



Northern Neck Sentinel™

“The Voice of The People”

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Volume 1 - Edition 2 - March 7, 2018

FREE TAKE ONE



FONES CLIFFS RESORT AND SPA GOOD NEIGHBORS OR ENVIRONMENTAL DISASTER?

John Haynes Editor/Publisher

In my nearly three decades of living in the Northern Neck I have never seen an issue as polarizing and divisive as the prospect of developing environmentally sensitive property at Fones Cliffs in Richmond County. Since the first inquiries into possible zoning changes to allow development, there has been a public debate over whether potential economic growth justified the possibility of damage to an environmentally sensitive and historically significant area.

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COMMEMORATION OF THE LEEDSTOWN RESOLUTIONS OVERFLOW CROWD VIEWS LIVING HISTORY

February 27, 1766 was one of the most memorable dates in the history of the fight for American independence. On that day one hundred and fifteen courageous men risked their lives, property and the safety of their families to rise up in defiance of the British Crown.

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RICHMOND COUNTY MIDDLE SCHOOL 6TH GRADERS WORK TO IMPROVE THE OYSTER POPULATION IN THE RAPPAHANNOCK RIVER

-Jason Strong, Richmond County Elementary/Middle School Principal

This fall, 6th graders from Richmond County Middle School built oyster sentinels in an effort to help replenish the oyster population in the Rappahannock River. This is an action project 6th graders did as part of their Meaningful Watershed Educational Experience through funding from the National Oceanic and Atmospheric Administration (NOAA) with Friends of the Rappahannock (FOR).

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River Steward Richard Moncure instructs



SENATOR STUART WITHDRAWS CONTROVERSIAL BILL ATTEMPT TO STIFLE TRANSPARENCY CREATES UPROAR

Over the past month the Richmond Times Dispatch has launched an all out attack on State Senator Richard Stuart who represents the 28th District of Virginia. The cause of their ire is the introduction of legislation (SB 727) that would exempt the Virginia judicial system from the Freedom of Information Act.

CONTINUED ON PAGE 4...

FY 2016/17 REGIONAL SAT SCORES NEIGHBORING COUNTIES ARE WORLDS APART

John Haynes Editor/Publisher

Last September I received a copy of the most recent statewide SAT scores from Dr. Sarah Susbury of the Virginia Department of Education. Dr. Susbury is the Director of Test Administration, Scoring and Reporting. Although I expected variations among the six counties that comprise the Northern Neck Region, the degree of difference was unsettling.

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OBSERVATIONS



A DOGGONE SHAME

I was listening to a recording of the February Richmond County Supervisors Meeting recently and I heard something that made me wonder if our leaders have the same priorities as those whom they supposedly serve.

One of the agenda items concerned the fate of the proposed Richmond County Animal Shelter. The Board has grappled with this problem for the past few years and according to the comments made at the meeting the can has been kicked down the road again. Way down the road.

The sticking point was, as always, money. Bids on a proposed shelter reportedly came in between four hundred thousand and four hundred and fifty thousand dollars.

After considerable back and forth it was agreed that the County was not in a financial position to take on that much debt and would not be for a couple of years. Further details are provided in the Supervisors Meeting article in this edition.

This is correct. As was reported in the February Sentinel, Richmond County has ranked dead last in the state three years in a row in financial stability. This is according to the State Auditor of Public Accounts and has been publicly acknowledged.

Over the past few years the proposed animal shelter has had to compete with two other large proposed projects. Those are the new EMS building which has just begun construction and the recently approved school bus garage.

From the comments that I have heard there is broad community support for the new EMS building. They have been waiting for several years and the current facility is so outmoded that many modern rescue vehicles cannot fit through the doors. It had become a matter of public safety. The cost was 1.55 million.

The estimated cost for the new school bus garage is \$500,000.00. Although the funding has not been formally approved yet I have no doubt that it will be. This is where I feel that the Board of Supervisors has ignored the will of the people.

The Richmond County Schools had 21 million dollars in additions and renovations to their campuses completed a few years ago. Their budget has risen a quarter over the past five years. While our schools are obviously important bus garages are not a critical need. Saving the lives of vulnerable dogs and cats is.

Richmond County currently pays Westmoreland County \$43,000.00 per year to take animals that we can't handle. We have a full time Animal Control Officer. There is a way but not a will.

Since this is an opinion column I would like to propose a deal. Instead of funding the school bus garage and making the animal shelter wait a couple of years, why not do the opposite? I feel that the vast majority of the citizens would support this idea.

Just a few months ago Shari Faina of Farnham gave an impassioned plea to the Supervisors for County assistance in building a private animal shelter. An organization called Partners for Paws has already purchased land for a private shelter in Lancaster County.

It has been said that a society can be judged by the way that it treats those most in need. I feel certain that the majority of my fellow citizens in Richmond County would rather spend their tax dollars protecting animals from suffering and death than sheltering buses. If you agree let your voice be heard or it's a doggone shame.

John L. Haynes Jr.
Editor/Publisher

PARTICIPATE IN OUR POLL.

SHOULD AVAILABLE FUNDING
GO TO THE SHELTER INSTEAD
OF THE GARAGE?

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Virginia True Owner Howard Kleinholder and Project Manager James Fukuda

FONES CLIFFS RESORT AND SPA GOOD NEIGHBORS OR ENVIRONMENTAL DIASASTER? CONTINUED FROM PAGE 1...

This issue has generated considerable publicity over the past decade and has been covered extensively throughout the region including major publications such as the Washington Post. A recent spike in media coverage resulted from the failure of the developer, Virginia True, to obtain the proper permits before clearing over 13 acres of land.

Although all involved conceded that the infraction was due to a misunderstanding, this gave critics an opportunity to attack. A headline in the Richmond Times Dispatch declared: "Stop-work order Issued for resort development in Richmond County near bald eagle habitat".

Like so many headlines designed to draw attention, the actual contents of the article make it clear that Virginia True did not intentionally violate the guidelines despite the implications in the headline. Both state and county officials concur in this assessment.

Ann Regn, a DEQ spokeswoman stated: "They came in voluntarily on their own initiative. There aren't any red flags at this point. They were apologetic ... and eager to get the permits done." Similarly, Richmond County Administrator Morgan Quicke defended Virginia True. He was quoted as saying: "They've been fine to work with on bringing it back into compliance... They've been very responsive about trying to remediate."

The monthly Richmond County Board of Supervisors Meeting has become a forum for the ongoing debate. In each of the meetings since the November stop-work order opponents of the project have made pointed criticisms.

Richard Moncure of the Friends of the Rappahannock has spoken critically of Virginia True in the past three meetings. He has questioned their "engineering expertise" and has complained that he has not been kept advised of developments.

Joseph McCauley of the Chesapeake Conservancy has also been a persistent critic citing the threats to the eagle habitat and potential archeological finds. He has characterized the actions of Virginia True as "callous disregard".

The County and Virginia True have had several meetings and consultations since the infraction and it was agreed to have a

final remediation plan in place by 3/2/18. At the February Supervisors Meeting Administrator Morgan Quicke advised that failure to do so could result in fines and legal action.

One reason that both the DEQ and Richmond County did not assess fines or penalties for the land disturbing activities in question is that they are well aware themselves of how complicated and confusing the guidelines are. In addition to the Chesapeake Bay Act developers are also subject to state wastewater regulations that were put in place a few years ago.

Since that time Richmond County has twice run into compliance enforcement problems due to a misinterpretation of guidelines. One involved the forcing of protective measures beyond regulation requirements on a local lumber yard and the other involved approval of a home expansion in Little Florida that violated regulations.

The first instance resulted in a heated confrontation with the aggrieved business owner and the second instance resulted in a lawsuit. Although Richmond County did not receive undue criticism due to their errors it appears that Virginia True will not receive that same consideration from their critics.

The three primary objections to the Virginia True Project are possible erosion and runoff, protecting the eagle population and preserving potential archeological finds. I will address each individually.

It appears that some of the confusion regarding what is permitted under existing regulations derives from the fact that some of those in our governing body have a poor understanding of the actual regulations.

At a recent Supervisors Meeting Virginia True representative Rob Smith mentioned that some trees right at the edge of the cliff would need to be removed to prevent erosion. It has been established that trees, especially heavy trees, whose root systems have been exposed by cliff side erosion, actually accelerate erosion when their root plates shift, especially during high winds.

Mr. Smith further explained that when the trees are cut the stumps are left in place so that the root system will continue to provide stability giving newly planted vegetation time to grow. One Supervisor replied to Mr. Smith's remarks that he was not allowed to cut any trees within 100 feet of the water.

This is, of course, incorrect. Virginia Code Provision VC25-830-140(5) plainly sets out what is permissible in the 100 foot buffer zone. It reads in part:

"5. Permitted modifications of the buffer area.

a. In order to maintain the functional value of the buffer area, existing vegetation may be removed, subject to approval by the local government, only to provide for reasonable sight lines, access paths, general woodlot management, and best management practices, including those that prevent upland erosion and concentrated flows of stormwater, as follows:

- (1) Trees may be pruned or removed as necessary to provide for sight lines and vistas, provided that where removed, they shall be replaced with other vegetation that is equally effective in retarding runoff, preventing erosion, and filtering nonpoint source pollution from runoff.
- (2) Any path shall be constructed and surfaced so as to effectively control erosion.
- (3) Dead, diseased, or dying trees or shrubbery and noxious weeds (such as Johnson grass, kudzu, and multiflora rose) may be removed and thinning of trees may be allowed pursuant to sound horticultural practice incorporated into locally-adopted

standards."

I am not attempting to embarrass the Supervisor in question which is why I didn't use their name. I am simply trying to demonstrate that even people who are involved in the process often misinterpret the lengthy and complex policies and regulations which they are tasked to enforce.

Fones Cliffs has been eroding for hundreds of years and, unfortunately, most of the causes cannot be mitigated. The primary factors involved in erosion include wind, rain, wave action and surface runoff. Of these, only surface runoff is usually manageable.

By grading areas adjacent to the cliff face to slope away from the cliffs surface runoff can be reduced considerably. The developers plan on using this technique. It is important to remember that losing land through erosion is the last thing that Virginia True wants as it requires building farther from the water to prevent eventually losing or having to move existing structures.

The effect of development on the eagle population has also been a subject of fierce debate. There is no doubt that the Fones Cliffs area is prime eagle habitat with one of the largest concentrations of eagles and other migratory birds on the east coast.

There is also no doubt that human activity can disrupt nesting and hunting behaviors. The question seems to be to what degree? Since the vast majority of the property will remain undeveloped and there is an abundance of good eagle habitat in that area the disruption will undoubtedly cause some local relocation to adjoining areas.

As far as the potential existence of archeological sites it appears probable that they exist. Historical accounts and records indicate the presence of Indians, specifically the Rappahannock Indian Tribe, in that area.

Joe McCauley of the Chesapeake Conservancy explored some new information on this subject at the February Board of Supervisors Meeting and those details are provided in the report of that meeting published elsewhere in this issue.

Throughout the centuries some of our most significant archeological finds have been caused by activity related to construction. I can only hope that the developers will work with those interested in preserving such finds as part of their stated goal to promote our historical past.

Although erosion control, eagle protection and preservation of potential archeological sites are the most commonly cited areas of concern there is another dynamic at play. Much of the uncommon vitriol generated by the Fones Cliffs Projects is based on a basic disagreement on property rights.

One of the primary criticisms during this whole process was that zoning changes were being sought as a means to increase the value of the property, ostensibly to realize a higher price at sale. Critics claimed that the owners did not really plan to develop the property at all but rather wanted to raise the value to sell the property to an individual or entity that had the intention of placing the property in a conservation easement.

Although this accusation proved to be false it is ironic that some of the most vocal critics of the Fones Creek development were large landowners who had placed their properties in conservation easements and had received large sums in state and federal tax breaks as well as county land use protections.

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SENATOR STUART WITHDRAWS CONTROVERSIAL BILL
ATTEMPT TO STIFLE TRANSPARENCY CREATES UPROAR
CONTINUED FROM PAGE 1....

Although Senator Stuart has been singled out by the Times Dispatch on four separate occasions over the past month, the most scathing critique appeared in the 1/16/18 editorial page. I have seldom seen such harsh criticism directed at a public official. The editorial, titled "Courting Trouble", starts off as follows:

"Here's a simple two-question quiz most middle school students should be able to pass.

- (1) Should Virginia government be open to public scrutiny?
- (2) Is the judicial system part of Virginia's system of government? The answer in both cases is yes. Yet while that's obvious to most ordinary people, certain Virginia lawmakers have trouble reaching the same conclusion."

Later in the editorial it is pointed out that Senator Stuart actually serves on the State FOIA Advisory Council though he rarely attends meetings. Why he would choose to serve on a committee dedicated to open government, which his proposed bill would diminish, is unclear.

This would be bad enough if it were an isolated incident. Unfortunately it is not. In 2016 Senator Stuart introduced SB 202 which proposed to raise the threshold for disclosing public employees' salaries from \$10,000.00 to \$30,000.00.

In addition to raising the threshold the bill also sought to forbid the government from releasing databases that include employee's names and salaries. The adoption of bills like this would have a chilling effect on efforts to monitor government corruption.

Let's use a real world example. Imagine a County Supervisor uses their influence to get their numbskull nephew a job in local government despite applications from other more qualified applicants. Or perhaps a current employee is paid well above others in the same position due to the right "connections".

Under the bill proposed by Senator Stuart it would be virtually impossible to detect improper or unfair pay or treatment for employees earning less than \$30,000.00 annually. In a country that has been in an upheaval for over a year regarding government secrecy do we really need to gut FOIA?

After SB 202 was defeated in committee, the Virginian-Pilot sent Senator Stuart a FOIA request for any documentation involving negotiations regarding the bill. The Senator refused the request stating:

"There are six emails responsive to your request ...Please be advised, however, that these records are exempt from disclosure under 2.2-3705.7 as my working papers and correspondence, and therefore will not be released."

To be clear, the Senator acknowledges having the requested information which he is allowed to release but refuses to do so due to a legal technicality. The only conceivable reason for this is that the requested information would reveal something that the Senator wishes to remain hidden.

Senator Stuart has been in office since 2007 and I support many of his positions. I do, however, find his opposition to open government to be deeply disturbing. Although he has pulled SB 727 from consideration he has not provided a coherent explanation of his original motives.

Our region is known as the "cradle of American Democracy" as celebrated by the Commemoration of the 1766 Leedstown Resolutions last month. These Resolutions provided a template

for the Declaration of Independence. Considering the sacrifice made by our ancestors to secure open government I find the Senator's proposed abrogation of our rights to be reprehensible.

The Senator is welcome to respond and any response received will be printed in full. His constituents deserve a proper explanation. Maybe he could include why his constituents should vote for someone that opposes open government.

COMMEMORATION OF THE LEEDSTOWN RESOLUTIONS
OVERFLOW CROWD VIEWS LIVING HISTORY

CONTINUED FROM PAGE 1...

By affixing their signatures to the document known variously as the Leedstown Resolutions, the Leedstown Resolves or the Westmoreland Resolutions, our dauntless forbears publically



Monroe and Washington Observe

rejected the concept of taxation without representation.

This act of defiance generated a wave of similar declarations that spread throughout Virginia and the other colonies. Soon these various documents of protest led to a coalition among the states. This, in turn, led to the signing of the Declaration of Independence at the Second Continental Congress in Philadelphia on July 4, 1776.

The 1765 Stamp Act was the culmination of a series of abuses by the British Crown against the colonists and the level of anger and resentment had reached a tipping point. The preamble of the Leedstown Resolutions reflects this sentiment:

"Roused by danger and alarmed at attempts, foreign and domestic, to reduce the people of this country to a state of abject and detestable slavery by destroying that free and happy condition of government under which they have hitherto lived.

We who subscribe this paper, have associated and do bind ourselves to each other, to God, and to our country by the firmest ties that religion and virtue can frame, most sacredly and punctually to stand by and with our lives and fortunes to support, maintain and defend in observance and execution of these following articles-"

Even though I arrived at the Commemoration early the parking lot was already full. There was a long line formed at the main door and eventually more chairs had to be brought in to accommodate the crowd. Although I have been to many events at Ingleside Winery I have never seen the meeting hall so packed.

The Commemoration began with welcoming remarks by the Reverend Charles Sydnor and Chris Flemer. The Reverend is the current President of the Northern Neck of Virginia Historical Society. Mr. Flemer is the Marketing Director of the Ingleside

Plantation Winery.

After welcoming those in attendance, Reverend Sydnor asked the attendees near the aisle to pull their chairs back as it was so crowded that the color guard could scarcely make their way through the packed venue.

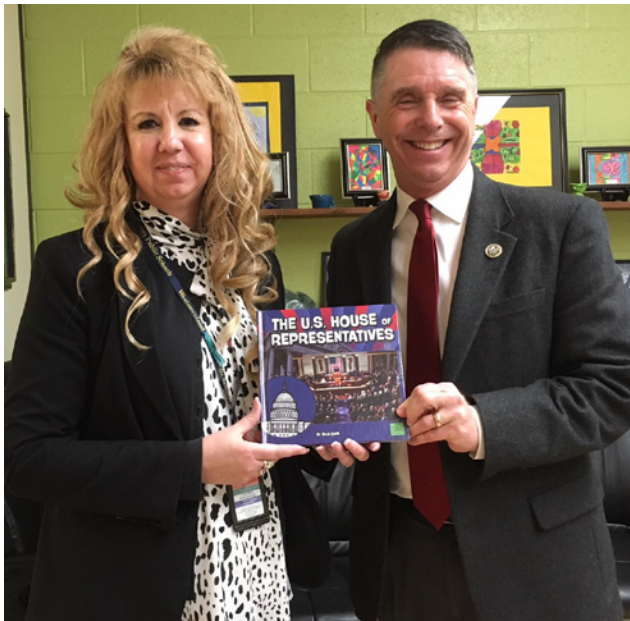
The flags were the posted by members of the Sons of the American Revolution in period attire along with musical accompaniment by the York Town Fife and Drum Corps. The participating members were Mike E. Lyman Sr., George Beckett, Charles Belfield, Bart Morrison and Bill Schwetke.

After the colors were posted, Mike E Lyman Sr. led the Pledge of Allegiance. Past President of the Northern Neck of Virginia Historical Society Steve Walker then made a presentation to

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LOCAL NEWS



Sandy Herdle, Principal of Washington District Elementary and Congressman Rob Wittman with donated book.

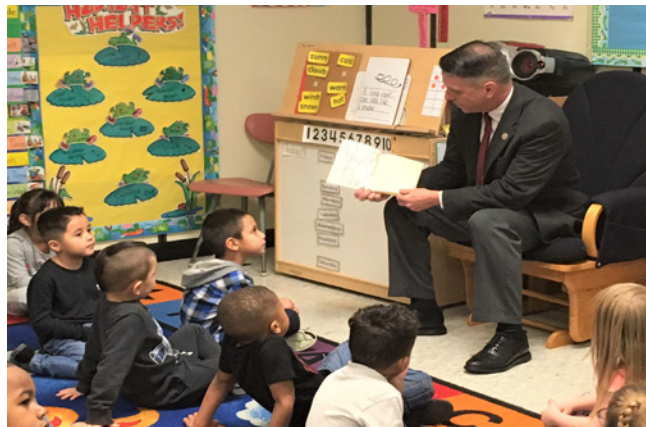
Congressman Rob Wittman Visits WDE

By Patty Kelly Long, Westmoreland County Public Schools

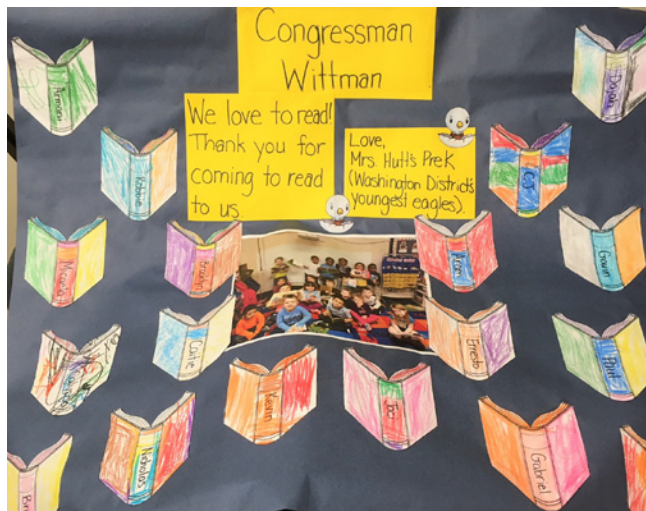
Excited students in Pre-K and kindergarten at Washington District Elementary School listened intently to a very special guest who read to them on Friday, February 23. Congressman Rob Wittman, (R-VA1) came to the school as part of the Bring Your Legislator to School month. The students were treated to Dr. Wittman's fun reading of several of their favorite books. One book, *The Purple Crayon*, elicited a discussion on what imagination is and how students can use their imagination to grow as students.

Dr. Wittman was born in Washington, DC and grew up in Westmoreland County. He attended Virginia Tech and earned his BA in biology. He later earned a master's degree in public health from the University of North Carolina and a Ph.D from VCU in 2002. He worked for 20 years with the Virginia Department of Health. In 2005, Dr. Wittman was elected to the Virginia House of Delegates and assumed office as a member of the U.S. House of Representatives from Virginia's first district in December, 2007. He currently sits on the House Committee on Armed Services and the House Committee on Natural Resources.

The students at Washington District Elementary made gifts for Congressman Wittman as a token of their appreciation. He also received a gift bag of WDES treasures from the WDES administration. Dr. Wittman left an autographed copy of a book about the House of Delegates with the students so they can continue to enjoy reading. The students and staff of WDES were delighted to have Congressman Wittman come and share part of his busy day with them.



Congressman Wittman reads a book to WDE students.



Poster from Mrs. Hutt's pre-K class for Congressman Wittman.



Congressman Wittman joins WMLCPS School Board members, Dr. Daniel Wallace and Ralph Fallin with Mrs. Pegelow's kindergarten class.



University of Richmond athletes speak to W&L GEAR UP students.

W&L GEAR UP

STUDENTS VISIT UNIVERSITY OF RICHMOND

By Patty Kelly Long, Westmoreland County Public Schools

Washington & Lee High School GEAR UP students recently spent an exciting afternoon at the University of Richmond. Guests of the athletic department, the students were invited to a Minority Forum event where they met student representatives of various sports, including football, baseball, softball, tennis, and golf. The University of Richmond students talked to the GEAR UP students about choices they had to make for sports, how they study, and how they have found procedures that work for them. After the discussions, the athletes came and met with the students for photos.

After the forum, the W&L GEAR UP students were ushered to the basketball arena where they were guests for a game with St. Louis University versus the Richmond Spiders. The students were delighted to have this unique experience to visit a school and enjoy an exciting college game.



W&L GEAR UP students take their seats at University of Richmond basketball game.



Cople Elementary music teacher, Adriane Bibbens, is nominated for Excellence in Education award.

Cople Teacher Nominated for Excellence Award

By Patty Kelly Long, Westmoreland County Public Schools

Cople Elementary School recently received notification that their music teacher, Adriane Bibbens, has been nominated for an Excellence in Education monthly award. Sponsored by NBC 12 and the Henrico Federal Credit Union, the nomination must include details on how the teacher inspires their students.

The submissions are reviewed by a panel and are eligible for future monthly awards. We congratulate Mrs. Bibbens on her nomination and wish her continued success.



Weekly Update: The President's Budget

By Rob Wittman
February 24, 2018

Last week, President Trump released his budget proposal for Fiscal Year 2019. The President's budget is only the first step in the annual budgeting and appropriations process. And I'm sure you know, the Administration's FY19 proposal is simply that - a proposal. Any changes in actual funding levels requires Congressional approval.

This budget proposal rightly prioritizes defense and national security. The proposal also aims to control runaway spending on mandatory programs, which are the major drivers of our debt.

And I support the efforts in this budget to reduce the deficit and debt. I am also pleased with the funding dedicated for Virginia tribes. As you may know, President Trump signed into law my bill called the Thomasina E. Jordan Virginia Tribal Recognition Act which federally recognizes six Virginia tribes. The funding would give the six tribes the initial federal support needed to carry out the day-to-day responsibilities and operations of a tribal government.

There are, however, some areas I am concerned about moving forward; specifically, insufficient funds to build our Navy, a severe budget cut to Chesapeake Bay programs, and major changes for federal employees.

I was happy to see much-needed funding allocated toward our common defense and national security in the form of \$686.1 billion. The proposal includes adding 24,100 troops and a pay increase of 2.6% for our hardworking servicemembers. While the FY19 budget is an improvement over the proposed FY18 budget, I believe it still falls short in shipbuilding. The Navy's own Force Structure Assessment from December 2016 unequivocally called for a 355 ship Navy with 38 amphibious ships. However, the 30-year shipbuilding plan peaks at 342 ships in FY41 and then decreases. It never reaches 355. Less than 355 ships and less than 38 amphibious ships are both unacceptable scenarios for me. Fortunately, Congress has a say in all of this.

The Chesapeake Bay is critical to the environmental and economic health of our region and the Commonwealth. And we have seen the success of the Bay Program through cleaner water and more oysters and blue crabs, which demonstrates that the federal and multi-state partnership to restore the Bay is working. Severely reducing funding for this program would be shortsighted and unacceptable. I will continue making that case for adequate funding to my colleagues on the Budget and Appropriations Committees as they formulate the House Budget Bill. Last year we faced a similar situation, and we restored over \$60 million in funding for the Chesapeake Bay. I, along with many of my colleagues, sent a letter to the White House advocating against these budget cuts that will prevent the successful Chesapeake Bay restoration efforts and highlighting the critical role the Bay plays in the region's economy.

The federal workforce is full of dedicated and committed citizens who work hard in the name of public service. Therefore, I am disappointed that several provisions impacting federal employees are being used as a pay-for in this budget, including increases in employee contributions to the Federal Employee Retirement System. We continue to ask our federal civilian workforce to do more while reducing their take home pay and that is the wrong approach. As Congress works on appropriations going forward, I hope we reconsider unfairly targeting the federal employees to pay for other government operations. We must continue to pursue reducing mandatory spending which is the major driver of our increased deficit and debt.

It is now up to Congress to review the President's budget and make decisions about future spending. I will be working with my colleagues on the Appropriations Committees to ensure Virginia's interests are protected during that process, especially when it

comes to building our Navy, the Chesapeake Bay Program, and our nation's federal employees.



Senator Ryan T. McDougle - 4th District

House Committee Kills "Second Chances Act"

Richmond, Virginia, 22 February 2018: Despite unanimous support in the Senate, the House Courts of Justice Subcommittee yesterday killed Senate Bill 403 (SB403), Senator Ryan T. McDougle's (R-Hanover) legislation to give those convicted of crimes related to underage alcohol possession and marijuana possession an opportunity to have public records of those crimes expunged if they occurred before their twenty-first birthday and after a five-year period.

Known as the Second Chances Act, the legislation had reported from the Senate Courts of Justice Committee 16 to 0 and, for the third year in a row, passed the Senate unanimously 40 to 0.

The bill would have allowed those convicted of underage alcohol possession or marijuana possession when the offense occurred prior to the person's twenty-first birthday to petition to have records of the convictions and deferred disposition dismissals expunged. Individuals petitioning for expungement would have first had to demonstrate that all the terms of their original sentence, including court costs, fines, and restitution, had been satisfied and a period of five years had elapsed.

"While I am disappointed in the House's decision, I remain confident in the legislation's objective to give young individuals who have turned their lives around a second chance," said Senator McDougle. "I appreciate the support from the Senate and look forward to pursuing this common sense policy again next year."

Senator Ryan T. McDougle represents the 4th District in the Senate of Virginia. The 4th District includes Caroline, Essex, Lancaster, Middlesex, Northumberland, and Richmond Counties, as well as portions of Hanover, King George, Spotsylvania, and Westmoreland Counties.



Administrator Quicke Speaks as Chairman Sanders Looks On

AT LONG LAST RICHMOND COUNTY EMS BUILDING UNDER WAY

After three years of deliberations construction of a new Emergency Medical Services (EMS) building is under way. The formal groundbreaking was conducted 2/8/18 at her Commerce Park. Town and County officials were on hand along with private sector partners involved in the construction and financing of the new facility.

Financing is being handled locally by Union Bank and M.L. Bell out of Ashland, Virginia is the contractor. The project is expected to be completed by the October. The total cost is 1.55 million dollars.

The current EMS building is outmoded and the bay doors are too small to accommodate modern rescue vehicles. Hopefully the new structure will provide a well deserved upgrade for the men and women of EMS.

Staff

MONTHLY COUNTY SUPERVISOR MEETINGS

Every month the Sentinel covers as many County Supervisors Meetings as possible. Due to bringing in a new staff and time limitations we have not been able to cover all six counties as of yet. We plan on full coverage soon.

FEBRUARY RICHMOND COUNTY SUPERVISOR'S MEETING

The meeting began as usual with the Invocation and the Pledge of Allegiance. The first Staff Report was delivered by Superintendent Greg Smith.

Superintendent Smith began with a summary of the February School Board Meeting. He stated that a survey was conducted concerning the laptop program in the schools and that recommendations would be incorporated in the program going forward.

Brian Belfield, of Belfield Physical Therapy has entered into a contract with the School Board to provide athletic trainer services to all varsity sports competitions. Superintendent Smith stated that it was just too dangerous to continue using untrained school staff.

He also stated that that School Board had reviewed 14 pages of proposed regulations pending with the state. The results of the 2018/19 Niche Report school rankings have been announced and Richmond County was ranked in the top 30 school systems in Virginia.

Lastly, Superintendent Smith announced a Vision Request Retreat for school leadership on 3/14/18 at Stratford Hall and an upcoming Virginia School Board Association training session in April.

VDOT reported that there would be a shutdown of Route 3 at the bottom at Layton Swamp until late May. Pipes need to be replaced and there will be lane closures with a traffic signal. He also noted that minor repairs were scheduled for Rt. 3 in Warsaw by the turnoff to The Daily.

Sheriff Smith informed the Board that for the month of January there were 802 calls for service, 321 civil papers served, 29 arrests, 45 warrants served and 67 traffic summons. He stated that it was a quiet month overall. Animal Service had 27 calls and one transfer.

The Treasurer was out of town so Administrator Quicke summarized the report. He noted that delinquent property taxes for the previous were at the lowest levels year to date in six years and that the General Fund balance was increasing.

Director of Code Administration Barry Sanders was on vacation so Planning and Zoning Administrator Hope Mothershead filled in. Mrs. Mothershead was recently promoted to her current position after showing great promise in her previous capacity.

She reported 25 new projects with a total construction cost of \$853,000.00 including a six unit apartment building. She also added that the Planning Commission would be meeting in March to review the County Comprehensive Plan. The State requires a review every five year and Richmond County is due.

EMS Operations Captain Mitch Paulette stated that in January they had 109 calls for service and 2 assists to other localities. \$22,570.83 was collected in fees and the Auxiliary Program was going well.

He informed the Board that the Little League was interested in having AD (Atrial Defibrillator) Packs available and that the cost would be \$1,400.00. His request was approved.

The next agenda item was the presentation of a special award to Martha Hall who is the former Chairperson of the Planning Commission. Mrs. Hall is also the former Director of the Richmond County Social Services. She has served on numerous boards and committees through the years including the Capital

improvement Plan Committee and other volunteer organizations.

The first speaker in the Public Comment Period was Richard Moncure who is a River Steward with the Friends of the Rappahannock and lives in Simonson. Mister Moncure distributed a position paper listing three priorities.

The first was to complete current remediation as soon as possible. Secondly, he recommended a complete conceptual plan for the entire acreage and a phase two submission for section one. Lastly, he proposed full compliance with existing proffers.

The second speaker was Essex County resident Jeff Howeth who is the Project Engineer for Virginia True. Mr. Howeth first cited his various qualifications and certifications. He has been involved in several developments on the water in our area over the years.

He stated that he will have a written plan for the County by March 2nd. He also stated that he would be meeting with representatives of Friends of the Rappahannock after the current

CONTINUED ON PAGE 8...



Hope Mothershead



Martha Hall receives community service award from Supervisor Pemberton

FEBRUARY RICHMOND COUNTY SUPERVISOR'S MEETING
CONTINUED FROM PAGE 7...

meeting and that the owner, Howard Kleinhendler, was in attendance along with Project Manager James Fukuda and that they would be glad to meet with anyone having questions.

The final speaker was Joe McCauley of the Chesapeake Conservancy. He evidenced concern over archeological remains that "definitely" exist on the property to be developed and their preservation. He stated that the Conservancy had partnered with St. Mary's College of Maryland and the Park Service to support Dr. Julia King in doing research of local archeological sites.

The research is being funded through a grant from the National Endowment of Humanities. Mr. McCauley indicated that some local landowners had agreed to allow Dr. King to inspect their properties and he encouraged Virginia True to do the same.

Regarding the proposed new Animal Shelter there seemed to be no clear way forward. Chairman Sanders suggested having a meeting of stakeholders such as the Sheriff, the architect and possibly a local contractor. Sheriff Smith stated that he had talked to local contractor who had suggested some cost saving measures.

Administrator Quicke stated that the cost would be in the 400 to 450 thousand dollar range with the majority being financed. Both he and Supervisor Thomas suggested that it could take a couple of years to reach a position to proceed.

At the Administrator's suggestion, a one year extension of the existing contract with Westmoreland County was approved. Richmond County pays about \$43,000.00 per year for Westmoreland's services. It was agreed by consensus to address this problem at a later date.

The Administrator next advised the Board of an Ambulance Grant available on a 50/50 basis. The total grant is for \$50,000.00 with an outright grant of \$25,000.00 and a low interest loan for the remaining \$25,000.00. The loan can be paid off at any time with no penalty. The Board unanimously approved the request.

The next agenda item involved changing the wording in section 6.4c of the personnel policy on sick leave. The change would require fully exhausting personal sick leave before donated hours could be granted. Supervisor Herbert suggested also making it the option of the Board to require departing employees to repay owed sick leave. The Board agreed to vote on the finalized version next month.

Administrator Quicke handed out copies of the rewrite of the Northern Neck Regional Hazardous Mitigation Plan. It includes local counties and towns and is coordinated by the Planning District Commission. The Supervisors were requested to review the paperwork with the intention of adopting a resolution at the next meeting.

The next item of discussion was the possible reduction of hours of the County Convenience Centers. Administrator Quicke is going to track the activity levels to see if reductions are practical. The centers currently operate from 7:00 a.m. to 7:00 p.m. 363 days a year.

It was discussed closing an hour early during Daylight Savings Time. Mr. Quicke stated that the reduction in hours would save about \$8,000.00 annually. The decision was tabled until next month.

The construction update for the EMS Facility was the next item on the agenda. The official ground breaking ceremony was

scheduled for 1:00 p.m. that afternoon and a preconstruction meeting with the builders and local officials was scheduled for 2:00 p.m.

The Federal Engineering Radio Study update was delayed as details are still being worked out with other jurisdictions. A full report will be given in March.

The Administrator announced that the bids on the Walnut Street painting job ranged from \$6,055.00 to \$14,858.00. He recommended accepting the bid of \$6,055.00 by Northern Neck Painting. Work can commence Monday and the job should take about three weeks. The recommendation was unanimously approved.

Mr. Quicke also informed the Supervisors that he was meeting with the owner and Project Manager for Virginia True that afternoon. He said there was a "hard" deadline of 3/2/18 for Virginia True to submit their remediation plans.

He said the County will accept the plan or order further revisions within seven days of receiving it. He added that failure to meet the deadline could result in legal action and fines.

Under appointments, it was announced that Paul Welch had agreed to stay on for another term with the IDA. The rest of the meeting consisted of the monthly appropriations and approval of minutes. The public meeting was then closed and a closed session was initiated.

FEBRUARY LANCASTER COUNTY SUPERVISOR'S MEETING

The meeting came to order at 7:00 p.m. and the Public Input Session was the first item on the agenda. There was a five minute limit for each speaker.

The first speaker was Judy Ripley of District one. She stated that she had spoken previously to the Supervisors and the Sheriff about the amount of litter in the County. She remarked that she had lived in the County for 17 years and had participated with other volunteers in cleaning up the roads on several occasions.

Mrs. Ripley suggested mounting a publicity campaign with a slogan to discourage littering. She thought that newspaper ads, signs and regular law enforcement scrutiny were needed. She urged the Supervisors to take action.

Planning Director Don Gill responded that he had spoken with Ben Lewis of the Northern Neck Planning District Commission and that he needed guidance as to which roads needed the most attention so that inmates who do trash pickup can be directed to those areas.

He also stated that VDOT would have to approve the locations for providing additional signs. The county would be responsible for costs and installation.

Supervisor Lee asked how often the pickups occurred. Mr. Gill responded that there were currently eight people in the Community Service Program that clean the roads and said that he had a schedule.

Supervisor Westbrook inquired as to the amount of fines for littering. Supervisor Larson advised that fines up to \$1,000.00 or ten hours of community service could be charged.

The next speaker was Bruce Sanders of District five. He was concerned that the eventual rebuilding of the Norris Bridge would reduce the center span height from the current 110 feet to 75

feet. This could affect large sailboats.

Supervisor Westbrook suggested seeking public input from businesses such as marinas that would have a direct interest in the subject. He further suggested that Mr. Sanders and like minded people come up with specific written suggestions to advise the Supervisors.

Supervisor Palin agreed and Supervisor Bellows observed that VDOT could be helpful in the process. He added that a huge amount of local investments were at risk if larger boats lost access to the river.

The next presentation concerned a new system called BoardDocs which is a cloud based meeting platform. It had been discussed at the January meeting and a full presentation was decided upon.

BoardDocs has been in operation for over 16 years and has 3,000 clients nationwide. The Lancaster Public School System has used BoardDocs since 2014 and has been very satisfied. Cost savings are realized by the paperless aspect and public accessibility to information greatly reduces staff time processing inquiries.

The VDOT presentation acknowledged the litter problem previously discussed by Mrs. Ripley. He said that work release participants had recently cleaned the road between Lively and Kilmarnock. He lamented that the area was again covered with litter almost immediately.

Route 678, known as Hudnall Lane, is scheduled for upgrading through the Rural Road Program. It is scheduled for completion in June or July.

Supervisor Bellows expressed interest in having more flashing left turn signals installed. He specifically pointed out the intersection of Harmony Road and Route Three. The current situation creates backups.

During the public comment period Steve McKeever spoke in support of the earlier remarks by Mrs. Ripley concerning littering. He urged everyone to support her efforts. It was pointed out that VDOT provided free bags for trash pickup and that they distributed a lot of bags.

Supervisor Bellows added that the trash and litter problem had another downside. As a waterfront community a lot of the refuse ends up in the Bay.

Supervisor Westbrook suggested the possibility of paying people to monitor high litter areas to report violations. He added that even if someone is caught there is no guarantee what type of sentence the judge will give.

Supervisor Larson pointed out the difficulty of getting convictions. He said a license plate number is not enough. You have to either identify the individual or go through the trash to find identifying information such as an envelope.

Next the Consensus Docket was approved unanimously as well as the expenditures comprised primarily of salaries and invoices.

A Resolution was then presented by Steve Parker supporting the creation of a small and rural schools coalition. The Resolution stated in broad terms the advantages of small school districts acting collectively. The Resolution was approved unanimously.

Don Gill then discussed budget work sessions. It was decided to hold the first meeting on 3/13/18 at 5:30 p.m. It was also dis

CONTINUED ON PAGE 9...

FEBRUARY LANCASTER COUNTY SUPERVISOR'S MEETING CONTINUED FROM PAGE 8...

cussed whether to have department heads and nongovernmental groups all attend one meeting or divide it into separate meetings.

It was finally decided to hash that out at the first meeting after they had determined their points of emphasis and priorities.

Sharon Gill was appointed as District One Representative for the Historic Resources Commission by unanimous vote. Mrs. Gill has previous experience in historical management.

Fran Westbrook, who is the wife of Supervisor Westbrook, was appointed as Representative of District Five. Supervisor Westbrook abstained from voting.

Supervisor Bellows, who is the VACO representative for the County, alerted the Board to two state senate bills and two house bills that would remove county choice in the placement of cell towers and would also cap charges that localities could make in that regard.

The bills in question were SB 405, SB 823, HB 1258 and HB 1427. Mr. Bellows asked for a vote to disavow the bills in question and his motion was approved unanimously.

Mr. Gill reminded the Board that there were three upcoming vacancies on the Board of Zoning Appeals. Because there is court approval involved the process takes about 45 days.

The public meeting was then closed to go into closed session. The stated reasons were Acquisition of Real Property, Personnel and Legal matters. The particular code provisions were stated.

FEBRUARY WARSAW TOWN COUNCIL MEETING

The meeting began with the Call to Order and the Pledge of Allegiance. Council Members Hamblin, Yackel and Self were not in attendance due to illness or injury. The agenda, financial report and minutes for both December and January were unanimously approved.

A public hearing was then convened concerning a zoning ordinance for building heights. The proposal was to increase the maximum building height limit for R12 and R18 zoning from the current maximum of 35 feet to 45 feet.

This was a proactive measure recommended by staff in response to the new Fire Dept. Building which would need the additional height to accommodate ladders. Increases of height in current buildings would require a conditional use permit. The proposal was unanimously approved.

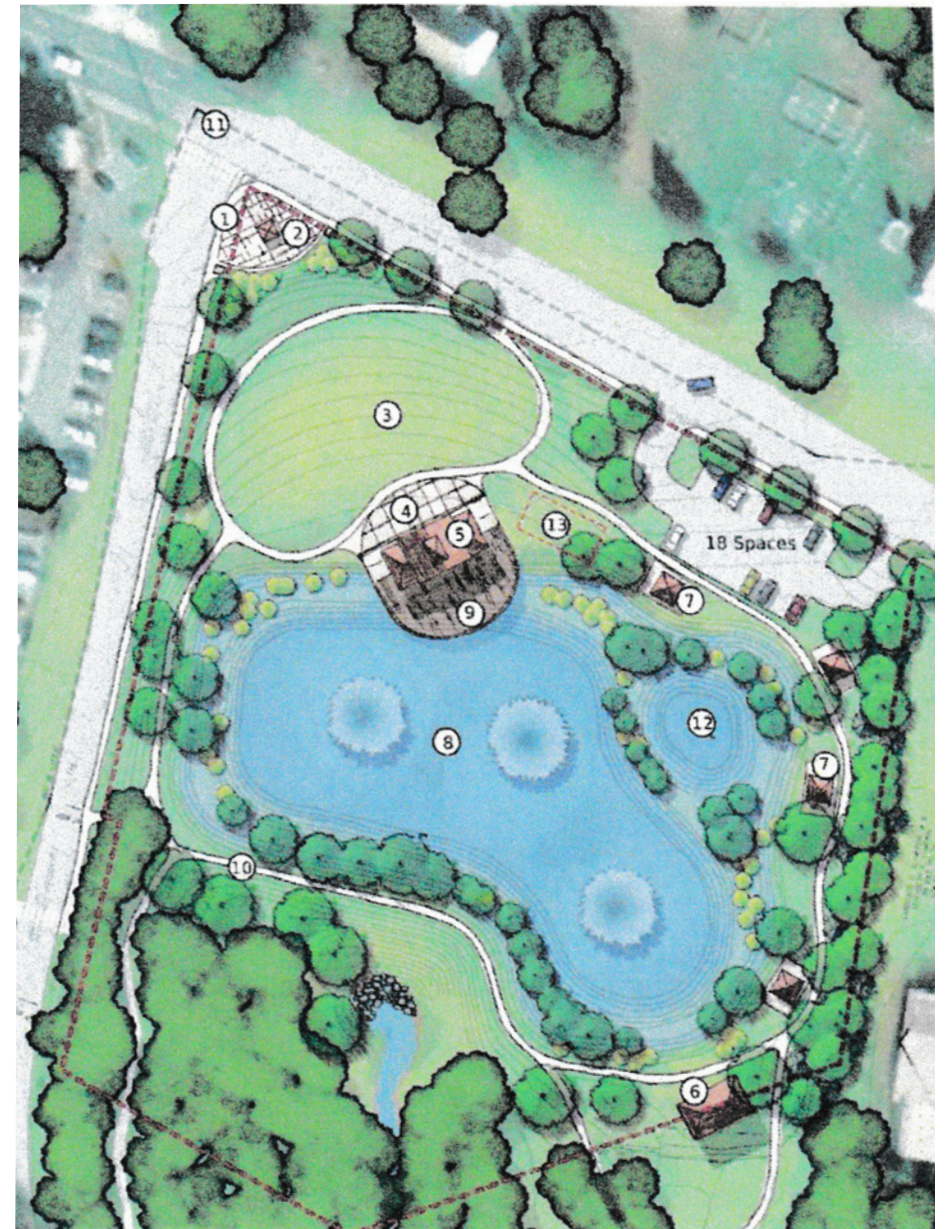
The next item concerned Phase Two of the Gannon Redevelopment. Bill Mechnik of Land Planning Design Associates gave a detailed presentation. He emphasized that the two main goals of the project were to improve the wastewater disposal problem in town and to provide a park with amenities for local citizens.

There was some concern about the runoff into the pond. Mr. Mechnik explained that the planted buffer area would filter it and that there was an existing natural spring that would continually replenish the pond.

Mayor Phelps informed the Council that the Freelance Star had written a nice article about the redevelopment of the former

KEY:

1. Entry Plaza
2. Kiosk
3. Event Lawn
4. Plaza
5. Amphitheater
6. Large Shelter
7. Small Picnic Shelter
8. Wet Pond
9. Pond Overlook
10. Walking Trail
11. Connection to Community College
12. Stormwater Outlet
13. Optional stand-alone Restroom



Gannon property. Rob Hedelt, who is from Warsaw, wrote the article.

During the Town Manager's report Mr. Quesenberry informed the Council that the former nursing home property had been sold and the Gannon Eminent Domain proceedings were complete. He added that the Capital Improvement Plan reports were coming up as were the annual budget process.

He noted that Gregory Packett was coordinating the moving of the Saddlery and that the office was undergoing a minor remodeling.

As positives factors from 2017 Mr. Quesenberry reported that there had been a gain of five new businesses, 50 new residents and about 4.5 million dollars in private investment. Mayor Phelps noted that things were on the upswing in Warsaw.

There was no Town Attorney's Report and the next item was the Police Report by Chief Kent. The Chief cited routine activities and ongoing training but it was generally a quiet month.

Lee Capps gave the Planning Commission Report. Due to the weather related cancellation in January, the February meeting involved the appointment of officers. The three appointees were Gary Palmore for Chair, Mary Beth Bryant for Vice Chair and

Linda Holsinger for Secretary.

Lee Ambrose stated the water volumes and nutrient levels were good and things were running well. Larry Thorn was not present for the Northern Neck Regional Jail Report but he submitted a written report for review.

The Economic Development Report was given by Lee Capps. He asked permission to apply for two grants. One was for \$600,000.00 for business development. The second was for \$50,000.00 for a branding and marketing grant. Both requests were granted.

Under new business a resolution concerning the northern Neck Regional Hazard Mitigation Plan Update was approved as was the appropriation of the Department of Housing and Community Development funds.

The formulation of a Façade improvement Committee and Revolving Loan Fund Committee was discussed. These are matching grants for businesses up to \$15,000.00 each. Members of the Council and the Town manager are required to serve on the committees.

Engineering and Architectural awards were made and a con

CONTINUED ON PAGE 15...

OUTDOORS



Middle Potomac River Chapter Hosts Goose Hunt for Disabled Hunters

Mark Fike

The temperature at the Oak Grove Shell Station on January 13th at 5 AM was a balmy 49 degrees. After a few weeks of below freezing temperatures, the relatively warm air was a welcome respite. However, a front was moving through with cold rain drops and the wind gusts that boded a big change.

It was on this day that the Middle Potomac River Chapter of Ducks Unlimited in Virginia hosted a field goose hunt for physically challenged hunters to include four wheelchair hunters and one ambulatory hunter. The hunt took place in Westmoreland County on a farm not far from the Potomac River and Popes Creek. Chapter Chairman, Mike Worrell, and his committee members teamed up with a local group to put on this hunt. The hunters came from as far away as North Carolina to participate. We all arrived in the dark to an overgrown grassy field and parked near a rough sawn boarded barn. From there the hunters

gathered their gear, their dogs, and their helpers and were wheeled up on a trailer. Then they were caravanned by UTV and trailers to a setup in a field that was reported to be a regular feeding area for geese. The freeze and then thaw made for mucky conditions as the chairs sunk in the mud between the trailer and blinds. However, the amount of goose sign in the field was proof the birds were in the area. Once at the location along a hedge-row, the hunters were then wheeled to plywood covered areas where the hunters could move their wheelchairs around with relative ease. These positions were tucked into the edge of the field. Portable box blinds were then lifted over and set around the hunters to conceal them. A few other blinds were also built into the edge of the field for assistants and callers.

While the hunters were awaiting geese to sail into the spread, a local hunter and one of the hosts, Joe, went to work cooking a mighty breakfast to keep the hunters warm and happy. The breakfast included hot coffee, fried egg, bacon and cheese sandwiches. Joe did all of this cooking back in the hedgerow with a propane fueled griddle. Every once in a while he would sneak out to the edge of the field and call to the passing geese. The smell of bacon frying and hearing the symphony of goose callers working the flights was a truly unique experience. Unfortunately the wind was gusting to over 20mph and the birds were having a very difficult time even turning into the spread to take a look. One of the younger assistants sitting in the blind commented, "If I were a goose and smelled that great food cooking, I would be feet down and in this spread!" I had to whole heartedly agree. The men and women that put on this hunt pulled the stops out to be as hospitable as possible.

Despite the geese having a tough time getting near the spread, the hunters were having a good time. Jokes and stories were shared, chatter about dog breeds to include the Boykin that was with one of the hunters was overheard. Spirits were high despite the tough conditions. The Middle Potomac River Chapter and their hosts and friends that put on the hunt were very much ap



preciated by the hunters. Who can beat good food, fellowship and hunting all rolled into one? Kudos to the Middle Potomac River Chapter of Ducks Unlimited and their hosts of the hunt for putting on the hunt and helping those that are not as maneuverable as many of us, have a chance at a field goose hunt. If you are interested in helping duck and goose numbers, habitat for wildlife or waterfowl hunting in general and live in the Colonial Beach or Westmoreland area, give Mike Worrell a call to become a member. 804-445-4849.

Northern Neck Pest Control

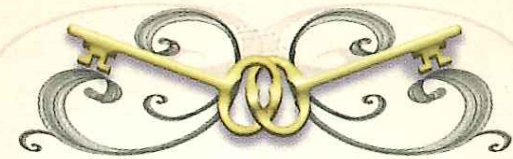
Eddie Rest
Inspector



"Fast Eddie"

804-529-5580

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Stephen Purks of King George (center) received his award at the annual VA NWTF Banquet in Roanoke on January 20th. Standing with him is Julie Abel, President of the Rappahannock Spurs Chapter of NWTF and Women in the Outdoors coordinator, and Mark Fike, one of the King George Outdoor Club founders.

King George Man Inducted into NWTF Conservation Hall of Fame

Mark Fike

Local hunter, Steve Purks of King George County, was inducted into the VA NWTF Conservation Hall of Fame in January in

Roanoke, Virginia at the annual VA NWTF meeting. Steve grew up in King George County and is a self-taught turkey, waterfowl and deer hunter. He shared that his first turkey he ever brought home was taken with the aid of an old Lynch box call that his grandfather had given him. The old bird, as Steve put it, was not necessarily fooled by his calling but rather by the fact that another gobbler on the other side of him started gobbling that morning and the two started dueling for the affection of the "hen" between them. That was the start to Steve's passion for turkey hunting. While he won't admit it, he has become a master at turkey hunting and has guided many people to their birds, quite a few to their first ever turkey, further lighting the fire of turkey hunting in many hearts.

Steve's desire to excel at hunting has brought him full circle. He now spends an incredible amount of his free time studying wildlife and game animals' habits and teaching others what he knows. He is a very unselfish man who never asks for a thing in return when he takes someone hunting. Steve has spent a lot of his time taking women from NWTF's Women in the Outdoors program hunting for waterfowl and turkey. He also has volunteered many years to help the late Buddy Fines of King George conduct and guide youngsters for youth hunts. He also helps Rick Wilks, a VDGIF Hunter Education Instructor and King George resident, conduct his youth hunts in the area. As if that is not enough he has become the "unofficial guide" for the youth of the King

George Outdoor Club (www.kgoutdoorclub.com) for geese. Steve is very careful when managing wildlife on properties he hunts. If there are not enough game animals to be harvested and still leave numbers to procreate for the following season, he does not harvest any game until the numbers are sufficiently restored. To be nominated for this award and lifetime achievement, the individual must be a member of NWTF for at least 5 years and must exhibit traits and character that exemplifies NWTF's mission to conserve, hunt and share. To be inducted is a huge honor and not something taken lightly. Three Virginians were inducted in January at the banquet. They were Kirk Gordan, Billy Thurman and Steve Purks. They join previous recipients such as Bob Duncan (VDGIF Director), Sherry Crumley (board member of NWTF), and Gary Norman (VDGIF's turkey biologist). No one has ever been nominated, much less received an induction to the VA NWTF Hall of Fame before from our region. The fact that Steve got this honor speaks volumes about his dedication to hunting, sharing what he knows and conservation. A number of people wrote letters recommending him to include the youth that he has taken hunting. Some spoke of his generosity, others of the time he takes to help them learn, his patience when teaching them and his humor. The youth that he has impacted spans many years. We are thrilled Steve Purks was able to receive this well deserved honor. Given the decline in hunter numbers he is a great example of what each of us needs to do to pass on our traditions to generations following us.

Festive Fun for St. Patrick's Day



(Family Features) Turn your St. Patrick's Day celebration into a chance to enjoy Irish heritage with hearty foods and a lively atmosphere. When it's the one day each year it's acceptable to pinch non-conforming friends and family, it'd be a shame not to go all out.

These few simple tips can help you put together the perfect party to revel in all things green – and tasty.

- Decorate with purpose. Everyone knows that green is the color of the day, but go one step further by incorporating it into different items. Banners and streamers work fine, but setting out green candles or even adorning your light fixtures with green bulbs can help you take an extra step forward.
- Create active fun. Instead of limiting your guests to dining and conversation, plan some simple activities to help the fun flow. Games like a "treasure hunt" for gold coins, limerick-writing competitions or even just turning up Irish-themed music can help get the party started.
- Eat festively. Turn your party's food and drinks into true Irish dining with some delicious recipes like this American Irish Stew, which includes beef, onion, carrots and potatoes for a tasty cultural meal to fill all of your hungry guests.

For more hosting tips and the perfect themed recipes for any occasion, visit culinary.net.

Photo courtesy of Getty Images

American Irish Stew

Reprinted with permission from the American Institute for Cancer Research

Servings: 6

- | | |
|-------|--|
| 1 | tablespoon extra-virgin olive oil |
| 1 1/4 | pounds beef, top round, cut into 3/4-inch pieces |
| 3 | cloves garlic, minced |
| | salt, to taste |
| | pepper, to taste |
| 1 | medium onion, coarsely chopped |
| 3 | medium carrots, peeled and cut into 3/4-inch pieces |
| 2 | medium parsnips, cut into large chunks (optional) |
| 3 | cups low-fat, reduced-sodium beef broth |
| 4 | medium russet potatoes, peeled and cut into large chunks |
| 1 | tablespoon chopped fresh rosemary |
| 1 | leek, coarsely chopped |
| 2 | tablespoons chopped fresh parsley |

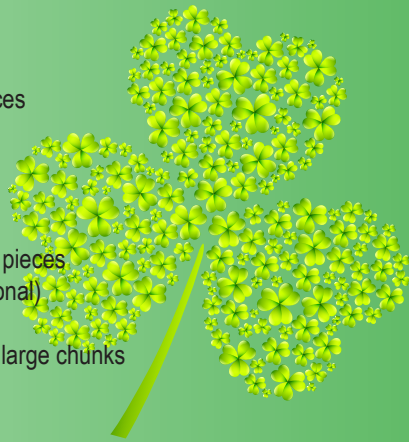
In large pot over medium-high heat, heat oil. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper.

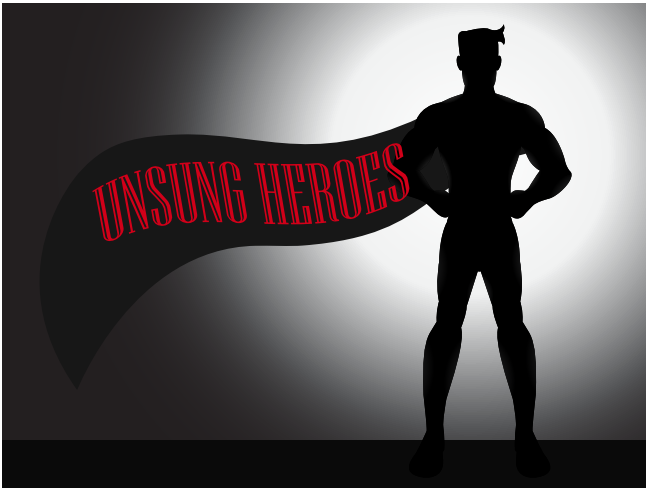
Add onion, carrots and parsnips. Cook 3-4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer about 75 minutes, or until meat is tender.

Stir in potatoes and simmer another 30 minutes. Add rosemary and leeks. Continue to simmer, uncovered, until potatoes are tender. To avoid potatoes falling apart, do not overcook.

Serve hot and garnish with parsley, if desired.

Nutritional information per serving: 370 calories, 8 g total fat (2 g saturated fat), 43 g carbohydrate, 32 g protein, 6 g dietary fiber, 427 mg sodium.





FLORENCE JENKINS MUSE

Florence Jenkins Muse was born in Westmoreland County Virginia on May Second 1929 as the seventh of ten children. The daughter of a waterman, Florence grew up crabbing and fishing. The seasonal out of towners referred watermen's children such as Florence as "River Rats".

Mrs. Muse was writing poetry by the age of nine and her poems have been published by the National Anthology of Poetry, Ideals Magazine and several other publications. In 1968, her book "Memories" was printed by Carlton Press.

At the age of 14 Mrs. Muse began writing for the Northern Neck News and continued for 57 years aside from brief periods for college. She is a graduate of VCU. She has written several books throughout her life and I recently had the pleasure of reading her book "Travel With Me". I recommend it highly.

Mrs. Muse's journalistic efforts are impressive but it is her legacy in local education that makes her an unsung hero. She first started teaching a Cople School at the age of nineteen. She has taught full time, part time and as a tutor.

Her tutoring of children with dyslexia and speech problems is especially exemplary as she was a forerunner of innovative techniques to assist her handicapped students. She continued this work well into old age.

She recounts her special calling in "Travel With Me". In speaking of her unique approach to teaching the handicapped she is quite eloquent:

"It was always a challenge, always a joy, always something I felt God was infilling me with. Along with his filling through the Holy Spirit, He was continuing to teach me new ways to approach the different problems that children had. I was teaching dyslexic children many, many years, like fifty five years."

She explains how with dyslexia images are reversed like looking in a mirror. She explains: "Through the tactile method of teaching I am able to reverse the mirror like image on the brain through the sensory nervous system by using the touch method. I write letters or numbers on their backs with my finger, and the sensory nerves relay that to the brain which reverses the image."

She goes on to discuss other mediums like, sand and coarse fabrics that apply the touch method. She describes how many of her students have caught up to grade level and how many of them pay their respects to her to this day.

It is truly amazing that the daughter of a waterman could go on to accomplish so much and help so many. Mrs. Muse still lives

locally and I hope that she enjoys the fruits of her many labors. Inspired by God and the love of her fellow man Florence Jenkins Muse is truly an unsung hero.

John L. Haynes Jr.
Editor/Publisher

MONUMENTS OR MEMORIALS?

The debate over the existence of Confederate monuments is one that raged through the media late last year, and for some, still easily ignites passion today. With that in mind, I would like to try and further investigate the subject so as to possibly provide some clarity on the matter.

The first thing I would like to dissolve, if I can, is that postulation that the American Civil War had nothing to do with slavery, and was solely concerned with "states' rights". Handily enough, this very argument is defeated in that the primary concern for the rights of the states was in their continued ability to maintain slavery as the means for agrarian labor.

In his 1861 Cornerstone Speech, as reported by the Savannah Republican, CSA Vice President Alexander Stephens clearly articulated the purpose of Southern secession. He stated "Our new government is founded upon exactly the opposite idea; its foundations are laid, its cornerstone rests upon the great truth, that the negro is not equal to the white man; that slavery -- subordination to the superior race -- is his natural and normal condition." He goes on to elucidate the purpose for the secession as having rested on the issue of slavery, above all.

Most rational and moral people understand that slavery, no matter how economically beneficial to a peoples, is inherently evil. To possess another conscious being and force their will to be a subordinate of your own is an act that should be generally accepted as fallacious.

On the subject of the "monuments" more broadly, the concern lies in the reverential respect that is paid to a monument v. the contrasting importance of a "memorial" and the way in which the defenders of Confederate monuments tie them to remembering the fallen rather than acknowledging the true purpose...to commemorate a dark time in our country's past. Monuments, by definition, are meant to celebrate an event or person, while memorials are to keep said event or person, in memory. The monuments that have come into question are those that, largely, celebrate the individual leaders of the Confederacy during the American Civil War. These statues, predominantly those representing figures such as Robert E. Lee, Jefferson Davis, or Thomas "Stonewall" Jackson, were primarily constructed years after the war as a means of oppression following key events such as the formation of the NAACP or the Civil Rights Movement. According to CNN's Saeed Ahmed's August 2017 article, the creation of Confederate Monuments is directly correlated to moments of civil activism and social progression among African American communities and not, as some proponents state, tied to the years immediately following the war.

The largest issue, I believe is the accidental and deliberate confusion of monuments and memorials. There are almost no individuals seeking the removal of memorial sites from the American Civil War. Memorials are constructed as reminders of the events and in memory of all those, whose sacrifices were a part of that time in US history, but they do not seek to celebrate the perpetrators or sympathizers of humanitarian crimes.

To the argument against the removal of these structures being equal to the erasure of history, I would ask what their belief of history is. The events of the American Civil War will be forever immortalized in the accounts of those who "lived" that event and the artifacts they have left behind. I would argue that the monuments themselves are a product of flawed interpretations of past events made concrete. Furthermore, the removal of these monuments is motion in the direction of acknowledging the mistakes of the past, and recognizing that failure "celebrate" and enshrine the darker parts of our history does not precipitate their removal from the past...it marks the steady progress of humanity.

I have also seen the claim reported by BBC News, articulated by Trump, that we have monuments to other historic slaveholders in a "whataboutist" style argument of positing the "Where does this stop?" defense. The fundamental flaw, in this particular logic, is that you have to make the "assumption" that all monuments are created for the same purpose, or possibly, to celebrate all aspects of an individual's life, which is simply untrue. The claim, using "Founding Fathers" as an aegis against public backlash, seems to argue that figures such as Washington and Jefferson only contributed to American democracy in ways that were directly tied to their slaveholdings...or slavery in general.

-George Washington is most well-known, in spite of all he had ever done, for his leading of the Continental Army during the American Revolution, and his following appointment as the first American President.

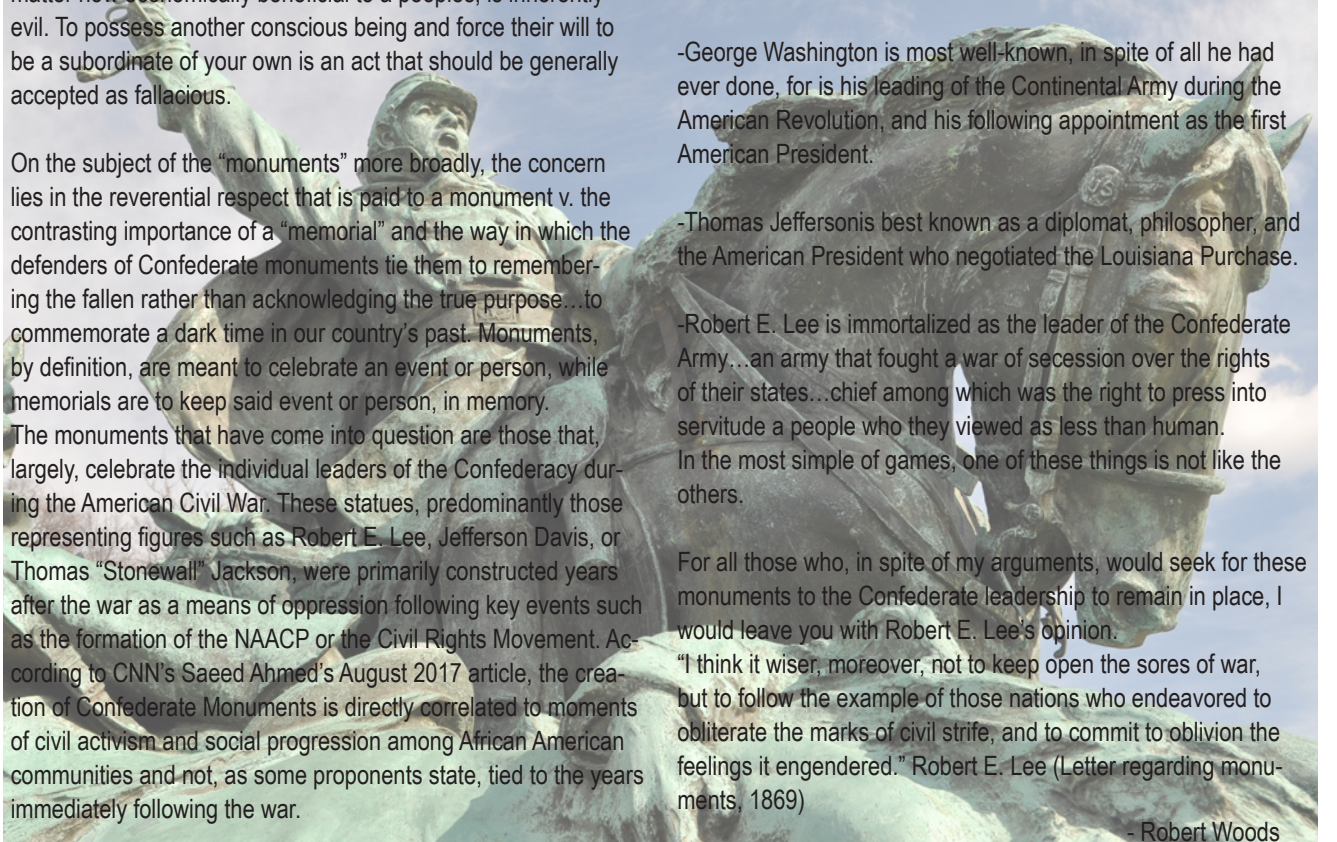
-Thomas Jefferson is best known as a diplomat, philosopher, and the American President who negotiated the Louisiana Purchase.

-Robert E. Lee is immortalized as the leader of the Confederate Army...an army that fought a war of secession over the rights of their states...chief among which was the right to press into servitude a people who they viewed as less than human. In the most simple of games, one of these things is not like the others.

For all those who, in spite of my arguments, would seek for these monuments to the Confederate leadership to remain in place, I would leave you with Robert E. Lee's opinion.

"I think it wiser, moreover, not to keep open the sores of war, but to follow the example of those nations who endeavored to obliterate the marks of civil strife, and to commit to oblivion the feelings it engendered." Robert E. Lee (Letter regarding monuments, 1869)

- Robert Woods





The Cast of Characters; (from bottom left to right) Becky McGlinn, Emily Ransone, Rett Hillman, (top left to right) Ted Borek, Bob Bailey, Charles Belfield

COMMEMORATION OF THE LEEDSTOWN RESOLUTIONS OVERFLOW CROWD VIEWS LIVING HISTORY

CONTINUED FROM PAGE 4...

Reverend Charles Sydnor and Chris Flemer. The Reverend is chronicle the history of the Leedstown Resolutions.

The centerpiece of the presentation concerned the spirited conversation among the three Lee siblings. Richard Ludwell Lee, the eldest sibling, was not a supporter of insurrection and did not want to risk his riches in defiance of the Crown.

Richard Henry Lee, who actually authored the Resolutions, was a long time critic of British oppression and had actually burned effigies of tax collectors at Westmoreland Courthouse. Mr. Lee also made the motion at the Second Continental Congress to adopt the Declaration of Independence. He and another brother, Francis Lightfoot Lee, were the only brothers to sign.

Hannah Lee Corbin was an outspoken activist and an early advocate of women's rights. She is said to have objected vehemently to the fact that women were not allowed to vote. She was also a supporter of the Resolutions.

Signers came from 12 counties and the City of Fredericksburg. The composition of the signers is indicative of the fact that the Northern Neck and surrounding counties were the driving force behind the Resolutions.

The breakdown by locality is: Fairfax 1, Loudon 1, Prince William 1, City of Fredericksburg 1, Spotsylvania 2, Lancaster 3, Caroline 3, Northumberland 7, Richmond 8, Stafford 9, Essex 12, King George 16 and Westmoreland 44.

These figures are derived from The Historical Atlas of Westmoreland County Virginia by David Eaton. It should be noted that some local families had multiple signers. This included two Monroes, three Washingtons and four Lees.

Mr. Walker also commended Bob Bailey for his efforts in coordinating the upcoming presentation. Mr. Bailey is the Vice President of the Historical Society. He is also President and CEO of Peoples Bank who is a cosponsor and a long time supporter of the Society.

Next came the reading by Emily Ransone of the Leedstown Resolutions. Mrs. Ransone is in the advanced placement class in United States Government & Politics at Rappahannock High School. A copy of the Resolutions is printed adjacent to this

article.

The introduction of the reenactment of the Leedstown Resolutions was provided by Becky McGlinn who is also in the Rappahannock High School advanced placement class. The reenactment was entitled "Ten Years After".

The reenactment itself was comprised of six characters. Richard Henry Lee was portrayed by Living History Interpreter Ted Borek. John Augustine Washington was portrayed by Bob Bailey and John Belfield was portrayed by one of his descendants Charles Belfield.

The other three characters were portrayed by Rappahannock High School students enrolled in the United States Government & Politics class under the direction of Rappahannock High School history teacher Hyte Smith. They include previously mentioned seniors Emily Ransone and Becky McGlinn who played Thomas Belfield and William Grayson respectively. Junior Rett Hillman portrayed James Monroe.

The performance was both enlightening and inspirational. The costumes were authentic and the dialogue revealed some of the thorny issues of the day involving taxation, slavery and the struggle for independence.

One colorful anecdote involved a young James Monroe. After Governor Lord Dunmore confiscated gunpowder from colonists in Williamsburg Monroe planned retaliation. His gathered 24 comrades and stormed the armory at the Governor's Palace.

They absconded with 200 muskets, 300 swords, 18 pistols and various supplies. Monroe then promptly turned over his bounty to the Virginia Militia to assist their efforts. His bold maneuver sent a clear message. The colonists would not back down.

Although the Stamp Act is often attributed with sparking the colonist's ire there were other factors. British ships had blockaded several ports often commandeering or burning the colonist's vessels. Trade with other countries such as France and Spain was forbidden. The situation had become unbearable.

Another controversial issue involved slavery. Richard Lee pointed out the irony of denying freedom to the slaves as they sought the same for themselves. He noted that even though the colonists were not slaves in the literal sense they were "economic slaves".

The British had promised freedom to any slaves that joined them and there was great concern that the slaves would revolt. This problem was particularly acute in that many of the colonists expected to be away from home due to the impending conflict and there would be no one to protect their families from hostile slaves. Leaving their families to fend for themselves was daunting enough without the prospect of a slave revolt.

One humorous aside concerned the fact that some colonists had been forced to supplement their incomes by running stills to produce liquor. It was observed by one of the participants that he had relatives that operated a still. When asked how it was doing he said not so well as some of his relatives were "drinking up all the profits."

Another issue was raised concerning the great advantage that the British Army had in the way of armaments. With a professionally trained army, cavalry and cannons they clearly outmatched the colonists.

It was pointed out that despite this advantage dead or wounded British troops would have to be replaced from thousands of miles away. With over three million colonists and a huge land

area to cover the British could be subdued by a war of attrition.

As history attests, the mightiest army on Earth had met it's match. The "Redcoats" provided inviting targets for snipers and raiding parties that harassed them with surprise attacks and guerilla tactics. The war effectively ended with the surrender of Lord Cornwallis and his 7,685 troops at Yorktown in 1781.

Patrick Kelly, who is president of the Virginia Sons of the American Revolution, presented final comments. He took exception to the popular contention that America was founded as a nation of immigrants.

He pointed out that nearly all of the original colonists were British Subjects coming to a British colony. Even those that were not, such as the Dutch and Germans, took an Oath of Loyalty upon arrival. This sense of citizenship along with a shared language and religion forged a common bond. They were all Americans.

Mr. Kelly finished his remarks by encouraging all in attendance to share and put forward the incredible story of the fight for American independence. It is, as he stated, "a heritage to be proud of. It's part of the spirit of America."

Wreaths in honor of the Commemoration were then presented. Several chapters of the Daughters of the American Revolution and Sons of the American Revolution participated. The closing prayer was delivered by Reverend Charles Sydnor.

Immediately after the Commemoration a catered lunch was provided by Angelo's Restaurant of Montross. The menu included fried chicken, fried oysters, mashed potatoes, green beans, cornbread and brownies. The oysters were provided by Bevans Oysters.

The food was delicious and I heard many complimentary comments. During the meal Angelo's proprietor Brian Oliff circulated through the crowd dishing out clusters of freshly fried oysters to the appreciative diners.

Following the meal a reduced price wine tasting event was hosted by the Winery. Although I did not personally participate, those that did seemed to be enjoying themselves. It would seem safe to say that a good time was had by all.

As a lifelong history buff I must admit that I was looking forward to covering this event. Due to my familiarity with many of those involved with the planning and execution of the Commemoration I expected an event to remember. My expectations were exceeded.

John L. Haynes Jr. - Editor/Publisher



Rappahannock High History Teacher Hyte Smith and Student Reenactors

THE LEEDSTOWN RESOLUTIONS

“Roused by danger and alarmed at attempts, foreign and domestic, to reduce the people of this country to a state of abject and detestable slavery by destroying that free and happy condition of government under which they have hitherto lived,

We, who subscribe this paper, have associated and do bind ourselves to each other, to God, and to our country, by the firmest ties that religion and virtue can frame, most sacredly and punctually to stand by and with our lives and fortunes, to support, maintain, and defend each other in the observance and execution of these following articles –

FIRST: We declare all due allegiance and obedience to our lawful Sovereign, George the Third, King of Great Britain. And we determine to the utmost of our power to preserve the laws, the peace and good order of this Colony, as far as is consistent with the preservation of our Constitutional rights and liberty,

SECONDLY: As we know it to be the Birthright privilege of every British subject (and of the people of Virginia as being such) founded on Reason, Law, and Compact; that he cannot be legally tried, but by his peers; that he cannot be taxed, but by consent of a Parliament, in which he is represented by persons chosen by the people, and who themselves pay a part of the tax they impose on others. If, therefore, any person or persons shall attempt, by any action, or proceeding, to deprive this Colony of these fundamental rights, we will immediately regard him or them, as the most dangerous enemy of the community; and we will go to any extremity, not only to prevent the success of such attempts, but to stigmatize and punish the offender.

THIRDLY: As the Stamp Act does absolutely direct the property of the people to be taken from them without their consent

expressed by their representatives and as in many cases it deprives the British American Subject of his right to trial by jury; we do determine, at every hazard, and paying no regard to danger or to death, we will exert every faculty, to prevent the execution of the said Stamp Act in any instance whatsoever within this Colony. And every abandoned wretch, who shall be so lost to virtue and public good, as wickedly to contribute to the introduction or fixture of the Stamp Act in this Colony, by using stamp paper, or by any other means, we will, with the utmost expedition, convince all such profligates that immediate danger and disgrace shall attend their prostitute purposes.

FOURTHLY: That the last article may most surely and effectually be executed, we engage to each other, that whenever it shall be known to any of this association, that any person is so conducting himself as to favor the introduction of the Stamp Act, that immediate notice shall be given to as many of the association as possible; and that every individual so informed, shall, with expedition, repair to a place of meeting to be appointed as near the scene of action as may be.

FIFTHLY: Each associator shall do his true endeavor to obtain as many signers to this association, as he possibly can.

SIXTHLY: If any attempt shall be made on the liberty or property of any associator for any action or thing to be done in consequence of this agreement, we do most solemnly bind ourselves by the sacred engagements above entered into, at the risk of our lives and fortunes, to restore such associate to his liberty and to protect him in the enjoyment of his property.”

In testimony of the good faith with which we resolve to execute this association we have this 27th day of February 1766 in Virginia, put our hands and seals hereto.

Richard Henry Lee * Will. Robinson * Lewis Willis * Thos. Lud.

Lee * Saml. Washington * Chas. Washington * Moore Fauntleroy * Francis Lightfoot Lee * Thomas Jones * Rodham Kenner * Spencer M. Ball * Richard Mitchell * Joseph Murdock * Richd. Parker * Spence Monroe * John Watts * Robt. Lovell * John Blagge * Charles Weeks * Willm. Booth * Geo. Turbeville * Alvin Moxley * Wm. Flood * John Ballatine, Jr. * William Lee * Thos. Chilton * Richard Buckner * Jos. Pierce * Will. Chilton * John Williams * William Sydnor * John Monroe * William Cocke * Willm. Grayson * Wm. Brockenbrough * Saml. Selden * Richd. Lee * Daniel Tibbs * Francis Thornton, Jr. * Peter Rust * John Lee Jr. * Francis Waring * John Upshau * Meriwether Smith * Thos. Roane * Jas. Edmondson * Jas. Webb. Jr. * John Edmondson * Jas. Banks * Smith Young * Laur. Washington * W. Roane * Richd. Hodges * Jas. Upshau * Jas. Booker * A. Montague * Richd. Jeffries * John Suggett * John S. Woodcock * Robt. Wormeley Carter * John Blackwell * Winder S. Kenner * Wm. Bronaugh * Wm. Peirce * John Berryman * John Dickson * John Browne * Edwd. Sanford * Charles Chilton * Edward Sanford * Jos. Lane * John Beale, Jr. * John Newton * Will. Beale, Jr. * Chs. Mortimer * Wm. Pierce * John Berryman * John Dickson * John Broone * Edwd. Sanford * Charles Chilton * Edward Sanford * Daniel McCarty * Jer. Rush * Edwd. Ransdell * Townshend Dade * John Ashton * W. Brent * Francis Foushee * John Smith, Jr. * Wm. Ball * Thos. Barnes * Jos. Blackwell * Reuben Meriwether * Edw. Mountjoy * Wm. J. Mountjoy * Thos. Mountjoy * Gilbt. Campbell * John Edmondson, Jr. * Charles Beale * Peter Grant * Thompson Mason * Jona. Beckwith * Jas. Samford * John Belfield * W. Smith * John Augt. Washington * Thos. Belfield * Edgcomb Suggett * Henry Francks * John Bland, Jr. * Jas. Emerson * Thos. Logan * Jo. Milliken * Ebenezer Fisher * Hancock Eustace * John Richards * Thos. Jett * Thos. Douglas * Max Robinson * John Orr

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THE NORTHERN NECK SENTINEL IS A PRIVATELY OWNED INDEPENDENT

FY 2016/17 REGIONAL SAT SCORES
NEIGHBORING COUNTIES ARE WORLDS APART
CONTINUED FROM PAGE 1...

For those unfamiliar with the term, SAT stands for Scholastic Aptitude Test. It is the most widely recognized standardized college admission test in the United States. The SAT was first administered in 1926 and was originally adapted from the Army IQ Test.

The determination of the “Northern Neck Region” is based on the original land grants. Historically, the Northern Neck was comprised of all of the lands between the Rappahannock and Potomac Rivers. In recent years some have excluded King George County as a separate entity.

The most likely explanation is that the boundaries between King George and neighboring Westmoreland County have changed over the years with Westmoreland now encompassing much of what once was originally King George.

Similarly, Essex and Richmond Counties were once part of Old Rappahannock County, not to be confused with the current county of that name. Old Rappahannock County was divided into the two existing counties in 1692.

Now that we’ve had our history lesson it is time to examine the particulars. If you look at the chart below you will see the mean scores for each county listed below the three testing categories. Those categories are reading, math and writing.

The term “mean scores” refers to the fact that half of the counties are below that figure and the other half are above it. As the chart indicates, the six counties are divided into three tiers.

FY 2016/17 REGIONAL MEAN SAT SCORES		
WRITING	READING	MATH
KG 499	KG 522	KG 516
RC 460	LC 481	RC 479
LC 444	RC 472	NC 476
NC 439	NC 471	LC 473
EC 430	EC 457	EC 451
WC 409	WC 429	WC 406
STATE MEAN		
493	516	513
KG-KING GEORGE	NC-NORTHUMBERLAND	
LC-LANCASTER	EC-ESSEX	
RC-RICHMOND	WC-WESTMORELAND	

As you can see, only King George has scores above the state mean. Because there is such a disparity between them and the other five counties they are the sole representative of tier one.

Below them, in a tightly bunched pattern, is tier two. It is comprised of Richmond, Lancaster and Northumberland Counties. To understand just how tightly they are bunched you can average the three mean scores. That figure is Richmond County 470, Lancaster County 466 and Northumberland County 462.

The third and final tier is made up of Essex and Westmoreland Counties who lag behind the others, with Westmoreland in obvious distress. There is a 98 point difference between King George and Westmoreland which equates to 23.6%. That is amazing considering that they are neighboring counties.

The two most commonly cited reasons for poor school performance are local poverty and lack of funding. Fortunately the Virginia Department of Education tracks both of those factors and the information is available on their website.

The metric used to track local poverty is called the Composite Index. It is calculated by blending three financial measurements to produce a numerical ranking. This formula is then used to determine the amount of state funding allocated to each school district. The lower the district’s ranking the higher the state per pupil contribution.

The first financial measurement used in the calculation is true value of real estate which is weighted 50%. By true value they mean the value without land use adjustments. The second measurement is adjusted gross personal income which is weighted 40%. The final measurement is taxable retail sales which is weighted 10%.

Some disagree with the efficacy of this formula. As an example, despite a lower Composite Index King George is listed as having a lower poverty rate and higher per capita income than Westmoreland by the U.S. Census Bureau. Despite that the C.I. has been in place for many years and various forms of this calculation are used across the nation.

The formula used to calculate per pupil funding is much simpler. It consists of simply adding the total federal, state and local (county) contributions together and dividing it by the number of students. Unfortunately, this calculation does not include debt service on school infrastructure.

If it is true that local poverty and per pupil spending are the primary determining factors in academic achievement, King George should have the highest Composite Index and per pupil spending. Conversely, Westmoreland should have the lowest in both categories.

Surprisingly, VDOE statistics do not bear this out. According to their database, King George has a Composite Index score of .3721 while Westmoreland’s score is .4557. Similarly, King George has a per pupil expenditure of \$10,093.00 while Westmoreland comes in at \$14,510.00.

So how do you explain how a county with both a lower

Composite Index and lower per pupil spending can outperform their neighboring county by such a huge margin academically? I decided that the best way to explain this anomaly was to seek input from the School Superintendents of the two districts.

Although I did not hear the King George Superintendent I did receive a reply from Westmoreland Superintendent Dr. Perry. With the Holidays and inclement weather he was, understandably, busy but he promised to reply at his earliest opportunity. His remarks will be published in the next Sentinel.

As far as the lower composite index in King George, I consider that to be an anomaly. I feel that the C.I. is weighted improperly and that all of the data in the Census Report indicates that Westmoreland is significantly poorer than King George. I feel that poverty is a major factor in Westmoreland’s SAT scores.

Surprisingly, spending is not an issue. King George has the lowest per pupil spending in the region. Westmoreland is the fourth highest. There is, however one additional factor to consider.

Neighboring Richmond County aggressively recruits nonresident students from surrounding counties. Westmoreland is the most severely affected with an estimated 100 students attending Richmond County Schools where they are attracted by free tuition and a newly remodeled facility.

Since incoming nonresident students are screened for academic and behavior problems, the percentage of at risk students in Westmoreland schools is increased. It is, in my opinion, this “brain drain” and persistent poverty that dictate Westmoreland’s poor SAT scores. Per pupil spending does not seem to be a factor.

FEBRUARY WARSAW TOWN COUNCIL MEETING
CONTINUED FROM PAGE 9...

tract was awarded for the Gannon demolition out of the nine bids received. S.B. Cox was awarded the contract at \$134,261.

Councilman Lee gave an update on the new police station. Blueprints are complete and bids should be going out by mid month. The Council voted to give Mr. Quesenberry permission to sign off on their behalf if needed.

Mayor Phelps recommended having the Planning Commission review the R1 zoning provisions regarding apartments over garages. He wanted to allow for CUP’s to allow for rental of these apartments upon approval of the Town. His request was granted.

There was a discussion of the cost for equipment to detect water breaks. It was pointed out that losing experienced town employees will make this more of a necessity.

The public meeting was then closed to go into a closed session. The reasons cited were Personnel Matters (2.2-3711(A)(1) and Real Property (2.2-3711(A)(3).

FONES CLIFFS RESORT AND SPA
GOOD NEIGHBORS OR ENVIRONMENTAL DIASASTER?
CONTINUED FROM PAGE 3...

Their objections concerning Virginia True trying to monetize their investment doesn't coincide with their own actions. The fact is that they have already monetized their investments without the market risk associated with private development.

Some would rightly argue that tax benefits for conservation easements are appropriate in that preserving large areas of land has great ecological and environmental benefit. Both sides agree on that. To be fair you also have to acknowledge the effect on the local economy from an investment of 330 million dollars and the resultant jobs, increased tax base and other benefits.

I have always thought that man and nature should be able to enjoy a mutually beneficial relationship. I hope to see both sides of this debate come together on areas of agreement and maximize that relationship.

Recent signs in that regard have been encouraging. Owner Howard Kleinhendler, Project Manager James Fukuda and Friends of the Rappahannock River Steward Richard Moncure have met twice recently. I had a chance to speak with both Mr. Kleinhendler and Mr. Moncure near the end of February and they both voiced the intent to work in a collaborative manner.

Mr. Kleinhendler was very remorseful about the recent violation. He expressed urgency in correcting the current issue and preventing future occurrences. He felt that his recent meetings were very productive and he welcomed an ongoing dialogue.

Mr. Moncure expressed similar sentiments. While making it obvious that he did not support development he also conceded that the zoning change made it a reality. He feels that gaining as many concessions as possible to protect the environment is the best course of action and he was hopeful that his concerns would be dealt with seriously.

A unique piece of property was bought in 1958 with the intent and legal right to run a mining operation. A few years ago it was rezoned for development. Although some will never accept the development of Fones Cliffs I'm sure that most would agree that a resort subject to supervision is preferable to a mine.

The various layers of government supervision and plethora of regulations in place will force a shutdown of operations if the developers act irresponsibly. If any of you are familiar with Richmond County Environmental Compliance Officer Richard English you know that he enforces regulations aggressively.

Although the long range financial success of the Fones Cliffs Resort and Spa is a matter of conjecture I believe that the ecological and environmental downside has been exaggerated. Hopefully, the positive dialogue of those involved will continue.

I have friends and people that I respect on both sides of this issue. There are legitimate and reasonable arguments to be made for both sides. One thing that we can all agree on is that the debate will undoubtedly continue.

RICHMOND COUNTY MIDDLE SCHOOL 6TH GRADERS
WORK TO IMPROVE THE OYSTER POPULATION IN THE
RAPPAHANNOCK RIVER CONTINUED FROM PAGE 1...

This project involves the creation and installation of three dimensional oyster reef sentinels in target locations in the tidal Rappahannock River and its tributaries. This amazing program



Lowery Becker of the Friends of the Rappahannock

is made possible through partnerships with FOR members, volunteers, private landowners, and local business Ready Reef Inc.

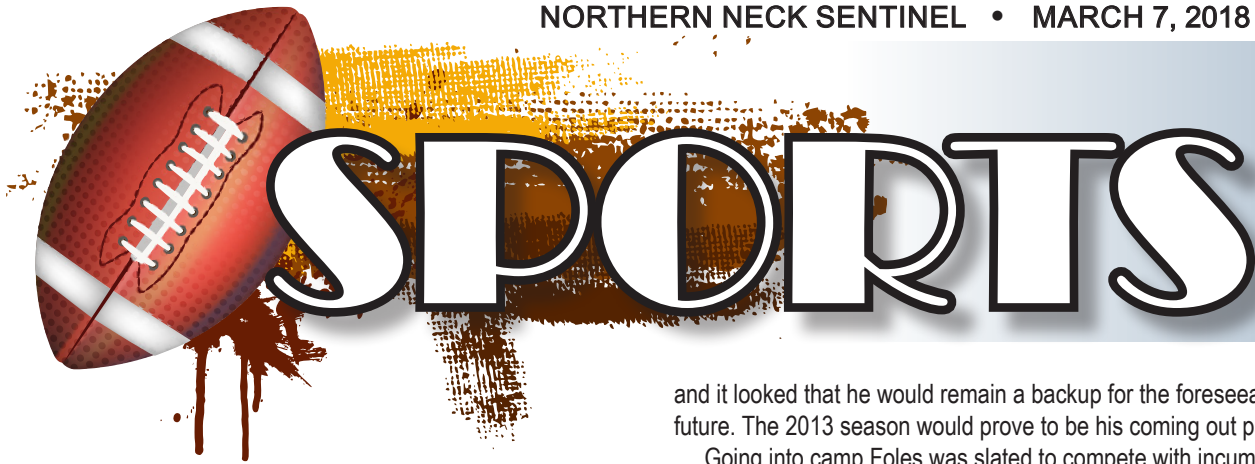
Through their science classes, these students and their science teacher, Patty Ptucha, helped the FOR create these sentinels. All students had a part in creating the oyster sentinels. They even got to put their name on an oyster shell before placing it in the sentinels. Lowery P. Becker and Richard Moncure from FOR explained the importance of providing a place for oysters to live and grow. Students learned that oysters filter the water and that helps to keep the water clean.

So, what are oyster sentinels? Oyster sentinels are 3D concrete structures bonded with recycled oyster shells. Each structure has about 100 recycled oyster shells adhered to it which provide the substrate for the growth of future oysters. They are placed on the river bottom in groups to create artificial reef areas. Using 3D oyster sentinels is much more cost effective, requires less material, and due to the 3D nature of the Ready Reef de-

resist dredge harvesting, and create excellent habitat for fish and wildlife including blue crab and striped bass.

How can you get involved? There are two ways you can get involved with this great new program. You can buy individual structures. A \$50.00 donation will cover the cost of one structure from materials to placement in the Rappahannock River! These make great gifts for graduations and other special occasions! You can volunteer and participate in a reef building workshop. FOR and our partner Ready Reef Inc. use these structures for a wide range of restoration projects in addition to the oyster sanctuary. They plan to work with scouts, students, and other volunteers in both their Fredericksburg and Tappahannock offices to build and install over 200 structures in the next year!

What do RCM 6th graders have in store next? They are working on growing grasses in their science classroom to be planted in the Rappahannock River at Port Royal!



SPORTS

SUPER BOWL LII CINDERELLA MAN LEADS UPSET

When quarterback Carson Wentz succumbed to a knee injury in December most observers assumed that the Eagles' super Bowl hopes were doomed. At the time of the injury Wentz was the prohibitive favorite in the MVP race.

To lose such an accomplished player at the most vital position seemed to be an insurmountable loss. The fact that they went on to win it all against the vaunted Patriots is the stuff of legends.

The most impressive player in this Cinderella story was lightly regarded backup quarterback Nick Foles who produced a dazzling trifecta of stellar performances during the playoffs culminat

and it looked that he would remain a backup for the foreseeable future. The 2013 season would prove to be his coming out party.

Going into camp Foles was slated to compete with incumbent starter Vick and highly regarded rookie Matt Barkely out of USC. Vick ended up starting the season but Foles got his first chance in some mop up duty in the fourth game.

He was in and out until the ninth game against the Raiders where he started and threw seven touchdown passes in a victory. The rest, as they say, is history. Foles had as good a second half in 2013 as any that I have ever seen.

Foles finished the season with 27 touchdown passes and only two interceptions which is the best ratio in NFL history. His passer rating of 119 was the third best in history. He was named as a Pro Bowl alternate and won the Pro Bowl Offensive MVP award. It looked like he was on the way.

The 2014 season saw Foles' fortunes reversed. Before going on injured reserve with a broken collarbone in game nine, He had been struggling. His touchdown to interception ratio plummeted to 13 touchdowns versus 10 interceptions. He had four fumbles. His star had dimmed.

ed by his Super Bowl masterpiece. The Eagles were underdogs in both playoff games and the Super Bowl.

During the three game championship drive Foles was a combined 77 of 106 for 971 yards, six touchdown passes and one interception. He also caught a touchdown pass in the Super Bowl. This is not the first time that an underrated quarterback has emerged to win a Super Bowl. Jeff Hostetler with the Giants in 1991 and Kurt Warner with the Rams in 2000 immediately come to mind.

While rags to riches stories have happened before I have never seen a rags to riches to rags to riches story before. You see, Nick Foles has had career comebacks twice and both of them happened with the Eagles.

Foles was drafted out of Arizona by the Eagles in 2012 in the third round. He was not considered a sure starter. The 2012 Pro Football Weekly Draft Guide summed up his attributes:

"A heavy footed pocket passer who has benefitted heavily from a prolific, simplified spread attack emphasizing the short game. He has eventual starter potential but will require a strong line to function, needs time to refine his spin and must prove he wants it."

Foles played in parts of seven games as a rookie largely due to injuries to holdover starter Michael Vick. His play was sporadic



On March 10, 2015 Foles was traded to the Rams along with a 2015 fourth round pick and a 2016 second round pick for Sam Bradford and a 2015 fifth round pick. Foles struggled and was benched after throwing four interceptions against the Packers.

After the Rams drafted Cal quarterback Jared Goff with the first overall pick in 2016, Foles requested and was granted his release. At this point Foles admits that he seriously considered retiring.

Foles ultimately signed a one year deal with the Chiefs with a second year option for him. He played some when Alex Smith suffered a concussion but it was obvious that Smith was the man. After the season Foles declined his option making him a free agent.

In March of 2017 Foles signed a two year contract with the Eagles who had jettisoned him just two years earlier. Foles had a cozy seat on the bench behind emerging superstar Carson Wentz until he went down in week 14. Foles knew what to do.

Although Foles gets the most attention the Eagles have quietly emerged as a force to be reckoned with. Philadelphia has several pro bowl caliber players. They are still a young team and have a tremendous trade opportunity in Foles. It is hard to imagine both Wentz and Foles returning.

Very few so called experts gave the Eagles a chance in the Super Bowl. I was one of the few that did. In the Inaugural Sentinel, which went to press just before the Super Bowl, I wrote the following:

"Although the Patriots will undoubtedly be heavy favorites in the Super Bowl, don't count the scrappy Eagles out. As the Falcons and Vikings have learned the past two weeks, underdogs can not only win, they can dominate."

The Eagles are not a one year wonder. Barring catastrophic injuries they will be a top contender again next year. With the Cowboys expected to rebound and the always unpredictable Giants and Redskins, the NFC East should be a battle royale in 2018.



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ON THE WARPATH WHAT DOES 2018 HOLD IN STORE?

Most of you will probably be surprised to learn that I believe that Washington has the potential to be a playoff team in 2018. Yes I do realize that they only won seven games last year and that they are losing their franchise quarterback. However, before you accuse me of overdosing on idiot pills, please consider the following three factors:

- 1) Last month's column was entitled "Bruised and Battered" for good reason. By the time the Redskins played their season's finale against the Giants they had nine starters and numerous backups on injured reserve. At times the only starter playing on the offensive line was Trent Williams who was playing on a bad knee. The statistical odds of such a plague of injuries reoccurring are miniscule.
- 2) Although Kirk Cousins is a top 10 quarterback I don't think he's better than his replacement Alex Smith. Smith actually had better statistics last year. In 16 games Cousins completed 64.3% of his passes for 4,093 yards with 27 touchdowns, 13 interceptions and a 93.9 passer rating. Smith was rested a game after clinching the playoffs so he only played in 15 games. He completed 67.5% of his passes for 4,042 yards with 26 touchdowns, five interceptions and a 104.7 passer rating.
- 3) Largely due to not paying an exorbitant salary to Cousins, the Redskins have ample salary cap space to retain key free agents and sign others. With about 49 million to work with Washington is well positioned to add some key pieces.

Although all three of these factors give reason for hope there is still a tough slog ahead. Both Philly and Dallas are expected to field strong teams and don't forget that the Giants won 11 games as recently as 2016.

With the NFL Combine in the rear view mirror teams are gearing up for the free agency period this month and the draft at the end of April. Until the free agency period is well advanced many teams will be leery of setting their draft boards.

I will be doing a review of free agency and a preview of the draft in the next edition. I will be covering the NFC East during the season as those teams, especially Washington and Dallas, are followed by the majority of fans in this region.

Although the Sentinel will occasionally report on local and state teams in football and other sports the NFC East will remain our focus for pro football. We will be starting a Redskins Mailbag soon so don't hesitate to send your questions to the addresses listed on the inside front cover.



Relationship

One of the churches along Richmond Road in Warsaw recently had the following words on its sign beside the highway through town: "It's not about religion. It's about your relationship with God."

"Provocative," I thought. And it surprised me in a contemporary "church" landscape where church parking lots seem to be less full year after year. There are so many "choices" for those who might want to try out a church setting to explore what "a relationship with God" might be like in a church, if anywhere. And yet, perhaps the greatest "choice" is between living a life in faith that there is something greater than we are (what we call "God") and living in a secular world that in many ways does not appear to accept such a concept.

2017 saw the 500th anniversary of "The Reformation," a tumultuous time when dissatisfaction with dominant religious structures was gathering momentum in a landscape becoming more vulnerable to winds of change due to shifting social, economic and political currents. The storm winds of reformation that swept through Europe and the British Isles tore up the religious status quo and scattered the religious landscape. Our church landscape today retains the apparent fragmentation resulting from reform movements that were put in motion five centuries ago.

One thing is clear about the Reformation: it didn't do away with religion. It did clear old pathways and opened up new ones. And, at the core of the controversies, it really was about "relationship with God": what does it look like, who and what mediates it, what facilitates it, what gets in the way of it. Unfortunately, what dominated the aftermath of the Reformation was a very human dualistic way of thinking: who is right and who is wrong in what "relationship with God" is supposed to look like. This turned fragmentation into fracture and warring factions bent to eliminate the "other."

The 500th Anniversary last year gave the "religious landscape" (a term used by the Pew Research Institute) an opportunity to reflect on the theme of "reconciliation" and "communion." How various groupings we call denominations that eventually emerged out of the 16th century reformation efforts are after all these years considering their commonalities, rather than their differences. How they are "reconciling" some of their relationships, how they are "communing" together. For many involved in churches, lay

leaders and clergy leaders, it has become increasingly clear that we are being called into ecumenical relationships. That relationship with God is an inclusive, not exclusive, way of living, moving and being in an increasingly challenging world. No one church, no one denomination has the resources to address the needs that are so tragically growing exponentially in the "secular" world around us. No one way of thinking about what it means to live in community, no one way of talking with and listening to God, will equip us to live wholeheartedly and consistently with a vision of "abundant life" for our natural and organic social "units" (family and community). Our very nature is created and grounded in the concept of "connection," not "isolation." Connected we live and thrive; isolated we are more vulnerable to death, both physical and emotional.

Churches are doorways to relationship: with God, with each other and with the larger community. They are not the only places that offer such doorways; however they remain, since the little house churches that developed in the years following Christ's death through the next almost two thousand years, places where people come together to try to live a life of purpose and meaning. Where people share their joys and their sorrows, where they find nourishment and fellowship and where, sustained and strengthened, they go back out into the world to follow a call to contribute to and be a part of others' lives for the better.

While every minister harbors the hope that you may pass through the door of the church he or she serves and while you might find folks within that church falling all over themselves to welcome you in "their" church, the reality is that the churches do not belong to any one congregation or minister: they are God's churches. They are places that offer the possibility of finding what we are all looking for: a community that wants God's best for all of us.

During this year's Lent churches in Richmond County (as churches do in other Northern Neck Counties) came together to offer a series of services: a service a week for the six weeks leading up to Easter. They are held at different churches each week, with pastors and sometimes choirs from different churches than the host church offering a message and music for each service. The church each week may have the "label" Baptist, Methodist, Episcopal, etc. on their church sign out front, the minister in the pulpit and choir singing their hearts out from another church, and the congregation is a wonderful combination from many churches. But the theme is always one that shatters any human labels, because it is God's theme. This year the series is shaped by Christ's words in the Gospel of Matthew Chapter 25 about feeding the hungry, providing water for those who thirst, welcoming the stranger, clothing those who need, caring for the sick, visiting the prisoner. The message transcends the "physical needs" that the passage seems to highlight, because hunger, thirst, alienation, clothing, sick and prisoner status are multi-layered ways of living and being. These are the type of conversations our churches are having, because the world really needs these types of conversations now. And don't we, trying to live in this world, really need to address these issues in our own lives and the lives of those we love?

And it's all about relationship. Hope you will try out some of the churches in your area. That is if you're looking for more out of life!

-Torrence Harman

LETTERS TO THE EDITOR...

NOTHING FOR ME

Dear Editor,

"What Will Virginia True Do For Me?" I'm glad you asked. After reading your article in the last issue of The Sentinel, Mr. Haynes, I am able to provide you a solid answer: Nothing. Virginia True is going to do absolutely nothing for me. What they'll try to do against me though is create an ill advised golf course and 700+ home hyper-development on a particularly environmentally and historically sensitive piece of land that has been called, "the crown jewel of the Chesapeake region" to a fantasy market of millionaire second-home buyers that just doesn't exist.

Your article Mr. Haynes states that you had, "serious environmental concerns" about the project in the beginning but that you were, "convinced those concerns would and could be addressed." Yet on November 30th the county filed a stop work order against Virginia True Corporation for illegally clearing 13 ½ acres of trees at Fones Cliffs and breaking those very promises and proffers it made to you and the board (and the citizens of this county) before they even got started. Have our joint environmental concerns now been justified? Certainly the developers have shown us both that they can't be trusted to do the right thing on their own and that a very close-eye will need to be kept on the property from here on out.

I would like to also challenge your assertion that the "housing" on this property, some 718 homes estimated to cost, "between \$300,00 and \$500,000 dollars each" is a good thing for Richmond County. Certainly the homes aren't being built for anyone who actually lives and works here where the median annual income hovers around \$33,000. The developers themselves have said they see this as an "Augusta, Ga. Masters" like project for millionaires to come idle their time away playing golf a few times a year. Respectfully, if I may ask, where exactly are these millionaires and billionaires going to come from and why are they coming to an out-of-the-way golf resort that is promising them 25 to 50 years of constant new housing construction and virtually zero access to the river in a community that doesn't want them there in the first place? There are dozens of other golf resorts much more welcoming and closer to the major cities but even those are failing at an alarming rate.

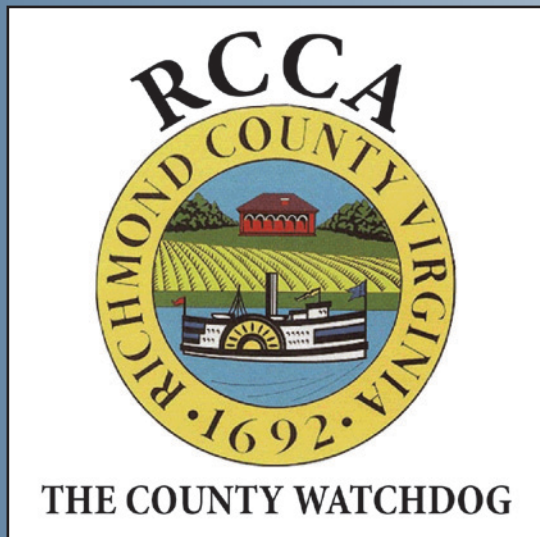
This project has been doomed from the start and full of loud, hyperbolic self-promotion about economic benefits for the County that will sadly not come true in my opinion. You cannot simply out of thin air create a demand for 700+ half-million dollar secondary homes to a fantasy millionaire's club market that lives 2-6 hours away no matter what you build or where you build it. Ask any other developer in the area and they'll tell you the same. This project is pure fantasy.

John Tayloe Emery - Warsaw, VA.

LETTERS TO THE EDITOR POLICY

The Sentinel encourages Letters to the Editor and all viewpoints are welcome.

- Please limit submissions to 1,000 words.
- The deadline is the last work day of each month.
- Profanity and personal invective will not be allowed.



RICHMOND COUNTY CITIZENS ALLIANCE

THE RICHMOND COUNTY CITIZENS ALLIANCE IS A PRIVATE NONPARTISAN CITIZENS ALLIANCE DEDICATED TO PROMOTING REPRESENTATIVE GOVERNMENT THROUGH TRANSPARENCY AND ACCOUNTABILITY. WE ARE NOT AFFILIATED WITH ANY POLITICAL PARTY OR THE RICHMOND COUNTY GOVERNMENT.

OUR COUNTY IS IN SERIOUS FINANCIAL TROUBLE AS DETAILED IN THE RECENT AUDITOR OF PUBLIC ACCOUNTS REPORT. THERE ARE THINGS THAT CAN BE DONE BUT WE NEED TO COME TOGETHER TO FORM A PLAN OF ACTION.

A PUBLIC MEETING WILL BE HELD ON April 22nd at B.J.'s BANQUET HALL IN WARSAW AT 6:30 P.M. PLEASE COME AND PARTICIPATE. FOR DETAILS EMAIL BOB SNAVELY AT CSNAVELY35@YAHOO.COM OR CALL 804-394-2222.

FILL-IN (or CRISS-CROSS) CROSSWORD PUZZLE

Fill in the blanks of the both grids with the words (ignore spaces and dashes):

- (10) BUMBLEBEES

(10) COPYWRITER

(10) LUMINOSITY

(10) QUILT PIECE

(10) SLIPSTREAM

(10) TOUCHSTONE

(10) TURTLEDOVE

(10) TYPOGRAPHY

(7) ATTEMPT

(7) LEISURE

(7) RECEIPT

(7) REPTILE
- (7) SEMINAR

(7) SPIDERS

(7) SPINACH

(7) TEXTILE

(6) ADJUST

(6) AFRAID

(6) AUGUST

(6) CANYON

(6) CARROT

(6) CRUISE

(6) DEPEND

(6) FIGURE
- (6) GALORE

(6) ITALIC

(6) MOBILE

(6) NEPHEW

(6) RAISIN

(6) RHEBOK

(6) RIDDLE

(6) STAIRS

(5) AGREE

(5) ASSET

(5) BEDEW

(5) BIJOU
- (5) CAJUN

(5) ENVOI

(5) EQUAL

(5) GECKO

(5) IRONY

(5) NEXUS

(5) PARKA

(5) PURSE

(5) REPOT

(5) ROBOT

(5) SATIN

(5) SWISS
- (5) TEETH

(5) THEME

(5) TIMER

(5) TINGE

(5) TOTEM

(5) TULIP

(5) TWAIN

(5) XEROX

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(4) DENY

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(4) LUCK
- (4) MAPS

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(4) NEWS

(4) SOAP

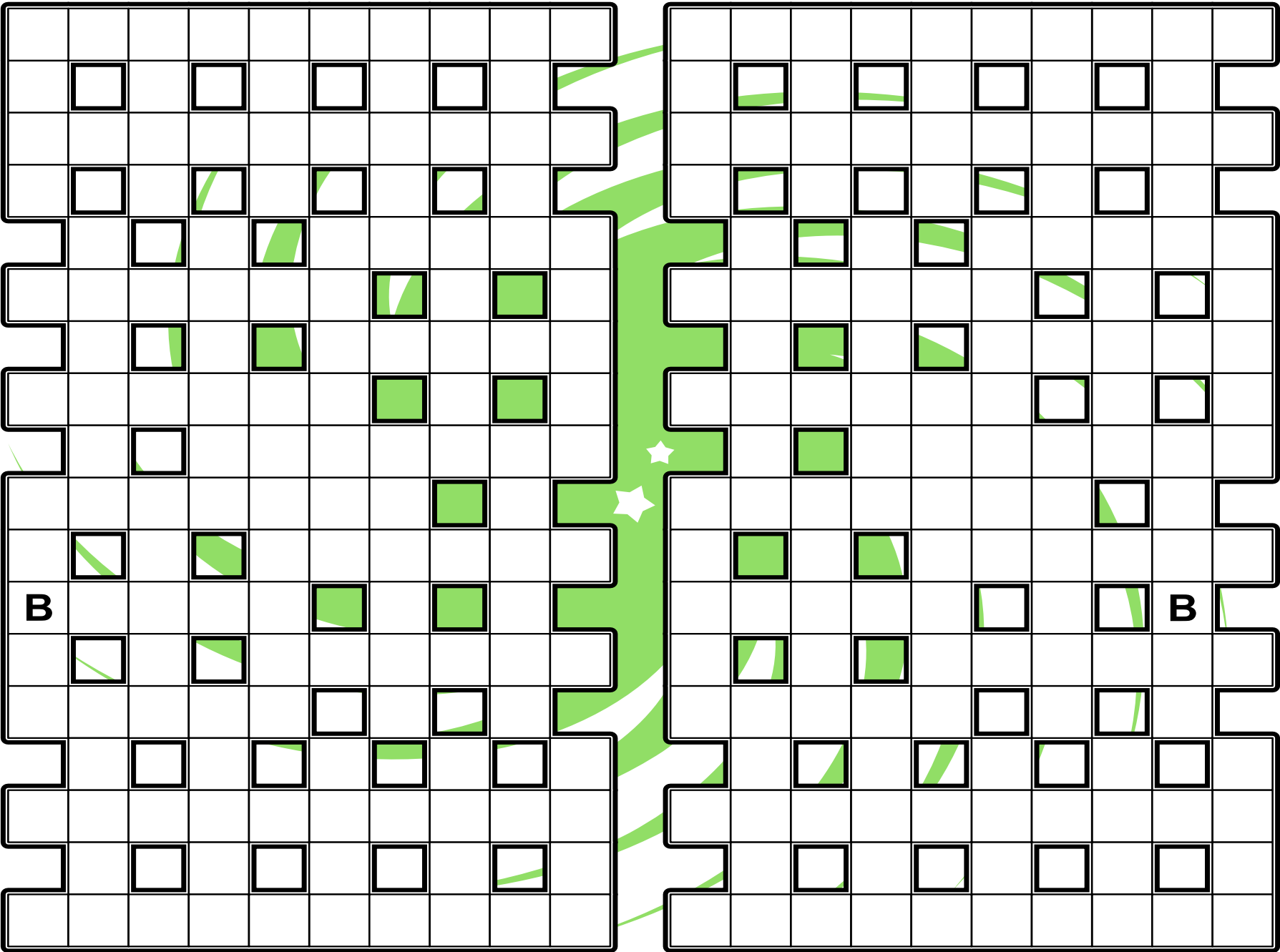
(4) SPOT

(4) TEAM

(4) USER

(4) ZEKE

Key on
page 30



Secret Code

use the secret code breaker below to find the secret message just for you!

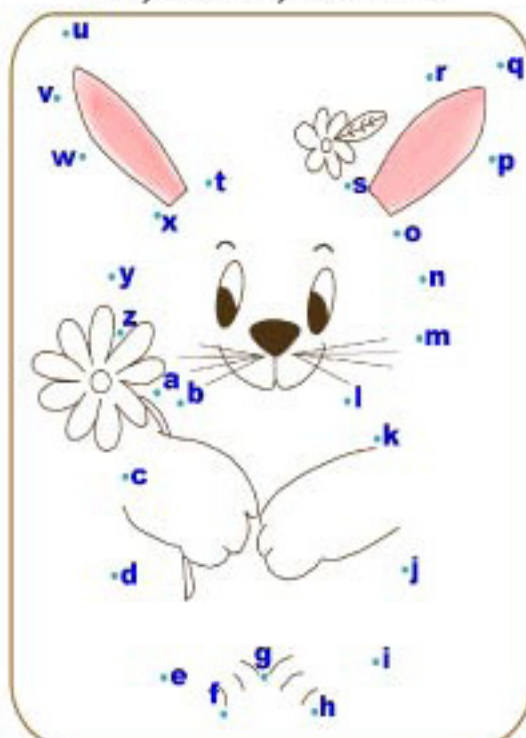
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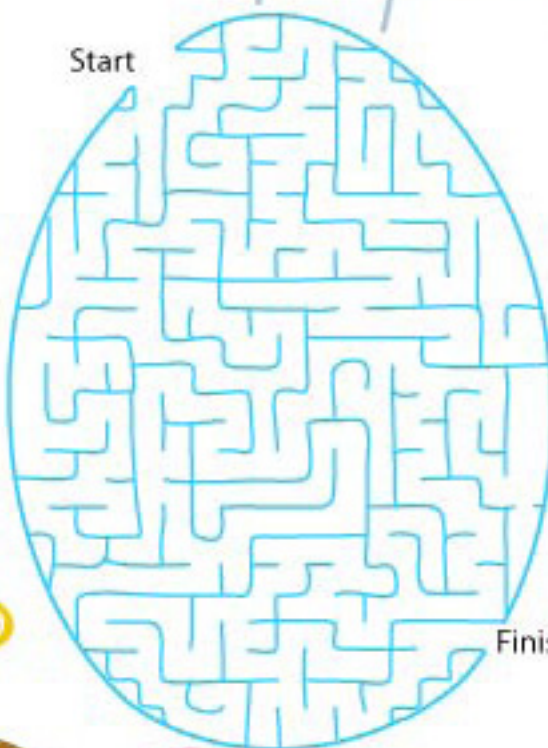
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Connect ~ the ~ Dots
Do you know your A-B-C's?



Start

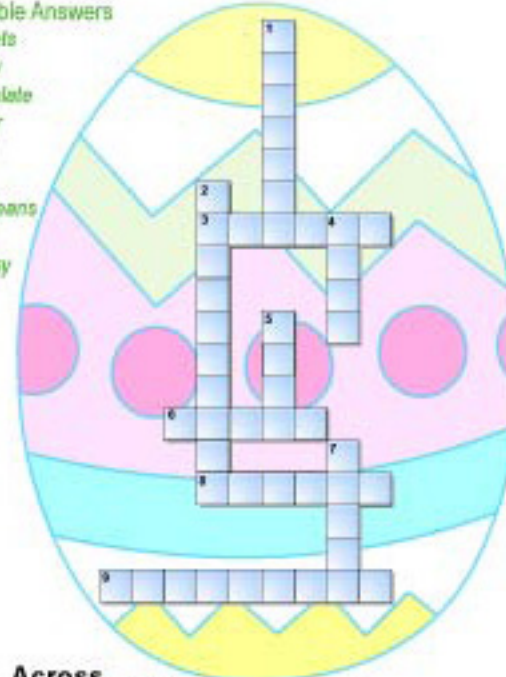


Finish

Crossword Puzzle

Possible Answers

Bonnets
Candy
Chocolate
Easter
Eggs
Find
Jellybeans
Paint
Sunday



Across

- Holiday with bunnies, eggs, candy
- Sweet treats
- 7th day of the week
- Sweet brown candy

Down

- Ladies wear these. Easter _____
- Small fruit flavored egg shaped candy
- Colored _____
- Easter morning children race to _____ the eggs
- The Easter bunny colors his eggs with _____



THROUGH NEW EYES

Kelly Neale

Prepare to be included! Through New Eyes is an ART exhibit for you. The Tappahannock Artists' Guild, TAG, invites all locals, come-heres, and vacationers to our Gallery for a new experience. TAG is excited to celebrate two wonderful artists from Washington, D.C. ART rarely seen in rural America, these artists are bringing their diverse creative approaches and their unique expressions to the Gallery on Prince St. in downtown Tappahannock. The show will run from March 2nd until April 15th. Please join us in welcoming Vanessa Ruffin-Colbert, "VanRuff", and Eglon Daley to Tappahannock, VA. These artists see ART as a way of enriching community. Come see a new vision of hope, peace, and harmony.

Vanessa has been perfecting her ART since junior high school. Even though her parents tried to lead her in new directions, she knew the value of ART. At the age of 15, she interned at the National Gallery of Art and went on to receive a Bachelor of Art degree from Seton Hill College. In the 1970's through the 1990's, VanRuff was a pioneer in the ART therapy movement. She worked for the Federal Government designing day programs to help disabled people find their voice and enter mainstream society. A gift she gave to Dionne Warwick turned into a commission to design Ms. Warwick's logo. She is now the only layperson serving on a government board that reviews professional licensing credentials. Her last show was at her Alma Mater, Seton Hill College. While VanRuff can make ART out of any medium, including wood, metal, cloth, and fruit, she will be sharing her paintings, dolls, and homemade fig wine with us. She says, "I have a way of looking at any

material and am able to see and then create something new, beautiful, and/or useful." VanRuff would like you to allow her reflections to enter the light of your view.

Eglon Daley's primary objective is to create an atmosphere of peace, love, and harmony through ART. He is internationally recognized as an artist who creates work showing his timeless message of hope in humanity. Eglon was born in Jamaica of the Maroon people. He has lived most of his life in Washington, D.C. and studied at Montgomery College. His work can be found all over the world, especially in and around D.C. He has received awards and scholarships for his ART from the DC Commission on the Arts and Humanities and Montgomery County. He says, "I am a picture framer by trade, creating ART is for the soul." Eglon is now part of a group of

artists called, "Take me to the River." This group is comprised of people from many different back-grounds. They share their work internationally to promote peace, understanding, and the sharing of ideas. Mr. Daley will be bringing his storytelling paintings of everyday ac-

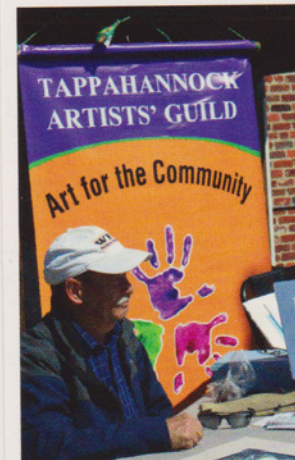
tivities that highlight his unique stylized form to share with us.

The Tappahannock Artist Guild is a non-profit organization with the mission to build a community for artists and bring art to our community. The Art Gallery was established in 2011 with the support of local businesses and volunteers, including Frank Rixey, one of our local watercolorists who served as the Guild's first president and continues to show his work at the Gallery. Among his many projects, Frank is currently working on bringing the Virginia Artisans Trail to our gallery, downtown Tappahannock, and Essex County. Find TAG at www.artisen-trailnetwork.org and www.tappamainst.org/tag/.



THROUGH NEW EYES
the art of
Vanessa Ruffin-Colbert
&
Eglon Daley
March 2 to April 15

TAPPAHANNOCK ARTISTS' GUILD, INC.



Classes in Technique
KidZ' Art
Art History Lectures
Open Paint Sessions
Framing Assistance
Write and Critique
Wine & Create Socials
VMFA Partner Classes
Field Trips
Gallery Shows

Gallery
Hours
Thurs-Sun
Noon - 4 pm
and
Wed AM open
painting sessions



Art for the
community and
a community
for artists

tappahannock
artists' guild

TAG, a 501(c) 3 organization
200 Prince Street, Tappahannock, VA 22560
www.tappamainst.org/tag
tappartsguild@gmail.co 804-925-1011

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Quarter Page Interior \$75
One Eighth Interior \$37.50

Business Card Size \$25.00
Classified ads are 20 cents per word



HERO DOG SHOT THREE TIMES SURVIVES



In mid February 16 year old Javier Mercado was in his upstairs bedroom at home when he heard the loud crashing sound of someone breaking in downstairs. Before he could react his two year old German Shepherd Rex had raced down the stairs to confront the intruders.

Fearing for his life, Javier hid in the bedroom closet. He could hear yelling downstairs with a voice saying “the dog bit me, get the dog.” He could also hear them beating the dog.

When the intruders started upstairs the dog got between them and the bedroom. Despite the beating he had already taken he launched himself at them as they fired into the bedroom. He was hit three times but the assailants panicked and fled before the police arrived.

Although Rex was not expected to live he made a miraculous recovery and finally returned home in early March. “I feel like if it wasn’t for him I wouldn’t be here today telling this story” Javier

stated.

The teen’s aunt Susy Cadena expressed her gratitude: “My nephew was protected by his eternal friend until the last bit of strength he had in him to do what his unconditional, loving instinct told him to...”. She called him a “hero dog”.

Worried about the veterinary bills, Javier’s father planned to work every Saturday until the bills were paid. Thanks to the kindness of others he won’t have to. A Go Fund Me page was started and at the time of this article had already collected over \$60,000.00.

Rex is still recovering from a broken tibia and his other wounds. He has a lot of rehabilitation ahead of him but he is expected to make a full recovery. Dogs truly are men’s, and women’s, best friends.

-Staff

Post Season Tune Ups and Training of Retrievers

Kristy Fike

We all have had problems arise when waterfowl hunting out on the water or in a field with our retrievers. After the season is over is the perfect time to fix those problems. Two problems that I have experienced myself are hunting manners and confusion by the retriever as to what they need to do. These problems are mostly caused by the handler themselves, because we have not properly taught the dog, or we are not being consistent when training the dog.

Truck and Boat Manners

Everyone that waterfowl hunts want and needs their retriever to behave and act like they have manners. Truck manners are very important. No body wants a dog that is clawing at the windows or being rambunctious when trying to drive. You can polish up your dog’s truck manners by taking him or her for more truck rides.

CONTINUED ON PAGE 24...



POST SEASON TUNE UPS AND TRAINING OF RETRIEVERS

CONTINUED ON PAGE 24...

There are many stores that allow dogs such as Bass Pro Shops, Lowes, Home Depot, Pet Smart, Petco, Cabela's, Green Top, and Tractor Supply. Go for boat rides too. The last thing you want is to hear "Splash" and see that your dog has launched in after a decoy that you have just thrown out. I have been taking my girl for boat rides since she was a pup. She has always had a good time and she has good boat manners.

Blind Manners

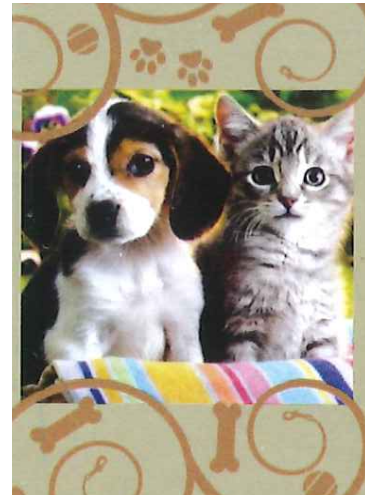
This is also important for field waterfowl hunting. You do not need a dog that whines when shots are fired and then breaks on a bird or breaks on a missed bird. This is one of the things I will be working on with my girl. She needs polished up on her steadiness out on the water blind. There are simple steadiness drills you can do at home or at the duck blind. An example is pulling out the shotgun during some training sessions or having them sit and watch you shoot some clays. Making them understand that everything that goes down is not always for them is important and good training work. I learned this from my Uncle Steve Purks. Have your dog sit and you throw some bumpers out, then go get them yourself, or have the dog sit and then walk out away from your retriever and throw bumpers all around the dog and back over his or her head. Now it is also important to let him get a few of them. These little things will add up.

New hunting locations and hunting situations can confuse your retriever. If you always hunt out of a duck blind on open water with a huge spread of decoys and your friend invites you to hunt in a swamp with lots of cattails, logs, and trees then your retriever might get confused when recovering a bird, because it is new to him or her. So, there are some ways to avoid this and get your dog ready for next season. It is common sense really. Don't train consistently in the same location or area. Give the dog as many new situations as possible. Throw the dog multiple marks, instead of always working him or her in a flat field. Work your retriever in fields with more hills. Let the bumpers bounce and roll down the hill. By giving your retriever different challenges it will help boost their self-confidence.

Here is a variety of drills and things you can do this spring to condition your retrievers for next season. The drills listed above are good, but try these ideas. Work your dog out of their pit blind. I do this with my girl, and it really helps. I even do steadiness drills out of her pit blind. Incorporating a duck call and shotgun is another great tool. This may not be as important for seasoned dogs, but it is good for young retrievers. Occasionally, I will do some obedience sessions to polish that up. These sessions are good to do at home or at a store. You or a helper can throw bumpers out on the opposite bank of a pond. Hunt tests through the spring and early summer are also a good way for your dog to get some work, or simply going to watch a hunt test. It is a good way to socialize your dog with people and dogs, and it's a great place to work on obedience with all the distractions for your dog.

Post season is a great time to work out any problems you saw with your retriever this past waterfowl season. Two problems I have experienced myself are hunting manners and confusion.

Nobody wants a dog that is a pain to be around or goes nuts while hunting. Just remember when fixing these problems to make it fun for you and the dog. Do something special that is like a reward to your dog. For me that is throwing "fun" bumpers and giving her the ultimate belly rub. Also, remember to hydrate your retriever very well at the end of training sessions.



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Move More for a Healthy Heart



While heart health and how to prevent heart disease are important topics, many people in the United States – African Americans, in particular – remain at risk.

According to the Centers for Disease Control and Prevention, African Americans ages 18-49 are almost twice as likely as Caucasians to die from heart disease. Additionally, about 33 percent of African Americans ages 35-49 and 61 percent ages 50-64 have high blood pressure, which is a major risk factor for heart disease.

However, there are many ways for you to lower your risk for heart disease, and one of the most important is by becoming physically active. National guidelines recommend at least 2 hours, 30 minutes of moderate-intensity physical activity per week for adults, like brisk walking where your blood gets pumping and you are a

little breathless. If you find yourself short of time, you can incorporate physical activity in small chunks, such as three 10-minute intervals per day, and still achieve some heart health benefits.

How Moving More Helps

When done regularly, physical activity can give your entire body – not just your heart – a boost. Getting your heart rate up and breaking a sweat can:

- Strengthen heart muscles
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Help control weight

Ways to Become More Active Every Day

In addition to working toward at least 150 minutes of physical activity each week, it's important to avoid being sedentary, when possible. You can do that by making choices that build activity in your day. Some examples include:

- Taking the stairs
- Printing at the printer farthest from your desk at work.
- Getting off the bus one stop early
- Parking in the farthest space from the door
- Walking around while you are on the phone or having walking meetings
- Being active with your children, including playing outdoors
- Planning a vacation that includes physical activities
- Playing basketball or taking a yoga class with friends instead of meeting up for drinks or a meal
- Putting on some music and dancing

Check with Your Doctor

Certain physical activities are safe for most people. However, if you have a chronic health condition such as heart disease, arthritis or diabetes, talk with your doctor about the type and amount of physical activity that is right for your health.

Incorporating regular physical activity into your life can help your health in many ways, but it can be especially helpful for your heart. Find more heart-healthy facts and tips from the National Heart, Lung, and Blood Institute at nhlbi.nih.gov.

Photo courtesy of Getty Images



Adventures in Wellness

SUSAN CARABELLO

AUTHOR'S BRUSH WITH DEATH SPARKS REVOLUTIONARY MEDICAL MODEL

Fasten your wellness seat belts as we explore the ground breaking book, "Never Be Sick Again". In 1985 the author, Raymond Francis, M.Sc., chemist, graduate of MIT and international business executive suffered a health condition that almost took his life. By using his knowledge of biochemistry and doing a great deal of research during his recovery, he was able to save his life. In the seventeen year journey that led to the complete restoration of his health, he made a powerful discovery. "Almost all disease can be prevented or reversed. As a result, health is a choice and no one has to be sick."

I am not suggesting that you ditch your doctor or your medications. Rather, I am intending that the ideas presented in today's column give you a broader understanding of the underlying principles of maintaining your health, thus empowering you in your wellness journey.

Today's column will focus on reviewing the concept of cellular malfunction as the origin of disease and it's two causes: nutrition and toxicity. We will finish the book next month by exploring the six pathways that lead us toward health or disease and how to make corrections.

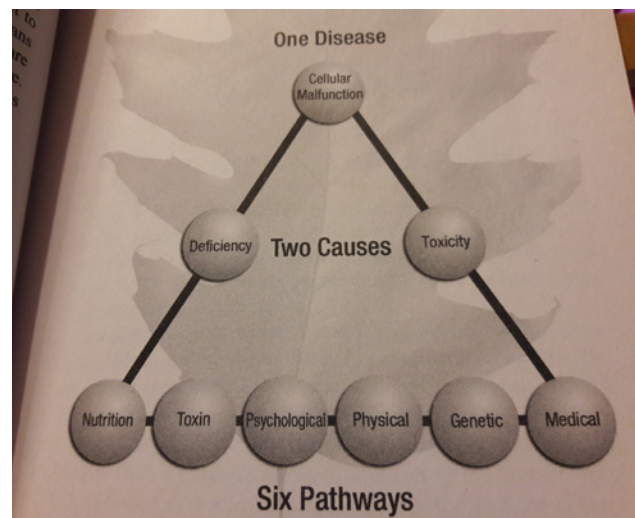
I think everyone will agree with me that the amount of disease in American today is staggering. Did you know that more than three out of four Americans have a diagnosable chronic disease? Consider your family and friends, who among them does not have at least one chronic health issue?

As the amount of nutritional deficiency and toxicity in our society has continued to increase, illnesses that used to affect only the elderly are now epidemic in our youth. Children are born with defective brains and immune systems. Historically, cancer affected only 0.1 percent of the population. A century ago it was 3 percent and today, half of our population will get cancer in their lifetime.

Prevention and self-education are our most important tools if we are to change the direction of health in our lives and our communities. With correct information motivating positive lifestyle changes, together we can turn this chronic disease epidemic around!

Francis's model teaches that there is only one disease (cellular malfunction), two causes of disease (deficiency or toxicity) and six pathways through which we become healthy or sick. The six pathways that we will examine in greater detail next month are: nutrition, toxins, psychological, physical, genetic and medical.

"The thousands of diseases that we experience are the effects of thousands of combinations of toxicities and deficiencies over the years, acting through a combination of inherited genes, our environment, and our beliefs, thoughts and emotions." The following diagram illustrates this novel approach to enabling people to prevent and reverse disease by understanding how health is determined.



At the basis of this model, Francis explains that your body is composed of cells. When a large number of cells malfunction in the body, it is no longer able to maintain homeostasis (balance) by regulating and repairing itself. Once your body systems become compromised, it leads to the one disease: cellular malfunction, which can be expressed as any number of thousands of diseases. Noticeable health problems begin when a significant number of cells malfunction.

As this process continues over time, critical cellular chemicals are not produced and our tissues suffer. By the time symptoms begin to appear, e.g., allergies, fatigue, aches and pains, colds, flu, depression, anxiety, cancer or any of thousands of other complaints, we have been in the process of "getting sick" for a

very long time.

The author acknowledges that the simplicity of his model often initially strikes people as being ridiculous because we have been conditioned to think of many different diseases rather than recognizing the common factor that all disease shares. Perhaps you find yourself thinking, "wait, disease is much more complex than that! What about genetic predisposition? What about bacterial and viral infection? What about cancer? What about AIDS?" Francis explains that each collection of symptoms or "specific disease" is a different expression of cellular malfunction. He would agree that many factors can conspire in the malfunctioning of our cells. However, they do so by causing either deficiencies or toxicities, which are always the common denominators of disease and the second tier of his model that we will examine next.

Cells malfunction if they suffer from a lack of nutrients, a condition referred to as "deficiency". For example, cells that are deficient in vitamin C will exhibit different symptoms than those with a deficiency in zinc. Our cells are constantly being damaged, dying and being replaced.

Our goal is to keep cellular malfunction to a minimum by replacing the cells that die off with healthy ones versus sick ones, which can only be accomplished by eating nutrient dense foods. Francis asserts that "to some degree all Americans are overfed but undernourished."

"This condition has resulted from changes in recent generations of how our food is grown (chemicals and pesticides), processed (fast food), transported (not eating fresh locally grown), stored, treated (irradiation) and prepared (fried, over cooked). The significant causes of poor nutrition other than commercial farming and distribution techniques are the cooking and processing of food, which we will cover in greater depth in next month's column.

Consider that our ancestors consumed low sodium, high-potassium diets in a ratio of 1:4 respectively. This was the result of eating plenty of fresh fruits and vegetables. Our current sodium/potassium ratio is reversed to a very unhealthy 4:1, the result of too much salt in processed food and eating too few fresh fruit and vegetables.

Now, put on your chemistry thinking cap for just a moment to understand the impact of this change. First, think of your cells functioning as little batteries with each one having an electrical charge created by the difference in the amount of potassium inside the cell and the amount of sodium outside.

By altering the sodium/potassium in our diet and consequently in each cell, we have damaged the "battery of life" and subse

CONTINUED ON PAGE 26...

AUTHOR'S BRUSH WITH DEATH SPARKS REVOLUTIONARY
MEDICAL MODEL CONTINUED FROM PAGE 26...

quently have much less power for the body's self-regulation and repair functions.

As I type this, I am making plans to visit my local farmer's market this weekend! Hello, healthier sodium/potassium balance, each step that we take to regulate our chemistry is valuable.

The principle that we are focusing on in correcting deficiency is to learn to count nutrients, not calories. In fact, obesity is considered a disease of malnutrition wherein we don't feel satisfied with what we have eaten due to a lack of nutrients. This explains why Jenny Craig and Weight Watchers cannot help us maintain lifelong healthy weight levels without also correcting for nutritional imbalances.

Imagine that your body is building more than ten million new cells every second, yes, you read that correctly, every second! If the foods you are eating don't contain enough nutrients, an "eat more" message is sent to your brain. A body starving for nutrients will always seek out more food.

Lacking nutrients, the body resorts to depleting its nutrient reserves (i.e. calcium taken from our bones) to keep functioning. When these reserves run out, our cells suffer from deficiency and they cease to be able to self-regulate and self-repair. Once we reach this stage, disease is inevitable in its myriad of expressions, unique to your chemistry and particular history of deficiency combined with toxic exposure.

Just in case you are not feeling overwhelmed and anxious about your physical state of affairs, let's consider the second cause of cellular malfunction, toxicity. (I promise to end the column with you feeling empowered and motivated, the facts are a bit sobering). We are exposed to toxins in various ways: the air we breathe, drinking water, clothing and the food we eat.

All toxins interfere with normal cell functioning and damage our cells. The challenging news is that a growing body of scientific evidence shows all Americans are now living in a state of toxic overload due to the prevalence of man-made chemicals in our environment. The good news is that by limiting our exposure to toxins and nourishing our bodies to fortify our natural detoxification mechanisms, we can prevent or reverse disease.

One of our most direct exposures to toxins is the foods that we

eat. The best way to minimize this exposure is to eat food that is grown without chemical fertilizers and pesticides. Organic foods purchased at your local farmer's market are usually the freshest, least toxic and most nutritious that you can eat.

The author takes us on a tour of "hidden toxic residues", ranging from frozen pizza that contained 67 industrial and pesticide residues to foods packaged in plastic, even colorants in the plastic wrap can dissolve into the food.

Try to eat foods that are harvested at their peak of nutritional value, when they are the ripest and attempt to eat them as soon as possible from the time they are picked. Eating foods that are the closest to the original way that nature provides them is the best. The goal here is to eat foods that are whole and complete (think whole grains instead of flour made from grains) at the peak of their nutrition.

I was astounded to learn that we also unwittingly create a toxic environment in our bodies when we do not eat food in proper combinations. Food combining is based on the principle that each major food category has different digestive requirements. When our bodies attempt to digest incompatible foods, it impairs proper digestion which produces dangerous toxins due to the food fermenting in the stomach. Proteins digest in an acid environment whereas starches require an alkaline one.

Your digestive environment can not create both conditions at the same time, so it is best to combine proteins or starches with vegetables, which are nutritious and combine well with either one. Fruits have a special digestive requirement and should be eaten alone. This is because fruit is so easy to digest and it passes through the digestive system quickly. If fruit is combined with protein or starch, the fruit will ferment in the stomach, producing gas and bloating. Learning the rules of food combining in your diet can greatly improve your health.

Regarding external toxins in the environment, it is estimated that the average American has between three to five hundred man-made chemicals circulating in their tissues at any given moment. These chemicals include: plastics such as styrene (disposable Styrofoam cups), 1,4-dichlorobenzene (mothballs, deodorizers), sodium lauryl phosphate (synthetic detergent from soaps, shampoos, toothpastes), pesticides, PCBs, dioxins, phthalates (plastics), formaldehyde (plywood, particleboard, permanent-

press clothing), prescription drugs and organic solvents.

When chemicals are tested for safety, studies are usually short-term and tested individually, few have looked at the long-term effects of chemicals and none can predict how they react in our bodies in combination with each other.

Most people make little effort to avoid toxins because they either do not know something is toxic or they assume that the officially established tolerances are keeping them safe. The author warns that unless we are making special choices, then we are constantly eating foods, drinking water, using personal products and constantly breathing air which all contains trace toxins.

EPA scientists found that the total toxic residues in our daily diet can exceed 500 percent of the recommended daily maximum, even if each individual food is within "safe" limits!

I know that for many of us, this is a lot to take in and it is alarming. Here is the good news folks, we have the ability, once we have the knowledge, to begin making choices in our lifestyles that will reduce these negative factors. When you consider that the food you eat is one of the more direct sources of toxic exposure, you have a lot of control to reduce your exposure.

Start asking questions: find out what is in your food, learn where it came from and access the degree to which it has been altered from the way that nature made it. The author highly recommends that you stay clear of GMO's or food that has been genetically modified whenever possible. Choose high quality oils such as olive or flaxseed over ones that have been processed. For your water, there are many filtration choices on the market that will resolve the issues with toxins and the prices have come down in recent years. The air in your home can be a problem given how "air tight" we have made them in recent years. There are simple steps you can take ranging from opening windows more often to using filtration devices to reduce these toxins in your air at home or work.

Until we meet again in next month's column where we will explore the six pathways toward health, know that each step you take in a positive direction toward health is significant! Please feel free to connect with me at my e-mail address with your comments, suggestions, and feedback as we build our wellness community one healthy choice at a time.

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Autism, Shame, and Abuse

Kelly Neale

Autism is extreme sensitivity together with an inability to communicate this sensitivity to others. People on this spectrum are severely affected by the foods they eat, the toxins they are exposed to, and their bodies natural functions. It has been said that, "you are what you eat." Autistic people feel this connection almost instantaneously. We are also severely affected by other people's words and actions. We understand the world in a literal sense. It has been said that "sticks and stones can break your bones, but words will never hurt you." People on the autism spectrum can be hurt deeply with other people's words. These words can create shame in the autistic person and shame hurts. These words are abusive.

Most people experience shame. Shame is a painful feeling or emotion caused by having done something wrong. I have been ashamed of being a smoker, of not finishing college, of being a woman, of being poor, of being rich, of being liberal, of being conservative. I have been ashamed of not going to church, and of going to church, of being intelligent, of being ignorant, of being beautiful, of being ugly, of the way I dress, of the way I comb my hair. I have been ashamed of not having friends, of my family, of the friends that I do have, of the friends I have lost. I have been ashamed of eating well, of eating poorly, of taking care of myself, of not taking care of myself, of singing, of dancing, of praying. In my life I have always been ashamed of something and everything. I am not unique in experiencing shame, shame is not unique to an Autistic person. What is unique to autism is that shame is debilitating. If we experience shame overload, we cannot function. I have been ashamed of being autistic.

Most people experience abuse. Abuse is rude, insulting speech; harsh blame or scolding. I have experienced abuse from my parents, sisters, family, friends, acquaintances, strangers, church, work,

and the government. I experience abuse from everyone I know and everyone I don't know. I am easily abused and sensitive to all forms of abuse. I am not unique in experiencing abuse, abuse is not unique to an Autistic person. What is unique to autism is that abuse is debilitating. If we experience abuse overload, we cannot function. Abuse promotes shame. I am abused because I am autistic.

Autistic people, all people need good food, clean water, clean air, and love to thrive. We have three ways of being alive. We can thrive, survive, or suffer. When my needs are met, I thrive. When just some of my needs are met, I survive. When I am eating poorly, exposed to many toxins, and being abused, I suffer. I have experienced these three ways of being. I prefer thriving.

I have known this area of Tappahannock, Virginia my whole life. My family would vacation in the summer at a house called Bowler's. It is a very old house near Center Cross, near Bowler's Wharf. My Granddad owned the house and would come down every week to cut the grass and go fishing. We would come down to enjoy the Rappahannock River and country living and spend time together as a family. Now that my Granddad is in the family graveyard out back, I live here full time. I have a part time job at the Center Cross Post Office that keeps my car running and pays my few bills and allows me the time and energy to take care of myself. I grow my own food, bake bread once a week, practice and teach yoga, and paint pictures. I am an exhibiting member of the Tappahannock Artist Guild. I am a lector and leader of my Church, St. Timothy's Catholic Church. I have

been thriving in Tappahannock for the first time in my life. Before I moved here, I was mostly surviving, sometimes suffering.

Because of recent experiences in my life, I have regressed to surviving and suffering. This summer, I learned to stop being ashamed of who I am, and I learned that I must steer clear of any form of abuse. The first is my responsibility, the second is the world's responsibility. We must stop abusing each other, we must love each other. If you are Christian, then treat others like Jesus teaches you. Love one another, treat everyone the way you would like to be treated, with respect, kindness, and understanding that every person is unique, and every person has a purpose in this world. If you follow a different faith, your religion also teaches us these universal truths with different words. If you follow no faith, but believe in science and climate change, Mother Nature also teaches us these universal truths. Mother Nature does it without words. You can experience these truths in the garden, on the river, among animals and trees. Most people are a mixture, a little God, a little nature. The truth is also a mixture, we can learn how to love one another and the earth through the Bible, other books, each other, animals, plants, and nature. Please help me thrive and in doing so help yourself thrive, too. We share this world and we are all connected. Do not be ashamed of how you were born or for any other reason, you are you for a reason, a purpose. Do not accept abuse in your life, do not react to abuse with anger, react with love. We all suffer from abuse and we all abuse something, sometimes we just pass that abuse on to ourselves. This circle must stop for all of us to thrive. I am autistic. I am human. I am sensitive. I am forever a student. I am always teaching. I am looking for the Light. I am in the darkness. I am an artist. I am an United States Postal Service employee. I will not be ashamed. I will react to abuse with love. I will thrive. I am Kelly Lynn Neale.



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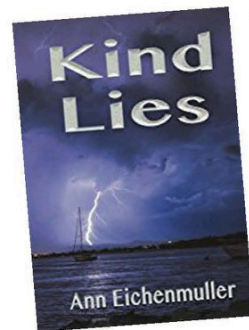
March 22, 2018

11:30 - Appetizers

Noon - Luncheon

followed by our speaker:

Ann Eichenmuller



A cry for help answered too late. A woman's soul lost to the sea. Now three children are left without a mother, and Sandi Beck is driven by guilt to search for answers. As she sifts through the remains of Liz Bryson's life, Sandi is drawn into a web of lies that shakes her belief in the woman she once knew. Every new clue brings her closer to a truth that threatens to destroy a grieving family—and the man she loves.

A masterpiece of twists and turns, *Kind Lies* will keep you turning pages until the explosive final scene.

Ann Eichenmuller is the author of the novel *Kind Lies* and an award-winning essayist and travel writer whose work has been featured in All at Sea, Chesapeake Style, Chesapeake Bay and Motorhome magazines. She has published several poems and short stories and co-written a musical, All Good Gifts, based on an O. Henry short story. A former Maryland educator, she received the Washington Post's Agnes Meyer Award for Excellence. Ann is a certified diver, private pilot, and something of an adventurer who counts sailing her boat to the Bahamas with husband Eric and their children as her favorite accomplishment.

— amazon.com

December blog post: "My new novel, *The Lies We Are*, is scheduled for publication in May 2018! It continues the story of Sandi Beck as she gets involved in a client's search for her past in a Civil War era diary and uncovers a secret that could lead to murder."

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Questions? Please call 804-333-1232.

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Reservations must be received by noon on March 15!

MOOSE SCOOP

We have a number of things going on in the Lodge this month. Of course, we have our usual Friday Night Karaoke...

MARK YOUR CALENDERS!!!

On March 17, our Higher Degree Committee will be having a St. Patrick's Day Dinner...corned beef (ham for those who don't like corn beef) and cabbage, potatoes, green beans and dessert for \$12.00.

Tickets are on sale now... call Kathy Cosby at 529-7536 for ticket information, or check at the Lodge.

In addition we will be having the District 3 Chili Cookoff and corn hole tournament at the end of the month.

FOR MEMBERS AND INVITED GUESTS ONLY



Although we have been rapidly increasing the number of business outlets that stock our publication, we have found another very effective way to spread the "Voice of the People".

The Sentinel is fortunate to have several friends, associates and even new readers who have volunteered to help distribute our publication to their friends, coworkers and places that they frequent.

Some local governmental departments have asked us to bring by copies as some of the articles concern them. The same is true with other businesses, organizations, charities and community support groups who are featured in current articles.

One friend likes to pass them out in his neighbourhood. Another eats out frequently and enjoys leaving them at the restaurants that he dines at. Another leaves copies at the library and the gym that they attend.

The sentinel delivery people go through nearly every area of the six counties that we serve so we don't mind dropping off copies in minimum amounts of ten. If you are interested in joining the ten plus club contact us by any of the means listed below.

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Phone - 804-238-6507

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THE NORTHERN NECK

Between the yellow Rappahannock and the broad Potomac blue, There's a lovely strip of country down in old Virginia true. Just a narrow strip of inland. On the map it's scarce a speck, but it's home to everybody, in the good ole Northern Neck. You go 60 miles from nowhere, down a winding country road. Past a picturesque old mill pond, and a patriot's first abode. Yes, it is rather isolated, but I know when you reflect. You will surely want to linger in the good ole Northern Neck. You'll find many stately mansions of the true colonial style, Tucked behind old fashion gardens, filled with flowers all the while. River views, with steamboat landings, everything you would expect, Of Virginia's rich traditions, in the good ole Northern Neck. The folks have got a charming way of saying, "Come right in". There's smoked cured ham and batter-bread, with potatoes in the bin. The people still believe in God, and home is not a wreck. And everybody's "kirth and kin" in the good ole Northern Neck. Sure, I've heard them sing of heaven, guess was never meant for me, but sometimes, I stop and wonder: How's the next world's going to be? But St. Peter needn't worry, when I'm cashing in my check, for my soul will stay forever, in the good old Northern Neck

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