahannock Legal Services.

■ Farm Bill workshop

Virginia Cooperative Extension will offer Understanding the Farm Bill from 9 to 11:30 a.m. Friday, January 16, at Cobham Park Baptist Church, 120 Islington Road, Warsaw. The workshop will give an overview of farm program choices and decision aids for producers.

Speakers are Virginia Tech agriculture and applied economics professor Dr. Jim Pease and Farm Service Agency staff from Warsaw.

■ Business workshop

The University of Mary Washington Small Business Development Center-Warsaw will offer a Creating a Financial Plan for Your Business workshop from 6 to 8 p.m. Tuesday, January 20, at the Northern Neck Small Business Incubator, 10919 Northumberland Highway, Heathsville.

For fees and registration, contact Bonnie Haywood at 333-0286, or bhaywood@umw.edu.

■ Business plan

The University of Mary Washington Small Business Development Center-Warsaw will offer a Writing a Business Plan workshop from 6 to 8 p.m. Wednesdays, January 21 and 28, at the University of Mary Washington SBDC, 479 Main Street, Warsaw.

The workshop also will be offered from 9 a.m. to 3 p.m. January 22 at Rappahannock Community College Kilmarnock Center, 447 North Main Street, Kilmarnock. For fees and registration, contact Bonnie Haywood at 333-0286, or bhaywood@umw.edu.

■ Federal retirees

The Northern Neck Chapter 1823 of the National Active and Retired Federal Employees (NARFE) Association will meet at 1 p.m. February 3 at Lowery’s Restaurant, 528 North Church Lane, Tappahannock. Attendees will order from the menu.

After lunch, Loren Johnson, an Internal Revenue Service representative, will review the 2015 changes in the federal tax code. Current, former and retired federal employees, spouses and survivor annuitants are invited.

The NARFE Chapter 1823 executive board will meet at noon.



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Trent Jones

Jones joins Cooperative Extension

by Renss Greene

The Northumberland office of the Virginia Cooperative Extension on January 8 introduced a new agent to the county’s board of supervisors.

Trent Jones is the lower Northern Neck’s new agriculture and natural resources extension agent. The Westmoreland native replaces Landre Toulson, who transferred to the King and Queen office to be closer to home, according to Northumberland unit coordinator Tara Brent.

Jones will serve Northumberland and Lancaster counties.

“I look forward to working here in Northumberland County,” he said.

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Exhibit to open Friday

Dreamworks, an exhibit by Lawrence Hollingsworth of Gloucester, will open Friday, January 16, at Urbanna Harbor Gallery, 202 Virginia Street, Urbanna. The one-man show features 24 framed original oil paintings, primarily a collection of ethereal seascapes, landscapes and still lifes, utilizing techniques of both realism and impressionism. All works may be purchased.



Create a valentine

A "Sip and Stroke" wine tasting and painting class will be held from 1 to 4 p.m. Saturday, February 14, at Jacey Vineyards, 619 Train Lane, Heathsville. Learn to paint the above "Love Birds" with artist Nancy Jacey, while enjoying some of Jacey's wine. The fee for the tasting and class, including all supplies, is \$45 per person. Payment in advance is required. To register, contact the vineyard, 580-4053, or jaceyvineyards@gmail.com.

Virginia moonshine production shifts from outlaws to entrepreneurs

Moonshine has come a long way, from the hills and hollows of Appalachia to the front and center of Virginia's fast-growing artisanal spirits industry.

According to reports, moonshine sales by Virginia's Department of Alcoholic Beverage Control rose 107% in 2013 to more than 24,000 cases.

Harking back to Colonial times and steeped in folklore, moonshine is distilled from fermented grain, typically corn. It is so named because it often was made at night to avoid detection by tax agents. Legal moonshine production in Virginia today, however, is more entrepreneurial than outlaw. The upswing in legal sales mirrors the growing interest in small-batch, artisan-made craft beer, vodka, bourbon, brandy, hard cider and wine.

Tom Copenhaver of Davis Valley Distillery in Rural Retreat is one such artisan. He and fellow distiller Dewey Snively make their Appalachian Moon brand "the old-timey way" in a pot still, using corn from the distillery farm's own fields. Owners Rusty and Ruth Rhea Cox also operate Davis Winery.

"We distill it twice for smoothness, using water from a 500-foot deep limestone well," Copenhaver said. He also makes moonshine varieties flavored with peaches, strawberries, apples and cherries. The moonshine is bottled in that time-honored vessel, the canning jar.

"From the very beginning, the owners wanted to use local products from local farmers."

Chris Cook, assistant director of rural development for the Virginia Farm Bureau, has been assisting the distillery.

"I think anything that can add value to a commodity has to be good for Virginia producers," Cook said. "Using corn to distill into moonshine (legally) is just another great example of entrepreneurial producers adding value to the crops that they grow."

The distillery also produces Virginia Frost vodka, sold with the moonshine at the farm's in-house ABC store. Far from hiding the operation under cover of darkness, the distillery offers tours and tastings.

It's clear that, with Virginia moonshine, the entrepreneurial spirit still lives.

David Leach honored upon retirement

David Leach of White Stone on January 9 retired from the Department of the Navy. He was awarded the Department of the Navy Meritorious Civilian Award (second award).

Leach served as branch head for nuclear weapons safety, security, incident response and compliance on the staffs of the Deputy Chief of Naval Operations, Warfare Systems (N9) and the Deputy Chief of Naval Operations, Fleet Readiness and Logistics (N4), from May 2008 to January 2015, he said.

His award states that he consistently performed his duties in an outstanding manner and is the recognized nuclear weapons enterprise technical and policy expert, leading the DoD and DOE efforts to formalize the intelligence community's threat assessment for nuclear weapons security.

His efforts not only standardized the understanding of the threat to the nuclear weapons establishment but formed the basis for annual threat assessments and \$1 billion in security systems upgrades. His insights and tenacity not only resulted in significant improvements to the Navy's security programs but resulted in cost avoidance of over \$200 million.

Following several external reviews of the entire DoD nuclear weapons enterprise, he personally led the OPNAV policy and programmatic response to these comprehensive reviews. His keen insight and detailed understanding of enterprise wide policy and execution issues resulted in significant improvements to the family of instructions that govern the enterprise. His hard work will produce lasting, measurable improvements to the execution of the Navy's nuclear weapons mission.

Learning from mistakes of other services and building on a foundation of technical excellence, he played a key role in personnel development and enterprise reorganization necessary to lead the enterprise into the next decade. His exceptional professionalism and devotion to duty reflected great credit upon himself and were in keeping with the highest traditions of the Department of the Navy. Leach will pursue a doctorate in national security, he said. He is looking forward, with his wife, Grace Harley, to being a permanent resident of the Northern Neck again for the next few years, "enjoying the waters and communities we share and love," added Leach.

Rappahannock Art League announces February events

The Rappahannock Art League recently posted its February 2015 calendar of events.

Unless otherwise noted, all events will be held at the Studio Gallery, 19 North Main Street, Kilmarnock, reported Barbara Pulling.

A new exhibit, "Touch of Red," will open February 3 and continue through February 28, said Pulling. Rappahannock Art League members will submit original works of art in a variety of mediums—all with a "touch of red." The exhibit will be open to the public during normal gallery hours, 10 a.m. to 4 p.m., Tuesdays through Saturdays. Free admission.

History-rich craft ciders are in demand

Apples are delicious for snacks, pies, applesauce and, once again, for drinking.

While alcoholic cider production is still a niche market, the rise in U.S. sales has been tremendous. In 2012, sales of the top 10 alcoholic cider brands in the U.S. collectively grew by 62%, according to Impact Databank, which tracks statistics for the wine, beer and spirits industry.

Virginia farmers and cider makers are taking advantage of an opportunity to bring back a drink with a lot of history. Thomas Jefferson's champagne-like cider, made with Hewes crabapples, was his "table drink." Throughout the 19th century, crafting cider was an integral activity in every community.

"Everyone consumed cider, as the water was not safe for drinking," said Courtney Mailey, owner of Blue Bee Cidery. "From young to old and free to slave, cider was critically important to our early Virginians."

Today artisanal cideries throughout Virginia are producing ciders with qualities from dry to sweet, still to sparkling. When Mailey started Blue Bee in 2010, there were only two cideries in Virginia. Now there are more than 10.

Mass-produced ciders have been driving the beverage's popularity, but Mailey believes the next growth in the industry will come from

Holmes elected residential lending operations officer

Bank of Lancaster and Bay Banks of Virginia president and chief executive officer Randal R. Greene recently announced the bank's board of directors has elected Lynnette Holmes to residential lending operations officer.

"It gives me a great deal of pleasure to recognize Lynnette," said Greene. "The lending function is important to the success of our company, and Lynnette's knowledge and experience are vital as we serve our customers each day. She is committed to our company's philosophy of service excellence and we are very pleased to have her on our Bay Banks' team."

Holmes joined the residential lending department in August 2011 as a secondary market processor/closer. In



Lynnette Holmes

April 2014, she was promoted to residential lending operations manager.

In her new position, Holmes will oversee the department's

day-to-day operations. She brings to her new position over 10 years' experience in the mortgage lending industry and in all aspects of the lending process.

Holmes is a graduate of Middlesex High School. She earned her bachelor's in business administration from Strayer University.

She volunteers with Girl Scout Troop 3217 as a Troop Leader and product sales manager; with Middlesex County Youth Cheerleading League; and with Middlesex County Little League.

Holmes lives in Middlesex with her husband, Charles, and their daughters, Lyndsey, 13, Chelsey, 8, and Cierra, 4. All three girls attend Middlesex County Schools.

A First Friday Reception February 6 will highlight the "Touch of Red" exhibit, she said. The public is invited to come by the gallery from 5 to 7 p.m. to meet some of the exhibiting artists. Light refreshments will be served and admission is free.

On February 21, a Saturday smART workshop will be held from 10 a.m. to noon for ages 7-12. The topic will be Glass-on-Glass Mosaics with artist/instructor Sukey Starkey. Participants will have fun creating a beautiful candleholder and a framed sun catcher to hang in their bedroom window, said Pulling. For fees and registration, visit the gallery, or call 436-9309.

Basics of Pencil Drawing will be offered from 5:30 to 7:30 p.m. February 12, 19, 26, March 5, 12 and 19. The artist/instructor will be Steph Brown. In this six-week workshop, participants will explore the basics of pencil drawing, tools, perspective, light sources, shading and proportion, said Pulling.

This workshop will be great for the beginner or a nice refresher for busy people who haven't had the opportunity to create for a while, she said. For fees and registration, visit the gallery, or call 436-9309.

An RAL Art Talks forum will be held at 1 p.m. February 23.

The program will feature The Royal Paint Box, a 60-minute video with the Prince of Wales. He will reveal an extraordinary treasure trove of rarely seen art by members of the Royal Family past and present, exploring a colorful palette of intimate family memory and observation, said Pulling

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LHS grapplers continue to romp and roll

by Lisa Hinton-Valdrighi

Lancaster went 1-1 against rivals Northumberland and Mathews in a tri-meet at Mathews High School last Wednesday, then went 2-2 at the 10-team Matt Bryant Memorial Duals at Franklin High School last Saturday.

"Northumberland and Mathews are big rivals for us and each match had a lot of extra intensity," said LHS coach Craig Oren. "The type of pressure that comes from these close rival matches is great for the maturity of our young team.

"We wrestled Mathews pretty tough," he added. "We won five matches and they won nine, but three of those we were winning until we got in bad positions and got pinned. These are the type of mistakes that young wrestlers make and unfortunately, it was the difference in the match."

At Mathews, the Red Devils beat the Indians, 54-27, then lost to the host Blue Devils, 54-30, with heavyweight Sam Bouis, 113-pound Steven Cox and 152-pound Kenique Stewart all going 2-0.

"Kenique Stewart continues to wrestle well. He pinned an undefeated Mathews wrestler, then wrestled an exhibition match against a returning state finalist from Mathews and won 6-1," said Oren.

Lancaster's Deandre Wade (120), Nathan Spiers (160), Diante Smith (195) and Lane Brocklebank (220) all went 1-1.

"I was really pleased with the way Diante Smith wrestled," he said. "He pinned his opponent from Northumberland and wrestled a solid match against a more experienced Mathews wrestler, but lost."

At the Matt Bryant Memorial Duals, Lancaster blanked Sussex, 84-0, then got by Parry McCluer, 45-36, but lost by 10 points to neighboring Middlesex, 43-33, and lost by criteria, 39-39, to the Northern Neck District's Essex.

"Going into this tournament I knew we were going to have to wrestle really well to make it to the finals because we were missing four guys out of our lineup," said Oren. "We wrestled well enough to have a chance, but lost to Middlesex because of an out-of-control slam and lost to Essex on a tie that was decided by the tenth criteria."

"I was really pleased with our performance against Sussex Central scoring a perfect wrestling score of 84-0," he said. "And we continued on a solid pace by beating one of the best single A teams in the state, Parry McCluer."

Bouis and Stewart continue to lead Lancaster's team. Each went unbeaten at 5-0 at Franklin.

Bouis remains undefeated on the year and had one of the tournament's fastest pins with a 14-second take-down.

Wade went 4-1 for Lancaster and Sheridan Ford (126) was 3-0. A number of LHS grapplers went 3-2 on the day including Brocklebank, Cox, Jamie Coates



Lancaster's Tyus Clayton wins an exhibition match against a Northumberland opponent at the Mathews Tri. Photo by Lisa Hinton-Valdrighi

(145), Brandon Hill (170), Leanne Nguyen (106) and Matthew Pittman (138). Will Parker (138) and John Martin (138) picked up two wins each.

"I was also really pleased with Tyus Clayton," said Oren. "It was his first varsity start and he represented the team well. He wrestles with a lot of intensity. What he lacks in experience, he makes up in hustle."

The Red Devils will be back on the mat Friday and Saturday, January 16-17, at the Ram Rumble at Lafayette High School in Williamsburg.



Northumberland's Philip Harrison gets the advantage over a Mathews opponent January 7. Photo by Lisa Hinton-Valdrighi



Lancaster's Sam Bouis won both of his matches against Northumberland and Mathews. Photo by Lisa Hinton-Valdrighi



Lane Brocklebank (top) of Lancaster went 1-1 in Mathews. Photo by Lisa Hinton-Valdrighi

Lady Devils open district play with 55-36 win

by Lisa Hinton-Valdrighi

The Lancaster High School Lady Devils opened Northern Neck play with a 55-36 win over visiting Washington & Lee in varsity girls basketball last Tuesday.

Lancaster held Washington & Lee to six points in the first quarter.

Aloni Scott was near-perfect from the line, sinking eight of nine foul shots and finishing with 12 points, all in the second half. Nia Curry added 11 for Lancaster and Zyhkeia Bullock, nine.

Curry scored eight of Lancaster's 19 in the first quarter when the Devils took a 13-point lead. The Lady Devils went on another 17-5 run in the second quarter to go up 36-11 at the

midway point.

T. Brooks and D. Covington did most of the scoring for Washington & Lee, combining for 23 of the Eagles' 36 total. Brooks scored 13 to lead the team, including 10 in the second half. Dimond Covington spread out 10 points.

Colonial Beach 58 Lancaster 20

Denija Newman scored 19 points, all in the first half, last Thursday to lead Colonial Beach over Lancaster, 58-20. Newman had two three-pointers in the first half and scored 12 of her team's 26 points in the second quarter when the Drifters opened up a three-point game to take a 28-point lead at the half.

Host Colonial Beach led 11-8 after the first

quarter, then blew the game open with a 26-1 in the second, holding Lancaster to a single free throw by Scott.

Sydni Carey added 18 points for the Drifters and scored nine in each half.

Lancaster, which was held to single-digit scoring in all four quarters, didn't have a shooter break double figures. Diamond Taylor led the Devils with seven points and Scott and Skyler Henderson had five each. Henderson scored all five of Lancaster's points in the fourth quarter, including one three-pointer and two free throws.

Lancaster will host Rappahannock tonight, January 15, Middlesex on Saturday, January 17, and Northumberland on Wednesday, January 21.

Lancaster JV girls go one-and-one for the week

by Lisa Hinton-Valdrighi

In JV girls basketball, Lancaster split games with Washington & Lee and Colonial Beach in its first week of Northern Neck play. The Lady Devils whipped the Eagles, 55-13, then fell in a close contest, 23-20, to the Drifters.

Lancaster held W&L scoreless in the first quarter last Monday and gave up only two field goals

in the second to take a 31-4 lead into the half. Skylar Sawyer scored eight points and Carli Henderson six in the first quarter when the Devils put up 18 unanswered points.

Sawyer led all scorers with 18 points. She scored 10 in the first half and eight in the third before coming out of the game for the final quarter. Nealasia Redmond added nine points for Lancaster,

while Henderson and Lanaisha Dameron scored eight each.

Only three players scored for Drifters last Thursday in a low-scoring outing in Colonial Beach. Jordan McGinnis scored over half of the Drifters' 23 points. She finished with 12, including eight in the first half.

Lancaster had a two-point lead at the half, 12-10, then came up with only one field goal in the

third by Dameron as Colonial Beach took a 17-14 lead on a 7-2 run. Both teams scored six points in the fourth.

Dameron led Lancaster with eight points and Sawyer scored six.

Lancaster will host Rappahannock tonight, January 15, Middlesex on Saturday, January 17, and Northumberland on Wednesday, January 21.

SCOREBOARD

Varsity boys basketball
Washington & Lee 61, Lancaster 57

Colonial Beach 78, Lancaster 49

JV boys basketball
Washington & Lee 46, Lancaster 38

Varsity girls basketball
Lancaster 55, Washington & Lee 36

Colonial Beach 58, Lancaster 20

JV girls basketball
Lancaster 55, Washington & Lee 13

Colonial Beach 23, Lancaster 20

Wrestling
Mathews Tri

Mathews def. Lancaster, 54-30

Lancaster def. Northumberland, 54-27

Matt Bryant Memorial Duals (Franklin)

Lancaster def. Sussex, 84-0

Lancaster def. Parry McCluer, 45-36

Middlesex def. Lancaster, 43-33

Essex def. Lancaster by criteria, 39-39

Upcoming Games
Varsity/JV boys basketball
(JV game 6 p.m., varsity 7:30 p.m.)

January 16:
Colonial Beach at Northumberland

January 17:
Lancaster at Middlesex
Northampton at Northumberland (3 p.m./4:30 p.m.)

January 20:
Lancaster at Northumberland
Varsity/JV girls basketball

January 15:
Rappahannock at Lancaster

Northumberland at Colonial Beach

January 17:
Middlesex at Lancaster

Northampton at Northumberland (noon/1:30 p.m.)

January 21:
Northumberland at Lancaster

January 22:
Washington & Lee at Northumberland

Wrestling
January 15:

Franklin and Nandua at Northumberland Tri (5:30 p.m.)

January 16-17:
Lancaster at Ram Rumble, Lafayette High School

January 20:
Northumberland at Battle of the Buoy, Washington & Lee (5:30 p.m.)

Scholastic Bowl
January 17:
Conference #43 tournament at Colonial Beach, 10 a.m.

Red Devils master Drifters, 76-49, and fall to Eagles, 61-57

by Lisa Hinton-Valdrighi

The Red Devils improved to 8-3 overall by picking up a Northern Neck District win over Colonial Beach, 76-49, last Friday.

Lancaster lost its district opener, 61-57, to Washington & Lee last Tuesday.

Against the Drifters, the Devils got a 21-point effort from Darrin Doggett and had three players score in double digits. Tyrell Henderson chipped in 13 points and James Coleman 11.

After a close first half, which ended with LHS up, 32-26, the Devils went on an 18-9 run in the third to open the game up and give them a 15-point lead.

Lamar Lucas scored 23 points for Colonial Beach to lead all scorers. Lewis Turner had 11.

Washington & Lee took an early lead and Lancaster spent

the game playing catch up last Tuesday when the Eagles got by the varsity Devils, 61-57, in the Northern Neck District opener for LHS.

The Eagles took a, 15-9, lead in the first quarter and held on to take a 34-27 lead in to the locker room at the break.

The Devils made a 15-10 run in the third to cut the Eagles lead to two, 44-42, to go into the final quarter.

Treshaun Brown of Washington & Lee led all scorers with 18 points. The Eagles had three double-digit scorers including Brown, DL Kelley with 16 and Bruce Smith with 13.

Doggett scored 14 points and RayQuawn Ball 12 to lead the Devils. Trevon Henderson added 10 points.

Lancaster will visit Rappahannock Friday, January 16, and Middlesex Saturday, January 17.



Varsity Seahorses

Christchurch School varsity basketball team members from left are (front row) manager AJ Harris, Kevin Yu, Jerri Forson and manager Di Wei; (next row) coach John Alachnowicz, head coach Andrew Bishop, Nyheim Tucker, Andre Johnson, Jack Gorsline, Brenton Rice, Willis Mackey, Parker Kirkmyer, Tony Pang, Fernando Lewis, DaQuon Frisby and coach Don Harris.

Lancaster Little League announces registration

by Lisa Hinton-Valdrighi

This spring Lancaster County Little League celebrates its 50-year anniversary and it's time to start thinking about the 2015 season.

Prospective softball and baseball players should head out to the Hayden Building at Dream Fields, 1385 Irvington Road, Kilmarnock, from 10 a.m. to 1 p.m. January 31 for the first of three registration days.

Registration will continue from 10 a.m. to 1 p.m. February 7 and 4 to 7 p.m. February 13 at the Hayden Building.

The registration fee is \$50 per child, \$35 for the second child in a family and \$15 for the third child, according to secretary Diana Thomas. No family will pay more than \$100. Opening day for the 2015 season will be April 18 and will include a memorabilia display and photos from the last 50 years.

"Different events are also being scheduled throughout the year to celebrate the anniversary," said Thomas. "The players will also be

wearing throwback uniforms."

Little League is open to ages 4 to 18. When registering, parents of new players need to provide a copy of their child's birth certificate. Parents of all players, both new and former players, must provide three documents as proof of Lancaster County residency, said Thomas. The documents need to show a street address, not a post office box.

Last year, over 200 Lancaster County youths participated.

Among ballpark renovations this year will be improvements to the seating area on the varsity field, where the bleachers and area behind the backstop will be raised for unobstructed viewing of the field, said Thomas.

Photos and memorabilia are still being collected. To submit either, contact Dream Fields Youth Club president Travis Pittman at 724-9279.

Visit dream-fields.org for a list of acceptable documents for proof of residence and to download registration forms.



From left are Rusty Gill and Jamie Barnhardt.

Aero club now forming

Sole ownership of an airplane can be taxing. The idea of an aero club is a time-tested way to fly airplanes at shared expense with a social atmosphere.

The Hummel Field Aero Club is organizing as a non-profit fractional ownership of airplanes, said Jamie Barnhardt. A start-up meeting will be held at 4 p.m. Saturday, January 17, at the Hummel Field terminal building, 310 Plainview Road, Topping.

The purpose is to decide how the club is to be organized, said Barnhardt. Pilots and non-pilots are welcome.

To join, attend the meeting, or call Barnhardt at 725-6157.

Local Corvette Club celebrates five years

The Northern Neck Corvette Club of Wicomico Church this month celebrates its five-year anniversary.

In January 2010, a group of six friends who owned three Corvettes sat around a dining room table and discussed the idea of creating a club, reported Sam McKinney.

Other Corvette owners were contacted, plans were made, and the first meeting of the Northern Neck Corvette Club was held in April 2010, said McKinney. The

club has grown to more 100 members representing more than 60 Corvettes.

No dues are charged for membership. The only requirements are that members participate and have fun.

The club will hold its annual luncheon at 1 p.m. January 25 at the Indian Creek Yacht and Country Club, 362 Club Drive, Kilmarnock. Officers for 2015 will be announced.

To join the club, visit northneckcorvetteclub.com.

Northumberland Little League sign up continues

Northumberland County Little League's online registration for the 2015 Little League spring season is underway at northumberland-littleleague.com. Click the Register button on the About page, reported Chris Timberlake.

For those who do not have access to the internet, the Northumberland County Little League board will hold "in person" registration from 10 a.m. to 1 p.m. February 7 and 1 to 4 p.m. February 15 at

the Northumberland County Elementary School Cafeteria, 757 Academic Lane, Claraville, said Timberlake.

Folks are reminded to bring three current documents for proof of residency dated between January 1, 2014, and January 31, 2015. If this is a first-time registration, a copy of the child's birth certificate will also be required, he said. Boys and girls ages 4-18 are eligible.

The registration fee schedule is:

- \$65 per child prior to February 1.

- \$75 per child from February 1 to 15.

- \$150 from February 16 to March 8.

Registration closes on March 9, said Timberlake. There is no late registration.

SPORTS SHORT

■ Bird walk

Frank Schaff of the Northern Neck Audubon Society will conduct a bird walk at 1 p.m. January 24 at Hughlett Point Natural Area Preserve, near the end of Balls Neck Road in Northumberland County.

To register, call Schaff at 462-0084.

BRIDGE RESULTS

Five pairs played the Howell Movement December 22 at the Woman's Club of White Stone.

Winners were first, Ilva Doggett and Steve Lowe; and second, Shirley Crockett and Elaine Weekley.

Eight pairs played the Howell Movement December 30.

Winners were first, Virginia Adair and Betty Fay Lewis; second, Randy Palmer and Don Schelling; and third, Arden Durham and Cynthia Birdsall.

Nine pairs played the Howell Movement January 8 at the Woman's Club of White Stone.

Winners were first, Dianne Monroe and Babs Murphy; second, Shirley Crockett and Elaine Weekley; third, Ilva Doggett and Steve Lowe; and fourth, Cynthia Birdsall and Judy Peifer.

The next bridge for this group is Thursday, January 22, at 1 p.m.

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BOWLING RESULTS

Ladies League

For the week January 5, D & L took all 3 games from R. P. Waller. Terry Stillman had high set, 381, with games of 135, 133 and 113. Jenifer Frank rolled games of 120 and 126 and a 340 set. Beverly Benson tallied games of 110 and 119 and a 323 set.

R. P. Waller's Ola Rae Nash had a 103 game. Ann New-some tallied games of 103 and 107 and a 304 set. Marsha Nash bowled games of 107 and 105.

Express Auto won 2 of the 3 games from Yeatman's. Vicki White bowled games of 132 and 105 and a 330 set. Marie Piccard had games of 124 and 114 and a 330 set. Vivian Callaway had a 103 game. Sandra Evans tallied games of 106 and 113 and a 312 set.

Yeatman's Val Crosbie rolled games of 101 and 124 and a 320 set. Mary York had games of 112, 104 and 127 for a 343 set. Joan Bowles tallied games of 128 and 140 (high game) and a 348 set. Alma George bowled games of 107, 109 and 115 for a 331 set.

The Corner took 2 of the 3 games from NN Ace Hardware. Kathy Taylor rolled a 126 game and a 310 set. Betty Evans had games of 116 and 121 and a 330 set. Gayle Conrad tallied games of 127 and 114 and a 329 set.

NN Ace Hardware's Kara George rolled games of 107 and 104. Mary Newton had a 102 game. Cathy Hoskins bowled games of 108 and 116 and a 322 set.

Men's Winter League

Teams	Won/Lost
Evans	27/18
Hammocks	27/18
Giffi Boys	22/23
Naturals	21/24
D&L	20/25
Nobletts	18/27

High team game: 1. Evans, 554; 2. D&L, 525.

High team set: 1. Evans, 1,566; 2. Hammocks, 1,445.

High individual game: 1. Joe Hudnall, 173; 2. Richard Pittman, 169.

High individual set: 1. Dana Stillman, 431; 2. Curtis Walker, 407.

High individual average: Don Powell, 118.

All games are played at Evans Bowling Center, Kilmarnock.

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Weekly Tides
Windmill Point - Sunrise & Moon - January 2015

Day	Low	High	Sunrise	Sunset	Moonrise	Moonset
Fri. 1/16	12:52	1:2'	7:19	5:11	3:13	1:44
Sat. 1/17	1:49	0.1'	7:18	5:12	4:13	2:36
Sun. 1/18	2:45	0.0'	7:18	5:13	5:12	3:35
Mon. 1/19	3:39	-0.3'	7:17	5:14	6:08	4:40
Tue. 1/20	4:32	-0.4'	7:17	5:16	7:00	5:49
Wed. 1/21	5:24	-0.5'	7:16	5:17	7:47	7:00
Thu. 1/22	6:16	-0.5'	7:16	5:18	8:30	8:11
Fri. 1/23	12:38	1.3'	7:15	5:19	9:10	9:20

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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Committee members from left are (front row) Dale Wittler, Joe Thompson, Cristian Shirilla, Leslie Garland and Bill Estell; (next row) Denise Schindler, Brian Buffaloe, Greg Haugan and Bill Kirby.

Earth Day celebration features 5K Race/Walk

The Northumberland Association for Progressive Stewardship (NAPS) in conjunction with the Rice's Hotel/Hughlett's Tavern Foundation, the Northumberland Family YMCA, and the Northumberland Public Library will hold an Earth Day Celebration at the Heathsville Farmers Market April 18.

The main feature in the morning will be the NAPS Earth Day 5K Race/Walk at 8 a.m. A 100-yard Tot Trot for children younger than age 4 is scheduled for 9:15 a.m. The YMCA will have a 1K Healthy Kids Fun Run for ages 4-8 at 9:30 a.m.

"Our goal is make this a premier event for runners,

for families, and for those just looking to enjoy a community event to celebrate Earth Day," said 5K race director Bill Kirby.

Prior to April 10, the registration fee for the 5K race is \$25 for men and women and \$10 for ages 12 and younger. After April 10, the fees will be \$30 and \$12. There is no registration or fee for the Tot Trot. The Healthy Kids Fun Run requires separate registration with the YMCA. Race-day headquarters will be Rice's Hotel/Hughlett's Tavern in Heathsville.

The course begins near the Northumberland Historical Society, follows Back Street to and across Northumber-

land Highway onto Spring Road to the 1.55 turnaround, where there will be water, and return to the starting point.

The first 200 registered 5K runners/walkers will receive a specially designed race cap and water bottle. The top three race finishers in the men's and women's divisions will receive awards. Prizes will be awarded to the top three finishers in each age group. All Tot Trot and Healthy Kids Run participants will receive a prize. There are no award categories for walkers. The awards ceremony will be held on a stage at the NAPS Earth Day headquarters located

between the Transportation Museum and the Pavilion on the Tavern grounds.

Among the other activities there will be an exhibition by naturalist/environmental organizations and other market vendors. The Earth Day exhibitors have been urged to present specific activities and demonstrations for adults and children. The April market also is the venue for the annual Northern Neck Wine Festival, sponsored by the RH/HT Foundation.

For race registration forms, go to napsva.org, or raceit.com. A separate registration form for Healthy Kids Fun Run will be posted at peninsulaymca.org.

Orthopaedist to speak

Richmond orthopaedic surgeon Dr. Cyrus Kump will speak at 2 p.m. January 27 about "Healthier Joints for a Healthier You" at Rappahannock Westminster-Canterbury, 132 Chesapeake Drive, Irvington.

The presentation is part of RW-C's ongoing Mind & Muscle series, a program of presentations and activities to highlight the importance of brain health and physical fitness for overall wellness, reported RW-C development vice president Elizabeth "Whiz" Harris.

A graduate of the Virginia Military Institute and the Medical College of Virginia, Dr. Kump is a specialist in arthroplasty of the hip and knee, trauma surgery, fracture surgery, and arthroscopy of the shoulder and knee. He is affiliated with Advanced Orthopaedics in Richmond and serves as orthopaedic surgeon for athletes at VMI.

He also is a colonel in the U.S. Army Reserve, and has been deployed with military forces in Germany, Kosovo and Iraq.

Dr. Kump is eager to explain



Dr. Cyrus Kump

to older adults what they can do to keep healthy or treat ailments that may be restricting their lifestyle.

"I hope people will come learn more about how they can get back to doing the things they love," said Dr. Kump.

His presentation is free and open to the public. However, reservations are required. Call 438-4000 no later than January 24.

36th annual Rappahannock River Waterfowl Show slated March 21-22

The 36th annual Rappahannock River Waterfowl Show is set for March 21 and 22 in White Stone.

About 75 artists will exhibit with wildfowl related art in a variety of forms including original paintings, decorative wildfowl carvings, bronze sculpture, folk art carvings, gunning style decoys, prints, jewelry, and antique decoys and artifacts, reported co-chairman Pat Bruce.

The Artist of the Year will be Nancy Richards West of Chincoteague. West has donated an original painting of a ruddy duck for this show and color prints will be given out both days, said Bruce. Guests at the Preview Night Gala will receive signed and numbered prints.

The weekend door prize will be a pair of bufflehead decoys carved by Curtis and

Wayne Waterfield of Virginia Beach, she said. The Preview Night door prize will be a decorative carving by Chuck Robertson of Linville Falls, N.C.

The Preview Night Gala will be a special evening on March 20 for guests to enjoy the artwork, and perhaps purchase paintings or carvings early, said Bruce. Invitations will be mailed in late January. Advance tickets, \$60, must be purchased for the evening event by March 13. Those who have not received an invitation in the past and would like to be added to the mailing list, may contact the show.

The Rappahannock Decoy Carvers and Collectors Guild will have their annual carving competition on March 2. Classes for a variety of wildfowl carvings will be offered, including ones for youth and

buoy decoys, she said.

The Virginia Waterfowlers Association along with the Holiday Lake 4-H Center will offer demonstrations and activities for children both days, added Bruce.

Show hours will be 10 a.m. to 5 p.m. March 21 and 10 a.m. to 4 p.m. March 22. Admission will be \$8; children younger than age 12 will be admitted free.

The Rappahannock River Waterfowl Show will be held at the White Stone firehouse, 578 Chesapeake Drive, White Stone. Proceeds will benefit the operations of the White Stone Volunteer Fire Department.

For information on the show, the Preview Night Gala, or the contest, call 435-6355, e-mail info@rrws.org, or visit rrws.org.

Secretariat descendants in running for awards

Several descendants of Triple Crown champion Secretariat are in the running for Thoroughbred racing's most prestigious awards.

Great-great-grandson California Chrome already has captured the fifth annual Secretariat Vox Populi Award. Created by Secretariat's owner, Penny Chenery, the Vox Populi, or "Voice of the People," Award recognizes the racehorse whose popularity and racing excellence best resonated with the public and gained recognition for the sport during the past year. Recipients do not have to be related to Secretariat.

Fans selected California Chrome, who won the 2014 Kentucky Derby and Preakness.

Finalists for the 2014 Eclipse Awards were announced January 7. Presented by the National Thoroughbred Racing Association, Daily Racing Form and National Turf Writers and Broadcasters, the awards are the equivalent of equine Oscars for racehorses and their owners, breeders, trainers and jockeys.

"There is at least one Secretariat descendant in every horse category," said Leanne Meadows Ladin, Secretariat tourism manager at The

Meadow Event Park in Caroline County. "They include California Chrome for Horse of the Year; Untapable and Stopchargingmaria for Champion Three-Year-Old Filly; California Chrome and Shared Belief for Champion Three-Year-Old Male; Wise Dan, who has already won six Eclipse Awards, for Champion Older Male; and several other outstanding finalists."

It is "so gratifying" to see Secretariat's bloodlines still a major influence in Thoroughbred racing more than 40 years after he won the Triple Crown, said Ladin. The Eclipse presentations will be made January 17.

YMCA will hold open house January 17

The Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock, will hold a Passport to Wellness open house from 9 a.m. to 1 p.m. Saturday, January 17.

Bon Secours Hospital and Rehab will conduct blood pressure, glucose and cholesterol screenings, said senior operations director Liz Allen. YMCA staff will demonstrate

healthy cooking at 9:30 and 11:30 a.m., massage therapy and skin care at 10 a.m. and an essential oils medicine cabinet makeover at 1 p.m.

YMCA group exercise instructors will host free sampler classes every 30 minutes starting at 9:30 a.m. with step and hi/lo; 10 a.m., Tabata; 10:30 a.m., zumba; 11 a.m., breathe and stretch yoga; 11:30

a.m., ripped; noon, piyo; 12:30 p.m., pilates; 1 p.m., qigong; and 1:30 p.m., gentle yoga.

All of these classes are free to the public, said Allen. Come prepared to play.

There will be fun for all ages so bring the kids, she added. Open gym soccer will be hosted with give-aways, as well as face-painting, and healthy snacks.

Whole Foods Cleanse course to start January 27

The Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock, and Certified Holistic Health Coach Kim Diaz will conduct a 15-day Whole Foods Cleanse, beginning with a kickoff event at 5:30 p.m. January 27.

The cleanse will improve digestion, boost metabolism and eliminate that foggy feeling, said senior operations

director Liz Allen.

The three-phase, 15-day program includes a four-day pre cleanse "housekeeping," a seven-day cleanse and elimination of toxins through healthy natural foods and a four-day transition introducing eliminated foods back into the diet.

Diaz will guide participants through this life-changing process, said Allen. Diaz will

offer ongoing online support throughout the 15 days. There also will be a private Facebook forum where participants can ask questions, interact with others in the group and receive more information about detox and cleansing.

Registration is \$119 for all materials and supplies. Diaz will email materials upon registration, or call 435-0223.

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