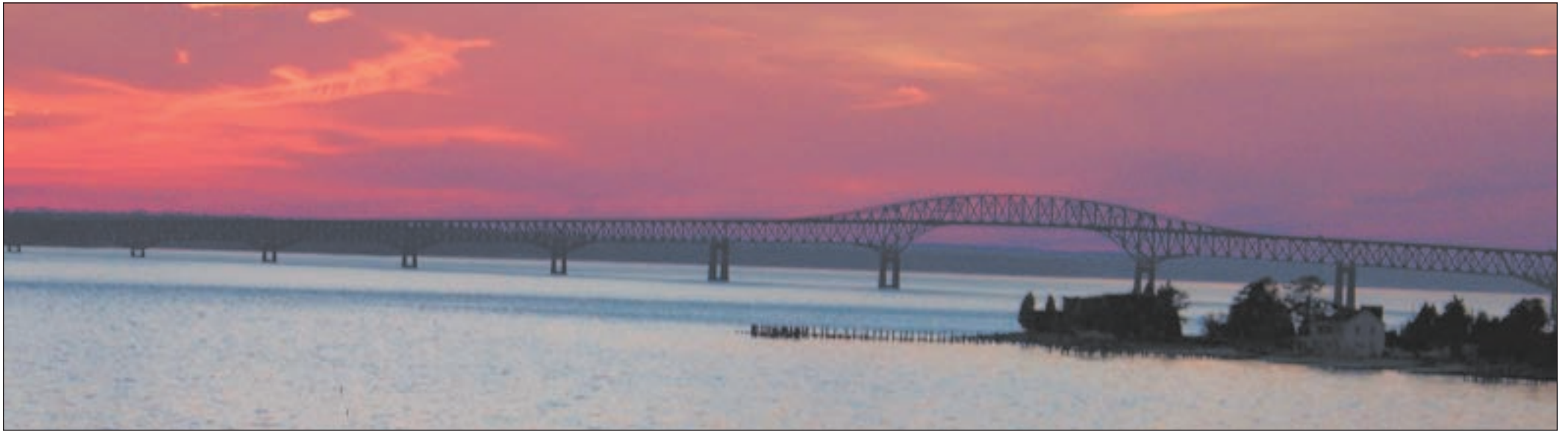


Rappahannock Record

Thursday, February 7, 2008 • Kilmarnock, Virginia • Ninety-first Year • Number 18 • Three Sections • 50¢



The sun sets behind the Robert O. Norris Jr. Memorial Bridge.

Funding is a major issue regarding the bridge

by Audrey Thomasson

KILMARNOCK—Commonwealth Transportation Board (CTB) member Mary Lee Carter endorsed replacement of the Robert O. Norris Jr. Memorial Bridge at last week's informational meeting presented by Virginia Department of Transportation officials. "My mindset is that the bridge should be replaced, that we should get it on the six-year plan," Carter said. While speculating that the possibility of getting it on the plan this year is "very high," she noted the process has not

been completed as yet and that "the state has a shortfall, so we can't guarantee what direction we're going."

Carter said the problem is in obtaining consistent and predictable funding.

"There is no stability in our funding," said Carter. "People in the Commonwealth have to be as safe as possible. With stability of funds, we would know what we can do each year in planning those funds."

She praised the citizens who drove to Stafford County last fall to testify at the Commonwealth Transportation Board meeting.

"You have committed citizens in this area to improve the quality of life," she said. "Replacing the bridge relates to that quality of life. I'm real proud of the citizens for this.... It was impressive for everyone to come together in Stafford."

Carter suggested that citizens need to lobby officials in Richmond and Washington, D.C.

VDOT Fredericksburg district administrator David Ogle disagreed that a new bridge should be in this six-year plan.

"There are 20 to 30 years still left on the Norris Bridge. My

priority is getting \$60 million in maintenance funding" on the six-year plan, he said.

According to Ogle, included in that figure is \$40 million to repaint the bridge. He said the cost is high because the old paint must first be scraped off and contained so that it doesn't pollute the river.

"The problem with the six-year plan is that people think things will get done within the six years—but projects become 15 years," said Ogle.

Because of all the other district projects, nothing may even begin until the sixth year and

then it probably would be an allocation only to design a new bridge, he said.

"I don't argue with you that you need a new bridge—but right now you need to put the money into maintenance," he said.

Bridge engineer Gary Shelor said that because of the size and expanse of the structure, neither the state nor federal government's bridge replacement funds are enough to replace it.

"It will take a bunch of funds from different sources," he said. "But we're going to have

to continue maintaining it no matter what."

VDOT officials were hazy about the start date for replacing the deck overlay on the bridge. Structural bridge engineer Thomas Miller said the official start date is slated for January or February of 2009 with work continuing through June.

However, Miller added that construction crews may try to squeeze work on the thru-truss section at the top of the bridge in August and September 2008, before winter weather shuts them down.



Dr. Lee Williams of Irvington (left) is interviewed by Suzanne Mattingly for "Blackstrap Handling," a Steamboat Wharf Story featured at RRecord.com.

Steamboat Wharf Stories showing on RRecord.com

Steamboats were economic instruments that profoundly influenced the development of the Northern Neck and Middle Peninsula. The vessels also acted as social instruments as they became entwined with the lives of people and affected their day-to-day communications, interaction and habits.

The series, Steamboat Wharf Stories, provides the viewer with first- and second-person accounts of events that occurred during the latter part of the Steamboat Era (1900-1950s).

The stories—some amusing, some serious—provide a better understanding of tidewater lifestyles and offer hints of what it was like to live during

those steamboat days.

This week's Steamboat Wharf Story, entitled "Blackstrap Handling," features stories told by Dr. Lee Williams of Irvington, Carroll Davis Jr. and J. J. Kellum of Weems. The stories will continue as a weekly series on RRecord.com.

For more stories and information concerning the Steamboat Era on the Chesapeake Bay, visit www.steamboatexplorer.org, or the Steamboat Era Museum in Irvington.

The series was produced by Mattingly Productions and made possible by grants from the Virginia Foundation for the Humanities, The Verizon Foundation, and the Scott Opler Foundation.

A mother's plea, part two... Thanks from the Smith family

When Stephen Hollister, a parent of a child in California with Dravet Syndrome, posted on the IDEA League Family Network website about Parade Magazine's Giving Challenge, he said he hoped we could at least get about 700 donations.

We were starting the contest with only 16 days remaining in a 44-day campaign. Never in his or our wildest dream did we imagine that we would accumulate 2,865 individual donations, raise more than \$61,000 for Dravet Syndrome research and win first place (unofficially) in Parade Magazine's America's Giving Challenge. By finishing first, the IDEA League also will receive a \$50,000 grant from Parade Magazine and the Case Foundation towards Dravet Syndrome research. The whole thing is truly miraculous!

The IDEA League has only 230 members and we were able to reach the largest group of individuals to contribute. We know you hear it over and over again, especially around campaign time... that one person can make a difference. The IDEA League finished in first place just 19 donations over the second-place charity. Only one donation separated second and third. Not only can one person make a difference, but one community can as well.

Through this competition, our family has been richly blessed by our family, friends, community and even strangers. We have been offered financial assistance for medical needs; discounted plane tickets and donated air miles; hotel rooms while at the Dravet Family Conference in August; someone is searching for a seizure alert dog; donation of t-shirts for the National Walk for Epilepsy in Washington, D.C., in March; someone designed a Facebook page for Haley; and GeoComputing Technologies established a webpage for Haley, www.helphaleysmith.org.

Then there were the intangible benefits... shared stories, new friendships, walls coming down in strained relationships, restored friendships, reacquainting ourselves with old friends,it was amazing how many people came together. It was rare to go out in our small town without running into someone who gave us a hug and words of encouragement. We loved hearing "where are WE now on the leader board...how did WE do" It was nice being a part of that WE after feeling so alone with a strange disorder.

When we trace back the origination of all our blessings they came from our community. It was our prayer that

through this competition Dravet children would receive national attention.

Through the running of our article on the front page of the Rappahannock Record, we did receive some national exposure. I got emails and calls from Northern Virginia to Florida. Thanks to many individuals in several churches the word was spread to help Haley. I heard of college students from our area taking the email to their sororities and fraternities, a college grad putting it on Facebook, and so many of you that were willing to forward our email to friends, family, and other contacts, some even challenging their colleagues to donate.

One email landed on a world-wide soccer webpage named, "Big Soccer," where individuals were posting remarks as if Haley was related to one of them, but we know none of those individuals. We received so many e-cards with prayers and support from people we know and those we did not. We even received e-cards from three soldiers in Iraq. That was absolutely amazing.

Since the conclusion of the contest, the emails have continued to come in with such love and support. Many in the community have expressed the desire to help us in any further campaigns for Haley and Dravet Syndrome.

We definitely will be doing more in the future. This is truly our first step in researching Dravet Syndrome, but we have a long way to go. It has been nice to have you all on our



Haley Smith is the daughter of Lisa and Bobby Smith of White Stone. From left are Peyton, Bobby, Parker, Lisa and Haley Smith.

journey with our family. We have emailed Stephen Hollister during the campaign to thank him for initiating this all and shared with him the blessings I have received from this community. He responded by saying, "Where do you live...I think I want to move there!"

We truly do have a wonderfully caring group here. Never in our lives have we felt such compassion. Words can not express our gratitude. We thank God for each and everyone of you. We felt his loving hand in all of this. Thanks for your prayers and your willingness to forward this cause onto your family, friends and acquaintances. We were all involved in something huge and for that moment the world got a little smaller.

We believe if the IDEA League were to report where the donations came from, there would be a disproportionate amount coming from right here. You all have helped make a less than great situation into something wonderful. We thank you from the bottom of our hearts.

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White Stone town council meets tonight

WHITE STONE—Town council members will vote on two new ordinances tonight, February 7, at 7 p.m.

New regulations on bike riding, skateboarding and use of other recreational devices on the streets and sidewalks will be up for a final vote after the

second reading of the proposed ordinance.

A second reading and final vote is also expected on a new ordinance to regulate communications towers. The proposed ordinance follows one recently adopted by Lancaster County.

A public hearing and first

reading of text amendments to clarify the barking dog ordinance also will take place.

There will be an introduction of the Kilmarnock trolley schedule by development director Susan Cockrell. Ed Fuehrer will discuss plans for building a Boys and Girls Club

in Lancaster County.

Town administrator Garey Conrad will report on the FY 2009 budget planning schedule and vice mayor David Jones will update council on Messer Construction Inc. enhancements to sidewalks in the business district.

Area Events

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■ African American history
 "Sites and Stories: African American History in Virginia," will continue through July 27 at the Virginia Historical Society at 428 North Boulevard in Richmond. The exhibit uses photographs and objects to highlight more than 20 stories across the Commonwealth.

The stories are related to African American historical sites listed in the Virginia Department of Historic Resources' Guidebook to Virginia's Historical Markers (2007). The exhibit urges visitors to travel to the sites. For directions, fees and hours, call 358-4901, or visit vahistorical.org.



Dr. King associate to speak Feb. 24

Dr. Wyatt Tee Walker will preach at Sharon Baptist Church at 1413 Lumberlost Road in Weems February 24 at 3:30 p.m. The public is invited to celebrate the life and legacy of Dr. Martin Luther King Jr. as "one of the keenest minds of the nonviolent revolution," Walker worked with Dr. King and helped found the Southern Christian Leadership Conference (SCLC) in 1957. He went on to a distinguished career as senior pastor of Canaan Baptist Church of Christ in Harlem, N.Y.

■ ASIST

The Middle Peninsula-Northern Neck Community Services Board's Prevention Services Division will offer an "ASIST" (Applied Suicide Intervention Skills Training) February 20 and 21 from 8:30 a.m. to 4:30 p.m. at Saluda Baptist Church at 960 General Puller Highway.

ASIST training teaches the skills to competently and confidently intervene with a person at risk of suicide. Developed by Living Works Education Inc., the workshop prepares people to integrate principles of intervention into everyday practice. To attend, call Gina Endres at 1-888-773-8550, or e-mail prevention@mpnn.state.va.us.

■ Benefit concert

A concert benefiting the Guardian Program of the Northern Neck Family YMCA will be held at 4 p.m. February 10 at St. Andrews Presbyterian Church on Church Street in Kilmarnock. Tickets are \$15 per person.

The concert will feature Broken Consort. Musicians are Celeste Gates on clarinet, Margaret Lawyer on viola and Todd Barnes on piano. Tickets are available at the YMCA and Twice Told Tales in Kilmarnock, and Net Cruisers Café in Lancaster.

■ Black History Month

Maymont House Museum in Richmond will honor Black History Month with exhibits and special programs February 9, 16 and 23 at 2 p.m. Admission is \$5 for members and \$7 for others. Registration is required. For registration and directions, call 358-7166, ext. 329.

■ Blooming Valentines

Lewis Ginter Botanical Garden at 1800 Lakeside Avenue in Richmond will host a "Valentine's Display in the Conservatory" through February 29. The display will feature tulips, daffodils and hyacinths in full bloom and exotic, fragrant orchids.

For admission, hours and directions, call 262-9887, or visit lewisginter.org.

■ Botanical garden

The Lewis Ginter Botanical Garden in Richmond will host its annual Valentine's Dinner in the Tea House February 14, and a Tree Care Symposium February 15.

For more details, registration, reservations, admission, hours, and directions, call 262-9887, or visit lewisginter.org.

■ Chamber concert

The Rappahannock Foundation for the Arts will present the third program in its 2007-08 On Stage series with a concert by the New York Chamber Soloists February 9.

The concert, sponsored by the River Counties Community Foundation, will begin at 8 p.m., at the Lancaster Middle School Theater in Kilmarnock. For ticket information, call 435-0292.

■ Meeting postponed

Due to the District 99 election February 19 at the Ruritan Club, the Corrottoman Seniors Club will meet Wednesday, February 20. "We regret any inconvenience this change may cause our members and guests," said president Fannie Clingan.

■ Lecture series

The Westmoreland County Museum Winter Lecture Series will feature "The Diverse Cultures of the Northern Neck" beginning February 10 with Walt Heyer and The English settlers.

Lectures continue February 24 with the A.T. Johnson Museum, Marian Ashton, and African American history; and March 9 with Randy Turner and Early native Americans. Lectures will be presented from 2 to 4 p.m. at Stratford Harbor Clubhouse. For reservations, call 493-8440.

■ Once a Marine . . .

The Northern Neck Detachment of the Marine Corps League will meet February 13 at 7:30 p.m. at the Callao Moose Lodge on route 360 in Callao.

Former Marines and those currently serving in the Corps who want to associate with Marines from the "OLD CORPS" may call Bill Max at 462-7868 for further orders.

■ Reservations

Reservations for seats for the Christchurch School production of "Once Upon a Mattress" may be made by calling 758-2300, ext. 144, or e-mail boxoffice@christchurch-school.org. The play will be presented February 21, 22 and 23. Admission is free.

■ Rose Society

The Northern Neck Rose Society will meet February 10 at 2 p.m. at De Sales Hall in Kilmarnock. Rose Society member Robert Lukacevic will lead a discussion on "Rose Pests and Diseases."

Society president Dr. Wordell Davis welcomes all newcomers. Refreshments will be served.

■ Library closed

The Mary Ball Washington genealogy library will be closed for February for further work on cataloging and organization of the collection. It will reopen March 5.

Those from out of town or who have an urgent need to use the library may call the museum at 462-7280 to attempt an accommodation.

■ With love

With Love From Your Significant Other will be presented by the Dooley Noted Society, Maymont's Young Professional Group, February 9 from 7 to 11 p.m. at the Robins Nature and Visitor Center at Maymont Park in Richmond.

Music, sweet treats, fine beverages will be featured. Tickets are \$50 per person in advance/\$55 at the door. DNS members receive 5 percent discount. For tickets, call 358-7166, ext 310; or visit maymont.org.

■ Recycle phones

Bay Aging is participating in the 911 Cell Phone Bank Program to collect old cell phones that individuals are no longer using and having them refurbished by RMS Communications. The phones will be programmed to call 911 only and will be made available to individuals who lack access to 911 during emergency situations.

To donate a phone, drop it off at any Bay Aging location, or call RSVP director Dee Thomas at 758-8853.

■ Hospice support

Hospice Support Services of the Northern Neck, a volunteer organization, is looking for caring people to assist with over 140 patients in Lancaster, Northumberland, Richmond and Westmoreland.

A training class will be held February 9, 16 and 23. Classes begin at 9 a.m. and lunch is provided. There are many ways to help, such as patient care, delivering supplies, and transporting patients for medical services. Call Jane Scates at 333-0084.

■ NAACP meeting

The Lancaster County chapter of the NAACP will meet February 19 at 7 p.m. at the Bank of Lancaster northside branch.

Usually the club meets on the third Monday evening, but instead will meet Tuesday because Monday is President's Day.

■ Book sale

The Friends of the Newport News Public Library will have a book sale at the West Avenue Library March 13 from noon to 5 p.m., March 14 from 10 a.m. to 5 p.m. and March 15 from 10 a.m. to 3 p.m.

More than 30,000 books sorted by categories will be available for purchase.

Clinic to prune fruit trees

The Master Gardeners will present a pruning clinic for homeowners who would like to learn techniques for pruning fruit trees.

The clinic will be held at 10 a.m. February 16 on Coan Harbour Drive in Lottsburg.

At the clinic, participants will receive instruction on proper pruning techniques, observe applications techniques, and then prune under the tutelage of a Master Gardener. Apple, pear, plum and peach trees will be pruned.

Handouts summarizing pruning technique will be provided. Participants should bring their own pruning equipment.

To reach the site, proceed to Lottsburg on Route 360. At the Auction House, turn on Lake Road north. Take the first left on Coan Harbour Drive. Proceed to 1013 Coan Harbour Drive, a tan stucco house on the left with trees in front.

These clinics are a part of the Virginia Cooperative Extension program to provide educational instruction in horticultural activities. The fee is \$5. All proceeds will be used for Master Gardener programs to benefit the community.

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From left are (front row) Shirley Dodson-McAdoo, Maxine Somervell, June Steel, Glen Burtner, Anne Owen and Brenda Burtner; (next row) Virginia Lee Brown, Barbara Oestrich, Virginia Rhodes and the Rev. Jim Tinney.

Spring is right around the corner with Home and Garden Show

Hang on, homeowners—spring's just around the corner! But don't just sit indoors waiting for the daffodils to bloom—get on out to the 32nd annual Richmond Home and Garden Show February 29 to March 2.

The show offers the freshest ideas in home improvement, new home building, yard beautification and more at Richmond's largest and longest-running home and garden show, located at the Richmond Raceway Complex.

Some of the products exhibited there include kitchen cabinetry and architectural moldings; stained glass and hardwood flooring; handcrafted furniture, lighting fixtures and wall coverings; window treatments, patio furniture and lawn equipment; sunrooms, stamped concrete and landscaping ornaments; landscape stone, plants and flowers; "green" products for living and building, and much, much more.

New to this year's show is the Green Building Pavilion, a unique showroom sponsored by the James River Green Building Council, featuring the latest products, ideas and innovations in environmentally sustainable, or "green," living and building. Seminars and workshops on "going green" will be offered throughout the weekend in the Pavilion.

Hours are Friday from noon to 9 p.m.; Saturday from 10 a.m. to 9 p.m.; and Sunday from 11 a.m. to 5 p.m. Tickets are \$8 for adults, \$2 for children ages 6 to 16 and free for children age 5 and under. Parking is free.

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Now that she's a graduate of ECPI she has her eye set on CSI. Watch out Sheriff!

Happy Birthday Kaitlin



Concert to support maternity center

White Stone United Methodist Church will host a concert Sunday, February 10, in the church sanctuary at 3 p.m. to support the Family Maternity Center of the Northern Neck.

Performers will include Lancaster Middle School band director Glen Burtner playing a trumpet selection and the church choir, directed by Brenda Burtner, singing a gospel medley, "I'll Fly Away."

Guest performers will include Sandra Harris of White Stone and The Tuneful Teachers of Middlesex County.

Shirley Dodson-McAdoo, president of the Family Maternity Center of the Northern Neck said the project's evolution is one of Virginia's OB Pilot Projects representing the desire to create a Rural Health Clinic with a birth center, thereby caring for women and their families.

With donations, the center

plans to purchase a suitable plot in February, then finalize construction plans and start construction in May. The facility is to open in late November.

The process of application and designation as a Rural Health Clinic and accreditation by the American Association of Birth Centers will be finished within three months of opening.

The medical director, an experienced certified nurse-midwife, several obstetrical nurses, an adult nurse practitioner and pediatrician have all been secured. By November, the center plans to open for low-risk vaginal deliveries as well as primary care services meeting all Rural Health Clinic guidelines. Ken Cooke, senior health care consultant with Goodman & Company LLP will assist in getting the facility certified.

With the project is esti-

mated at \$1.6 million and all donations are extremely vital to the success of the project. Approximately \$1 million in grant proposals have been submitted to date. Future funding will come from private health insurance and Medicaid reimbursements, self-pay patients including some on a sliding fee scale, and federal and private granting agencies.

"The Family Maternity Center is grateful for the support of White Stone United Methodist Church," said Dodson-McAdoo. "The concert will be a fun way to support the maternity center."

A nursery will be available. Following the concert, light refreshments will be served in the Fellowship Hall. All donations will go to the Family Maternity Center. Donations can be mailed to FMCNN, P.O. Box 1866, Kilmarnock, VA 22482, or online at www.fmcnn.org.

Relay for Life team meeting is Feb. 19

The American Cancer Society Relay For Life Lancaster-Northern Neck first team meeting will be February 19 at 6 p.m. at Bank of Lancaster northside branch in Kilmarnock.

The chapter recently hosted its annual kick-off celebration, "Mission: Possible" at Rappahannock Westminster-Canterbury. As well as celebrating the chapter's progress and success, guests were moved, some to tears, by the story of a battle against breast cancer by survivor Mary Lynn Slaughter. Many members spoke of their passion, hope and involvement with Relay For Life.

The night ended with a thunderous ovation for the three cancer survivors who joined the event. Their appearance seemed proof that miracles do happen.



From left are cochairmen Michelle Jennings, Lisa Clegg and Robin Blake and American Cancer Society community manager Rebecca Gaster.

To learn how to help save lives, call Lisa Clegg at 435-4116, or visit events.

cancer.org/RFLancaster. Teams, sponsors and volunteers are needed.

Home and garden show to feature 'Green Zone'

Eco-friendly companies and speakers will be showcased in the "Green Zone" at the MAC Events Home Show featuring the Maymont Flower and Garden Show.

The event will be held at the Greater Richmond Convention Center February 21 through February 24. New to the show this year, the Green Zone will feature more than 20 eco-friendly companies displaying their products and services, and a lecture series of Green speakers.

According to the National Association of Home Builders, 40 to 50 percent of the homes built in 2010 are expected to be Green, containing at least three of five Green building elements. Folks will be able to learn more about Green home/building products at the show's Green Zone.

Show attendees can meet experts, attend seminars and learn about the latest eco-friendly products and services such as solar power, soy insulation, flooring, countertops, paint, furniture, building materials and more.

Speakers

Anthony Brozna, founder ECO Supply Center in Richmond, will speak February 22 at 7 p.m. and February 23 at 6 p.m.

MyGreenCottage president and chief executive officer Susan Colwell will speak February 23 at 11 a.m.

Sally Fretwell, an architectural psychologist and color consultant, will speak February 22 at 1 p.m. and Febru-

ary 23 at noon. Gardening expert Joe Lamp'1 will speak February 22 at 3:30 p.m. and February 23 at 3 p.m. and 12:30 p.m.

Artisan Construction Inc. owner and president Doug Lowe will speak February 23 at 2 p.m.

SafeLawns.org founder and television host and author Paul Tukey will speak February 22 at 10:30 a.m. and 2 p.m.

Landscape designer, garden designer and columnist Sylvia Hoehns Wright will speak February 24 at 12:30 pm

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Friends donate to music program

The Friends of Belle Isle State Park recently launched its fund-raising campaign to support the 2008 Music By The River concert series. From left, Friends members Frances Callaghan, Robert Mason Jr. and Susie Pierce present treasurer Bob Fox with Friends' kick-off check. The concert series will open at 6 p.m. May 10 with Bill and Macon Gurley. The family concerts will be staged in the park's picnic area.



Volunteers from the Reedville Fishermen's Museum, NAPS, and Bethany United Methodist Church assist Master Gardeners planting shoreline grasses at the Reedville Living Shoreline Demonstration Garden.

Living shorelines seminar set March 29 in White Stone

The Northern Neck Master Gardeners' seminar, "Working with Nature: Creating Living Shorelines" will explain living shorelines, provide examples of successful projects and explain how to get started. Participants will hear from shoreline management experts on how to pick the right erosion control strategy for a particular site, how to navigate the permitting process, working with contractors, native grasses and plants for the shoreline and upland landscape, and where to get materials.

The seminar is March 29 from 8:30 a.m. to 3 p.m. at the White Stone Church of the Nazarene Family Life Center on Whisk Drive. Admission is \$15 with advance registration and \$20 at the door. The Northern Neck Master Gardeners will present an all day program. This year's theme was selected because of its applicability to those who consider themselves "gardeners" in the traditional sense and to the larger group of property owners seeking to protect and beautify their shorelines, according to conference chair Susan Tipton. Homeowners, landscape professionals and gardeners are invited to learn about creative and science-based approaches to shoreline management.

"We use the terms 'living shorelines' because this approach can do more than simply protect the property owner's investment," said Tipton. "Living shorelines emphasize natural habitat ele-

ments, such as marsh vegetation, sometimes in concert with hard structures, to protect shorelines. Not only can they be pleasing to the eye, but they offer significant benefits for the health of the bay."

Participants will have an opportunity to visit selected sites demonstrating well-designed living shoreline installations. Field trips will be scheduled April 5.

"Experts will be on hand to answer questions," said Master Gardener Susan Lindsey. "We are still firming up the list of locations and would welcome suggestions from property owners willing to show off what they have been able to accomplish."

This year's seminar will feature a number of concurrent sessions, said Tipton.

Speakers will include scientists, property owners, shoreline engineers and government officials. Exhibitors will include conservation organizations and garden centers with plants and supplies to sell. Contractors and vendors will show the latest erosion control techniques and products. And the Master Gardeners, in partnership with Northumberland Association for Progressive Stewardship, will take orders for two key varieties of marsh grasses, *Spartina alterniflora* and *S. patens* which are sometimes difficult to acquire in the retail market.

Registration forms are available at www.nnmg.org, or by calling the Northumberland County Extension office at 580-5694.

Winter lecture series to open February 10

The Westmoreland County Museum Winter Lecture Series on the Diverse Cultures of the Northern Neck will open Sunday, February 10, with The English Settlers. Walt Heyer will discuss the arrival of the European exploration and settlement of the Northern Neck.

Programs continue February 24 with The Journey of the Negro in Westmoreland, Virginia.

This lecture is presented in partnership with the A.T. Johnson Museum by Marian Ashton. It will track the Westmoreland journey, beginning with the "indentured servants" of the landing in the Chesapeake Bay in 1619 to the Free Negroes of 1653 when Westmoreland separated from Northumberland, ending the journey in 2007.

On March 9, Early Native Americans will be presented by Randy Turner.

The last of the series will consider the life of the earliest inhabitants of the region, the Tidewater Indians, and their lifestyle before the influences of European colonists.

All lectures will be presented from 2 to 4 p.m. at the Stratford Harbor Clubhouse.

All lectures are free and open to the public.

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Book group plans spring review series

According to The Friends of the Library at Rappahannock Community College, Warsaw Campus, its not too early to start thinking about the Book Group Spring Series.

The book group will meet at the Chinn House from 11 a.m. to noon on the second Monday of March, April and May.

Membership in Friends of the Library is not a prerequisite for attendance nor is having read the month's book selection—everyone is invited. The Book Group provides a wonderful opportunity to get

together for some interesting reading, lively discussion and good fellowship.

The books for the spring series were chosen by the group last November and are: March 10, *Vanishing Act* by Jodi Picoult; April 14, *Triangle* by Katherine Weber; and May 12, *Riding the Bus with my Sister, A True Life Journey* by Rachel Simon.

All selections are available in paperback form or available at local libraries. Mark your calendar and join The Friends Book Group for a great spring reading series.

Sea Rescue oyster roast set March 1

The 14th annual Oyster Roast sponsored by Smith Point Sea Rescue will be held March 1 at Little River Seafood in Burgess from 2 to 5 p.m. rain or shine.

Ticket sales will be limited to 300 tickets. Tickets may be obtained from Jett's Hardware in Reedville, Lilian Lumber Home Center in Burgess and Noblett Appliance and Propane in Kilmarnock.

The oyster roast benefits Smith Point Sea Rescue, an all-volunteer rescue unit serving boaters from the Potomac River to the Rappahannock River.

Tickets are \$20 in advance and \$25 at the gate. Children under 10 are free.

In addition to raw and steamed oysters, there will be bean soup, hot dogs, soft drinks, coffee and for \$2 per cup, Coors Beer. Oyster knives may be purchased for \$5.

Seafood bash to raise funds for Callao VFD

The Callao Volunteer Fire Department will hold its second annual all-you-can-eat Steamed Shrimp and Oyster Feast March 8 at the Callao Fire House from 4 to 7 p.m. to raise funds for the department.

The feast also includes hot dogs, bean soup and soft drinks.

Tickets are \$30 for adults, \$10 for children ages 8 to 13 and free for those ages 7 and younger.

Tickets can be purchased at Callao Car Center, Callao Supply Company or from any member of the fire departments. Only 350 tickets will be sold.

Bring an oyster knife. No tickets will be sold at the door. Tickets must be presented to enter.

Foster parent training class slated Feb, 21

The Northern Neck Foster Parent Program on February 21 will host "Understanding Divided Loyalties," a training session for foster parents and potential foster parents.

The session will be held from 6:30 to 8:30 p.m. at the Northumberland Department of Social Services.

Dinner will be served at 6 p.m. Please RSVP by February 15 to Georgia Sprague at 580-3477.



Soucek exhibit to open Feb. 15

This portrait of Pablo Picasso will be among 24 oil paintings in the Mary Alva Soucek exhibit opening February 15 at the Middlesex Art Guild Gallery on Virginia Street in Urbanna. The paintings are part of an extensive collection owned by the artist's son, Saluda resident and attorney Archie Soucek. An exhibit reception, open to the public, will take place February 16 at the gallery from 5 to 8 p.m. RSVP to 758-4327 by February 12. The exhibit will continue to March 8. Hours are Fridays and Saturdays 11 a.m. to 5 p.m. and Sundays 1 to 3 p.m.

RALLY set March 15

The Prevention Services Division of the Middle Peninsula-Northern Neck Community Services Board will sponsor the 5th annual Rural Virginia United Coalition R.A.L.L.Y. March 15 from 9:30 a.m. to 3:30 p.m. at Gloucester High School. The doors will open at 8:30 a.m.

This free prevention conference is for 600 middle and high school youth (ages 12-18) and adults in Essex, Gloucester, King and Queen, King William, Lancaster, Mathews, Middlesex, Northumberland, Richmond, and Westmoreland counties.

The primary focus of the R.A.L.L.Y. is to empower youth with tools for life. The experience promotes positive and healthy lifestyle choices. Speakers will include Dr. Linda Hancock and Mark Tabron.

A registration form can be downloaded and printed at www.rvuc.com. The forms can be faxed to 804-758-9158 or mailed back to RVUC, P.O. Box 130, Saluda, VA 23149. Each individual (youth or adult) planning to attend needs to be registered.

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From left are Beth Altaffer, Warren Green, Caroline Wheel and Kiersten Stinson

Chesapeake Academy Auction 2008 to feature luxury African safari trip

The annual Chesapeake Academy Auction Gala May 3 at the school in Irvington will feature a luxury African safari trip valued at \$17,000.

Warren Green and his wife, Caroline Wheel, newcomers to the Northern Neck and owners of Footprints Africa, a travel company specializing in luxury African safaris, have donated this extraordinary trip.

"We wanted to support Chesapeake Academy's auction in this very unique way," Green said.

Green has been involved in the safari business for 22 years in South Africa. The nine-night trip for two starts in historic Cape Town at the five-star Table Bay Hotel. It visits two private game reserves, the coastland Grootbos Ocean Preserve featuring horseback riding on the beach, whale watching, and Great White shark diving and the inland Sabi Sabi Preserve, which gives the lucky winners a chance to see majestic lions, elusive leopards, elephants and rhinos, as well as a wide variety of other exotic wildlife.

The package also features a two-day trip on the restored Victorian Rovos Rail, touted as the "most luxurious train in the world." The safari ends in Johannesburg at another five-star resort, the Saxon Hotel. According to Footprints Africa's catalog, "the only common thread running through this exceptional trip is unstinting luxury from start to finish."

The exotic safari is just one of the many unique items that will be featured at the community auction, chaired by Beth Altaffer and

Kiersten Stinson, whose children attend Chesapeake Academy.

"We are so grateful to Warren and Caroline for contributing this fabulous item," Stinson said.

The theme of this year's auction is "All Aboard the SS Chesapeake Academy."

"This is a nice complement to Debbie Cook's vision for the school," said Altaffer.

"A community is like a ship. Everyone should be prepared to take the helm," said Debbie Cook, head of school.

The auction has been an annual Irvington spring event since the 1980s, starting first at the Tides Inn before migrating back to the school. It will be held this year in two large tents on the soccer field under the enormous oak tree that is one of the oldest in the state.

The event will begin at 5 p.m. with a cocktail party and a silent auction. Dinner and the live auction will follow.

A new feature in the silent auction this year will be a "Buy It Now" option like one can find on eBay. Only select items will be afforded this opportunity. Other auction items include more get-away trips, boat and car items, art, jewelry, home, kitchen, and garden things, sport and kid stuff, health, beauty and apparel items, tickets to events, gourmet food and wine.

Donations can be made up to March 17 to be included in the auction catalog. Advertisements also may be purchased in the auction catalog.

To participate in any way, contact Catherine Emry in the development office at 438-6490.

Glacier photographer to exhibit at RW-C

William Reckert of Little Bay was a photographer for the federal government for more than 25 years. He photographed dozens of national and international elected officials, including Vice President Al Gore, Sen. Paul Sarbanes of Maryland, Gov. Ann Richards of Texas, Japanese Minister of State Kazumi Suzuki; and he unleashed his camera in the height of Hurricane Hugo.

But it is his photographs of the Bering Glacier in Alaska, titled "Views from the Ice," that he exhibits as February artist of the month at Rappahannock Westminister-Canterbury. The timing of the exhibit is intentional, preceding his Viewpoints presentation at RW-C on March 3 at 11 a.m.

Bering Glacier originates at 18,000 feet and traverses 140 miles to sea level. With an area of more than 2,000 square miles, it is the largest glacier in continental North America and contains more water than all U.S. rivers combined.

The glacier is a temperate surging glacier, in which liquid water co-existing with frozen ice creates significant movement. From 1993 to 1994, the glacier experienced its greatest surge ever, with some velocities exceeding 300 feet per day and its terminus progressing more than six miles in less than one year.

Reckert worked for the Department of Interior's U.S. Geological Survey during that surge, spending six weeks at a time in an isolated field camp on the southeast flank of the glacier. Primarily assigned to videography, he captured the moving glacier at sea level from a research vessel, at low altitudes harnessed to a helicopter, and at high altitudes from a fixed wing aircraft.

In addition to his work with the survey, he was senior photographer for the Federal Emergency Management Administration (FEMA) and personal photographer to James Lee Witt, then FEMA's director.

Growing up in Washington, D.C., Reckert received his first meaningful guidance from a Boy Scout leader, earned an associate's from Palm Beach (Fla.) Community College, where he learned the importance of composition; and took photographic courses at the



William Reckert

graduate school of the U.S. Department of Agriculture.

He is a freelance commercial photographer and taught photography at the Fairfax and Loudoun County Departments of Adult Education for more than 30 years. His videography of the glacier has been shown on all major networks and on CNN, The Discovery Channel, and in France, Canada, Japan and Brazil.

Among his affiliations are the Fairfax County Council of The Arts, the Virginia Professional Photographers' Association Inc., and the Southeastern Professional Photographers' Association.

"Views from the Ice" will be on exhibit in the Chesapeake Center throughout February. For reservations to hear Reckert speak at Viewpoints, call 438-4000.

Antibiotic resistance

With the arrival of cold and flu season, folks can probably get their medicine cabinet ready. But before stocking it with antibiotics, take a second to read "Antibiotic Resistance," a fact sheet from the U.S. Food and Drug Administration's Office of Women's Health.

It features useful information on how antibiotics work, when they should be taken and common mistakes patients make when taking them.

For a free copy, send name and address to the Federal Citizen Information Center, Dept. 534R, Pueblo, CO 81009, or call 1-888-878-3256, and ask for Item 534R.

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Museum plans first Family Day

The Reedville Fishermen's Museum will host Family Day February 23 from 1:30 to 5:30 p.m., with activities at the museum and Festival Halle.

Events will focus on exhibits that explore the lives of the First Americans on the Northern Neck prior to the arrival of the English settlers. There will be hands-on activities allowing visitors to experience traditional domestic tasks in a Native American village.

The program will begin at the museum, open from 1:30 to 3:30 p.m. with free admission. Interpretive guides will be stationed throughout the museum, and at the "Exhibit of 1607-1608" visitors can learn how First Americans lived and traveled and have the opportunity to interact with an English visitor from the past.

Stations in an adjacent room will explore the making of twine and sewing techniques, basketry and pottery. The train display will be open, as well as the Boat Shop and the Walker House. The museum's reconstruction of the John Smith barge will be on display outside the main building.

Festival Halle on Main Street will be open from 3 to 5:30 p.m. First American Artifacts dating from 6000 B.C. will be on display, and visitors are invited to bring in artifacts of their own for identification. At 4 p.m. Theresa Preston, president of the Nansemond Chapter of the Archaeological Society of Virginia, will speak on the identification and timing of artifacts.

At 4:20 p.m., Doug Sebra will demonstrate flint knapping, with live simulcast on the large screen as an arrowhead is created by traditional methods.

Children will have the opportunity to try their hands at grinding corn, Native American style and popcorn (a Native American treat) will be available for purchase.

For more information, call the Reedville Fishermen's Museum at 804 453-6529.

Virginia Indian topic to conclude lectures

Researcher and author Dr. Helen C. Rountree will discuss Virginia Indians at the final lunchtime lecture in the Rosewell foundation's winter series.

The lecture will be presented at the Rosewell Visitor Center at noon Wednesday, February 13. Participants may bring their own lunch. Soft drinks will be available for purchase. The presentation is included in the regular site admission of \$4 for adults and \$2 for children ages 6 to 12. Admission is free to Rosewell Foundation members and volunteers.

Professor emerita of anthropology at Old Dominion University, Dr. Rountree has researched the Powhatan Indians, both historical and contemporary, since 1969. When she received the 1995

Outstanding Faculty Award from the State Council on Higher Education in Virginia, she used the award money to privately publish her children's book on Pocahontas as a response to the Disney cartoon portrayal. She has produced nine books including *Pocahontas, Powhatan, Opechancanough: Three Indian Lives Changed by Jamestown*, and is working on a manuscript of Powhatan words and names.

Named an honorary member of the Nansemond and Upper Mattaponi tribes, Dr. Rountree has compiled documents and spoken on several tribes' behalf during Congressional hearings for tribal recognition.

To reserve a seat at the lecture, call the Rosewell Visitor Center at 693-2585.

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LPS artists exhibit at Kilmarnock Gallery

The Women's Club of Lancaster and the Rappahannock Art League are sponsoring an exhibit of selected art work by students from Lancaster Primary School at the Studio Gallery in Kilmarnock.

The exhibit showcases the art of the kindergarten through third grade students of teacher Meghan Jones. It will be on display until Friday, February 15. Viewers will have the opportunity to vote for their favorite art works.

Kindergarten students whose work is on display are Hailey Marsh, Tyrell Reese, Evan Johnson, Shyniece Sutton, Xavier Ward, Alex Haydon, Brooke Elbourn, Amirah Cox, Brianna Clark, Hannah Chance, Sydney Price, Chris Cunningham, Destin Lee, Kinsana Carter, Tanashia Henderson, Kennon Roop, Honesty Lewis, Cole Stamm, Anastasia Johnson, Davis Stickler, Angela Ohree, Hailey Banes, Makaila Butler, Corey Smith, Harmony Taylor, Jaiquawn Smith, Talia Pena, Charlie Li, Kathleen Rose, Russuan Bramley, Khalia Harding, Dajah Hudnall, Kevone Crockett and Andy Farmer.

First-grade students are Richie Failmezger, Spencer Crittenden, Audrey Biringir, Thomas Curry, Brooke Hayden, Hannah Fischer, Ardesia Smith, Selena Tyson, Carli Henderson, Emily Weddle, Kaylee Sheets, Madison Davis, Nealasia Redmond, Jalen Forrest, Cintasia Jackson, Latney Hodges, McKenzie Hathaway, Ivan Walters, Honesty Davenport, Donna Nguyen, Emma McManus, Savannah Eppihimer, Quinaisha Cox, Champagne Redmond, Caleb Carmell, and Qvontae Blue and Trinity Henderson.

Second-grade students are Lindsay Knight, Jamie Howard, Camryn Pittman, Breanna Curry, Damarcus Doggett, Evan Steensma, Karon Ball, SháKya Williams, Lyosha Burleson, Haydon Davenport, Danielle Blake, Terren Hardin, Faith Heiron, Le Elizondo, Trey Tyers, Taja Cain, John Brandon, Keisha Mitchell, Skylar Vanlandingham, Giovanni Davenport, James Franklin, Collin Chinn, Moses Hendren, Sklyer Henderson, Arik Clayton, Patrick Jackson, Jacob Hudnall, Cody Newbill, Robert Stickler, Jonte Savoy, Kayme Elbourn, Kelsie Ashburn, Santese Ball, Alease Redmond, Keith Beane, Tabitha Foulkes, Tripp Thrift, E'Myia Doggett, Cherish Davenport, Nathan Spiers, Lanashia Dameron, Tyleigha Reese, Moriah Clarke, Hodiya Gaines and Chase Osbourne.

Third-grade students are LáDerah Daye, Austin Sheets, Allesha Russell, Elizah Haynes, Nash McManus, Donovan Gregory, McKenzie Mason, Ryan Morgan, Travis Morning, Marcus Lee, Kyran Gaskins, Rachel Hurst, John Burbach, Jessie Pittman, DeNesha Maiden, McKenzie Mason, Hunter Harcum, Shawntasia Laws, Jasmyrn Tomlin, Kevelyn Harcum, Ambrosia Wiggins, Billy Williamson, Da'Kwain Veney, Dameron Waddy, Jahil Nickens, Jayquon Dillon, Natalie Smith, Remeshia Porter, Tyneshia Cox, Bailey Elbourn, Wyatt Kemp, Wyatt McCranie, Jahmekah Nickens, Stephanie Armstrong, Mary Frere and Tyron Dandridge.

The Studio Gallery is open Tuesday through Saturday from 10 a.m. to 4 p.m. The Rappahannock Art League is an affiliate of the Museum of Fine Arts and is partially supported by grants from the Virginia Commission for the Arts, the National Foundation for the Arts, the Claude Moore Foundation, the Rappahannock Foundation for the Arts and River Counties Community Foundation.



Third-grader Wyatt McCranie (right) points out his drawing in the Studio Gallery art show to his sister, Leighton.

nock Art League is an affiliate of the Museum of Fine Arts and is partially supported by grants from the Virginia Commission for the Arts, the National Foundation for the Arts, the Claude Moore Foundation, the Rappahannock Foundation for the Arts and River Counties Community Foundation.

Free publication addresses arthritis

Nearly 21 million Americans have osteoarthritis—the most common type of arthritis. Osteoarthritis mostly affects cartilage, the hard but slippery tissue that covers the ends of bones where they meet to form a joint.

As a result, people with this condition usually experience joint pain, inflammation, and stiffness. Learn more, including available

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BY ROSS CHRISTIANSEN



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Lancaster's Jonathan Somers (center) looks for shooting room, but is surrounded by NHS defenders Joel Deihl (32), Russell Seymour (21), Devin Brunt (3) and Deonte Palmer (42).

Designated shooters, Betts and Henderson, pace Red Devils in 67-53 win over Indians

By Lisa Hinton-Valdrighi

After beating Northumberland 67-53 last Tuesday, Lancaster's varsity boys improve to 2-2 in Northern Neck District basketball.

The Devils began their second run through the district Tuesday against Essex and will host Washington and Lee Friday, February 8. After that, they'll have only two games remaining before hosting the district tournament on Tuesday, February 20.

Overall, the Devils are 9-8.

Quinton Henderson scored 12 points in the third quarter as Lancaster started to pull away from its district rival last Tuesday.

Henderson finished with a game-high 23 points. He helped spark a 14-2 run early in the third that put the Devils ahead by 10. Lancaster had trailed 28-25 at the half after a three-pointer by Northumberland's Russell Seymour in the final seconds of the second quarter. Seymour scored 13 to lead the Indians. Deonte Palmer added 12 and Devin Brunt chipped in 10.

Lancaster led by 11 at the end of the third before allowing



Northumberland's Deonte Palmer gets by a diving Lee Kuykendall of Lancaster.

NHS to cut the margin to six. Henderson hit a three-pointer to open up a 13-6 run in a two-minute span midway through the third to help Lancaster cruise to the 14-point win.

Joseph Betts had a big second half for Lancaster, scoring 12 points and finishing with 20. He hit four three-pointers on

the night.

Northumberland: 13 15 8 17 - 53
Lancaster: 17 8 22 20 - 67
Northumberland - Diggs 5, Brunt 10, Parker 7, Hutchinson 2, Seymour 13, Deihl 4, Palmer 12. Three-point goals: Brunt, Seymour.
Lancaster - Betts 20, Baker 3, Noel 6, Henderson 23, Moore 4, Somers 4, Jenkins 4, Kuykendall 4. Three-point goals: Betts 4, Henderson 3.

Lancaster County Little League registration begins February 16

The Lancaster County Little League will hold registration for the 2008 season February 16 and 23 from 10 a.m. to 1 p.m. at Dreamfields near Kilmarnock.

Boys and girls ages 5 to 18 are invited to play. Registration is \$50 for the first child, \$35 for the second child and \$15 for the third child per family.

"No one will be turned away because of inability to pay," said Little League president Craig Smith.

New players should bring a copy of their birth certificates and parents of all players should bring 3 proofs of Lancaster County residency, in the form of a driver's license plus 2 bills

showing a 911 address.

Lancaster County Little League will hold its opening day ceremonies April 12. Practice should begin for most teams in March.

"Last year we had over 200 kids involved," said Smith. "We're hoping for at least that many again this year."

Team Marlin Maniac wins more national titles

Team Marlin Maniac recently won the National Championship Division III title and the Lady Angler of the Year Title for the second consecutive year.

David Nova and his crew of Donnie Elbourn, Whit Blankenbaker, Hank Sibley, Edie Jett and alternate anglers Mack Jones and Richard Dull put in many hours of preparation, thousands of miles of travel from Massachusetts to Oregon Inlet, N.C., and days with minimal sleep, to have their effort pay off well.

From May to January the team fished 13 American Striper Association (ASA) tournaments competing for the top angler positions. The final ASA tournament of 2007, hosted by Pirates Cove, December 28 and 29, determined the best.

With only a small break between tournaments, Nova and his crew prepared for the first ASA competition of 2008, the Mid-Atlantic Rockfish Shootout, January 10 to 12.



From left, Whit Blankenbaker, Donnie Elbourn, David Nova and Edie Jett display a winning rockfish from the Pirates Cove American Striper Association tournament.

This is the largest purse striper tournament on the East Coast and is hosted by the Waterman Restaurant in Virginia Beach. The tournament drew 286 entries with anglers from local waters and all over the country.

In the end, the tournament

paid out over \$227,000 in prizes and Calcutta money. Although the tournament was won by local angler Max King's Team Chesapeake Angler, Team Marlin Maniac won second and seventh places for prizes and money totaling more than \$106,000.

Scoreboard

Varsity boys basketball
Lancaster 67, Northumberland 53
Colonial Beach 84, Mathews 60
King William 82, Middlesex 43
Rappahannock 68, Essex 60
King William 56, West Point 37
Colonial Beach 87, Middlesex 41

JV boys basketball
Lancaster 46, Northumberland 30

Varsity girls basketball
Northumberland 55, Lancaster 39

Wrestling
Lancaster def. Essex, 47-18
Lancaster def. Northumberland, 44-21
Mathews Duals
Lancaster def. Bruton, 34-33
Lancaster def. Arcadia, 54-24
Lancaster def. Franklin, 41-18
Warhill def. Lancaster, 36-35

Upcoming Games

Varsity/JV boys basketball
(JV 6 p.m.; varsity following)
February 5:
Lancaster at Essex
W&L at Rappahannock
February 8:
W&L at Lancaster
Northumberland at Essex
February 12:
Rappahannock at Lancaster
Northumberland at W&L

Varsity/JV girls basketball
(JV games 6 p.m., varsity following)
February 7:
Lancaster at W&L
Essex at Northumberland
February 9:
Girls JV tournament at Northumberland (1 p.m.)
February 12:
Lancaster at Rappahannock
W&L at Northumberland
February 14:
Northumberland at Lancaster
Rappahannock at Essex

Wrestling
February 8:
Lancaster Quadrangular at Lancaster Middle School
February 14:
Northern Neck District Quadrangular at W&L

YMCA organizes Parents' Night Out

The Northumberland Family YMCA has partnered with First Baptist Church and Newsome's Restaurant to offer a Parent's Night Out on Valentine's Day, February 14.

The event will be held at the church from 6 to 8 p.m. where children will find many activities while their parents take a few hours to enjoy some time together.

"Linda Cleckley, of First Baptist Church and longtime YMCA volunteer, has helped plan this event. She is a wonderful volunteer and has helped with a little bit of everything," said YMCA director Cristian Shirilla.

Newsome's Restaurant has offered 10-percent discount coupons to all parents who take advantage of the program.

"My wife, Casey, and I value family time very much and know how important it is for parents to have their time as well. That's why we decided to sponsor this event. In this way we can help provide an opportunity for parents to have an affordable date," said Talmadge Newsome.

The children's event at the church is free. Parents need to call 580-8901 in advance to get their child's name on the list. The YMCA will fill spaces until 4 p.m. February 14.



Javin Gibson of Lancaster sinks a jump shot over Northumberland's Alex Hall during a JV game last week.

Red Devils JV ante up in the third quarter to take Indians 46-30

By Lisa Hinton-Valdrighi

The JV Devils remain undefeated midway through Northern Neck District play after beating Northumberland in a boys' game, 46-30, last Tuesday.

Lancaster is now 15-0 overall and 4-0 in the district with only four games to play. They'll host Washington and Lee Friday, February 8.

Lancaster used a 16-4 third quarter run to overcome a one-point halftime deficit and pull away from the Indians.

After trailing 21-20 at the break, Lancaster scored nine unanswered points in the final two minutes of the third to go up 36-25. Javin Gibson scored all six of his points in the quarter and Lancaster got a three-pointer each from CJ Shepard and Roger Lee.

R. Lee and CJ Lee led the

Devils with 14 points each. R. Lee did most of his work in the opening minutes, keeping Lancaster in the game with nine of the Devils' 10 first-quarter points.

The Indians stalled offensively in the second half with four points in the third and five in the fourth. Doc Batey and Stone Robinson had the only two field goals for NHS in the third. Batey led the team with 12 points and Alex Hall scored 11. Hall had a three-pointer in the fourth for the Indians' only score from the field.

Northumberland... 9 12 4 5 - 30
Lancaster.....10 10 16 10 - 46
Northumberland - Jones 0, Hall 11, Myers 0, Batey 12, Adams 0, Robinson 5, Peterson 2. Three-point goals: Hall 2.
Lancaster - Shepard 8, Gibson 6, Laws 0, CJ Lee 14, Veney 0, Morris 0, R. Lee 14, McCray 4. Three-point goals: R. Lee 2, Shepard.



Northumberland's Travis Myers reaches over to defend a shot by CJ Shepard of Lancaster in a JV game.

* RAPPAHANNOCK ALMANAC *

White Stone/Grey's Point Tides, Sun, & Moon - February, 2008

Day	Moon	Sunrise	Moonrise	Sunset	Moonsset	High	Low
Fri 2/8		7:03	7:52	5:37	7:29	6:20	0-1'
Sat 2/9		7:02	8:17	5:38	8:37	12:34	0-2'
Sun 2/10		7:01	8:43	5:39	9:46	1:17	1:5'
Mon 2/11		7:00	9:10	5:40	10:57	2:02	1:6'
Tue 2/12		6:59	9:40	5:41		2:51	1:6'
Wed 2/13		6:58	10:16	5:42		3:47	1:5'
Thu 2/14		6:57	10:59	5:43		4:49	1:5'
Fri 2/15		6:56	11:51	5:44		6:00	1:5'

Corrections
Piankatank River, Cherry Pt. -1:42 -1:44 86%
Great Wicomico River Light 0:30 0:20 76%
Smith Point Light 1:01 0:44 86%

PM times are in boldface type. Unusually high & low tides are also in boldface.
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Brian Jones of Lancaster puts pressure on a Northumberland opponent during last Saturday's Mathews Duals. Jones went 3-1 in the heavyweight division.

LHS wrestlers continue to excel

By Lisa Hinton-Valdrighi

Five Lancaster wrestlers went undefeated last Saturday and the Devils finished fourth out of nine teams at an all-day Mathews Duals.

The Devils went 3-1 in team competition Saturday and picked up a pair of wins over Northern Neck District opponents Essex and Northumberland last Wednesday to go 5-1 on the week.

Lancaster will host its only home match of the season Friday, February 8, at the middle school in Kilmarnock. The Devils will welcome teams from York, Northumberland, Arcadia and King William.

"We're looking forward to the match," said LHS coach Craig Oren. "Not just because its our only home match, but because we're going to honor Sam Frere for his 100th win. It's quite an accomplishment to do that as a senior, but he's doing it as a junior, which is rare."

Frere (135) is 31-4 this season and picked up his 100th career win at the Ram Rumble on January 26. He went 4-0 in Saturday's tournament, along with teammates Renan Beltram (160), Robert Lally (152), Charlie Miller (140) and Robert



Robert Lally of Lancaster was undefeated at the Mathews Duals. (Photos by Rick Wineland)

Wineland (103).

"Robert wrestled really tough," said Oren. "He had a big win against Matthew Moores of Northumberland and his opponent from Bruton. He's showing a lot of potential."

Miller, a sophomore, went 6-1 on the week.

"With these wins, we're hoping Charlie will start getting more consistent and more confident," said Oren.

Heavyweight Brian Jones went 3-1 at Mathews.

"Brian had a good tournament," said Oren. "He's starting

to improve and we're excited about his future because he's only a sophomore."

In team scoring, Lancaster edged Bruton, 34-33, beat Arcadia, 54-24, and routed Franklin, 41-18. Because of a forfeit, Warhill got by Lancaster, 36-35. Except for five forfeits, which gave 30 points to the Williamsburg school, Lancaster only lost one match to Warhill.

In a district tri last Wednesday in Tappahannock, the Devils beat Essex, 47-18, and Northumberland, 44-21.

Lady Indians smother Lady Red Devils 55-39

Without Lancaster's leading scorer Andrea White to get in their way, Northumberland handed the Lady Devils their first Northern Neck District loss in varsity basketball last Tuesday.

The Indians beat Lancaster, 55-39, with Samantha Lewis scoring 13 points and Darelle Long 11.

Lewis was perfect from the line, hitting 7-of-7 free throws in the second half, when she scored 11 points.

Long did most of her work in the second half, scoring eight of her 11 in the third quarter.

Lancaster was obviously missing White, who leads the district with an 18.1 points-per-game average. She suffered a broken nose in Lancaster's game against Rappahannock three weeks ago.

Stepping in to lead the Lady Devils were Ashley Ransome

and Tyesha Harvey, who combined for 24 points. Ransome led the team with 13, including 12 in the second half. She kept Lancaster in the game with eight of her team's nine points in the fourth quarter.

Harvey scored 11, including eight in the second quarter.

Lancaster will go to W&L tonight (February 7) to face

the Eagles for a second time. LHS beat W&L in the district opener.

Lancaster.....5 10 15 9 - 39
Northumberland...7 15 18 15 - 55
Lancaster - Harvey 11, Wiggins 3, Smith 5, D. Jones 0, Ransome 13, T. Jones 7, Crippen 0. Three-point goals: Smith.

Lancaster - Turner 9, Long 11, Howard 4, Jones 5, Lewis 13, Raines 2, Rice 7. Three-point goals; Turner.

Bridge Results

Five tables of duplicate bridge were in play at the Women's Club of White Stone January 29.

Winners north/south were first, Arden Durham and Betty Fay Lewis; second, (tie) Judy Peifer and Virginia Adair and Ilva Doggett and Kay Williams.

Winners east/west were first, Ronnie Gerster and Shirley Crockett; second, (tie) Jim Hazel and Peggy Dent and Tot Winstead and Liz Hargett. The next bridge for this group is Wednesday, February 13, at 1 p.m.

Six tables of bridge were in play January 31 at Indian Creek Yacht and Country Club.

Winners north/south were first, Arden Durham and Dianne Monroe; and second, Ilva Doggett and Carolyn Reed.

Winners east/west were first, Joy Straughan and Helen Kinne; and second, Shirley Crockett and Ronnie Gerster.

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Participant: \$35 - \$40 (late)

Please call 435-0223 for more information.
The Northern Neck Family YMCA is a branch of the Peninsula Metropolitan YMCA.

Audubon to conduct bird walk at Regent Point

On Monday, February 11, the Northern Neck Audubon Society (NNAS) will conduct a bird walk around the Regent Point area on the Rappahannock River in Middlesex County. The walk will begin at Regent Point Marina, owned by NNAS members Jim and Cathy Wagner.

The grounds of the marina and surrounding area provide a range of wildlife habitats, including marshes, open fields, woods and wide river expanses. Possible sightings include bald eagles, lesser scaups, buffleheads, mergansers, pied-billed

grebes, loons, green-winged teals, eastern bluebirds, red-winged blackbirds, belted kingfishers, nuthatches, yellow-rumped warblers, robins, tufted titnive, white throated sparrows and woodpeckers. In addition, walkers will see a variety of native plants.

Participants wishing to carpool to the marina from Kilmarnock should meet in the parking lot of Grace Episcopal Church by 8 a.m. Those driving directly to the marina should plan to arrive there by 8:30 a.m.

To reach Regent Point

Marina from Middlesex County, take Route 33 east to Route 3 north. Follow Route 3 towards the Robert O. Norris Jr. Memorial Bridge and turn east on Dirt Bridge Road (Route 622). At the end of Dirt Bridge Road, turn left onto Regent Road (Route 623). At the end of Regent Road, turn left at the marina sign onto Regent Point Drive.

Binoculars, warm clothes, and water resistant footwear are recommended. For additional information, call Rick Skelton at 580-9066.

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■ Fishing show

The Middleburg Fishing Show will be held February 10 at the Middleburg Community Center on U.S. Route 50 from 9:30 a.m. to 4 p.m. Walt Cary of Front Royal will teach how to increase bass, bluegill and trout catch.

Admission is \$5 for adults and \$8 for families. Children under 12 are free. Sponsored by the Rapidan Chapter of Trout Unlimited, proceeds fund the group's conservation and youth education programs. To learn more about the show or the organization, call 703-753-7625.

■ Winter banquet

The Middle Peninsula Chapter of Ducks Unlimited will hold its annual winter banquet February 21 at the Abington Ruritan Club at 8784 Guinea Road in Bena. Doors open at 5:30 p.m., cocktails are at 6 p.m., hors d'oeuvres throughout the evening, and an auction is at 8 p.m.

Tickets are \$50 an individual, \$90 a couple, \$300 sponsor, \$750 corporate table. For tickets, call 642-7595, or 693-7337.

■ Boating course

There are a few seats remaining in the first session of America's Boating Course (ABC), the basic instruction program offered by the Northern Neck Sail and Power Squadron (NNSPS). This session will be offered February 9 and 16 from 9 a.m. to 1 p.m. at St. Andrews Church Hall in Kilmarnock.

A second section of the course is set for March 1 and 8 from 1 to 5 p.m. at the Northumberland Public Library in Heathsville. To register, contact NNSPS head instructor Twy Williams at 529-5093, or twynan@msn.com. The fee is \$30.

■ Sailing brunch

The Northern Neck Sailing Association's (NNSA's) annual Spring Brunch will be held March 8 from 11 a.m. to 2 p.m. at the Mooring Restaurant in Kinsale.

The guest speaker will be John Page Williams, senior naturalist with the Chesapeake Bay Foundation. He will discuss the John Smith Water Trail with implications for Northern Neck cruisers, the state of the Chesapeake Bay and other topics.

■ Richmond Boat Show

The 20th annual Richmond Boat Show will be held February 14 through 17 at the Richmond Raceway Complex at 600 Laburnum Avenue in Richmond. More than 40 dealers will participate. Boats on display will include runabouts, saltwater fishing boats, ski boats, pontoon boats, jet boats, personal water craft, motor yachts and bass boats.

Hours will be noon to 8 p.m. Thursday and Friday, 10 a.m. to 8 p.m. Saturday and 11 a.m. to 5 p.m. Sunday. Admission will be \$7 for adults, \$2 for ages 6 to 16 and free for ages 5 and younger.

■ Boating course

Middlesex High School (MHS) and The United States Coast Guard Auxiliary, Flotilla 62, will offer America's Boating Course at Middlesex High School Saturday, February 9, from 8 a.m. to 4 p.m. The course is open free of charge to students, faculty and the public. The course book fee is \$20.

To register, sign up in the Main Office of MHS, call 758-2122, or email dragonflyte5@netscape.net

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Cub Scouts launch rockets

On January 27 the 13 boys and their families of Cub Scout Pack 235 in White Stone held their second annual rocket launch at the home of Dwight and Cindy Clarke. The boys had worked on their model rockets for three weeks and were rewarded with perfect weather for the launch. The pack meets at White Stone Baptist Church Mondays at 6:30 p.m. To join, call Donna McGrath at 438-5803.

A Doctor Speaks
by George Moore, MD

Red meat and colon cancer

New research now provides a plausible explanation for a long-suspected association. Because cancer is so complex, with many genetic and environmental factors affecting risk, the link between red meat and the risk of cancer has been hard to decipher.

The best evidence comes from a pair of large 2005 studies, one from Europe and the other from the United States. The European research tracked 478,000 men and women who were free from cancer when the study began. During nearly five years of follow-up, 1,329 people were diagnosed with colon cancer. The people who ate the most red meat (about 5 ounces a day or more) were a third more likely to develop colon cancer than those who ate the least red meat (less than an ounce a day on average).

Their consumption of chicken did not influence risk one way or the other, but a high consumption of fish appeared to reduce the risk of colon cancer by a third. The effects of red meat and fish held up after the results were adjusted for other potential risk factors, including body weight, caloric consumption, smoking, physical exercise, dietary fiber and vitamins.

The U.S. study, sponsored by the American Cancer Society, added important information about the effects of long-term meat consumption. The subjects were 148,610 people between the ages of 50 and 74. Each person reported on his or her dietary patterns and health habits when the study began in 1982 and again, 10 to 11 years later. A high consumption of red and processed meats at both dates was linked with a substantial increase in the risk of cancer in the lower colon and rectum. Conversely, the long-term consumption of large amounts of fish and poul-

try appeared protective.

These two studies are impressive but they don't stand alone. A meta-analysis of 29 studies of meat consumption and colon cancer concluded that a high consumption of red meat increases risk by 28 percent and a high consumption of processed meat increases risk by 20 percent. Red meat is usually defined as meat of mammals. The red color is from myoglobin, a protein that looks red when it binds with oxygen. After a few days in the refrigerator, the myoglobin gives up its oxygen and the meat turns brown. To keep the meat "red," manufacturers pump in some carbon monoxide, which sticks to the myoglobin like glue, keeping it red for weeks.

From an English study of healthy volunteers who agreed to stay in a metabolic research unit where their diet could be carefully controlled and all of their fecal waste could be collected and analyzed, much more was learned. The volunteers ate one of three diets for three weeks. The first diet contained about 14 ounces of red meat a day. The second diet was strictly vegetarian, and the third contained large amounts of both red meat and dietary fiber.

Stool specimens from the volunteers who consumed the high-meat diet contained high levels of N-nitroso compounds that are potential cancer-causing chemicals. They were also able to retrieve cells from the lining of the colon that are shed into the stool with every bowel movement and found that a large number of cells had already developed induced N-nitroso DNA changes. The vegetarian group showed the least amount of genetic damage and carcinogenic chemicals. The people who ate the high-meat, high-fiber diets produced intermediate numbers of damaged cells.

This shows that large amounts of red meat can produce genetic

damage in just a few weeks. The body can repair damaged DNA and in most cases, the repairs are successful but when they fail, cells can undergo malignant transformation. Instead of counting on your body to repair your damaged DNA, you should do everything you can to prevent damage in the first place. This is now the key to control of colon cancer.

Keep your caloric intake reasonable and exercise regularly. Prevent obesity. Avoid tobacco in all forms. Eat foods that have been associated with protection from colon cancer such as good amounts of calcium from low or non-fat dairy products, Vitamin D, fruits, vegetables, whole grains and fish. Low-dose aspirin also reduces the risk.

But even with all this, be sure to get the colon cancer screening tests that are appropriate for your age, family history, and risk factors.

You don't have to give up red meat to be healthy, but the evidence suggests that you would be wise to limit your consumption. Most Americans were raised on a diet of meat and potatoes. A 2004 survey indicated that 72 percent of adults center their meals on meat. Learn to think of vegetables and grains as the main dish and meat as a side dish.

Two 4-ounce portions a week should be safe; even then, choose lean cuts, trim away excess fat, and avoid charring your meat on a grill.

Limit processed, cured and salted meats as much as possible. Substitute fish and chicken or turkey (without the skin) for red meat as your main protein source, and experiment with beans as a source of protein, fiber and vitamins. If you change your diet gradually and encourage your family to join you, you'll find a healthful diet comes naturally and is tasty and enjoyable. Your colon will thank you and so will your heart.

Boy Scout fund-raiser to feature Ross Perot

Ross Perot will be the featured speaker for the Friends of Scouting annual fund-raising dinner. The local council of Boy Scouts of America, the Heart of Virginia Council, will hold the dinner February 21 at 7 p.m. at the Greater Richmond Convention Center in Richmond.

The dinner has drawn over 800 Scouting supporters in recent years. Those interested in an invitation need to call Kerry Baker or Charley Tinsley at 355-4306.

The rank of Eagle Scout is

earned by only four percent of Boy Scouts. Most boys join scouting at age 10 or 11. Perot joined the Boy Scouts of America and became an Eagle Scout in 15 months.

Perot has been recognized by the Boy Scouts of America as a Distinguished Eagle Scout. Other recipients of the award include Neil Armstrong, President Gerald Ford, Steve Fossett, Secretary of Defense Robert Gates, James Lovell, J.W. Marriott Jr. and Gen. J.H. Binford Peay III.

In 1992, Perot ran for President of the United States as an independent candidate, winning 19 percent of the vote, one of the largest percentages ever for an independent. He ran again in 1996 on the Reform Party ticket.

The Heart of Virginia Council supports Scouting programs for 19,000 youth and trains and supports over 5,000 adult volunteers who deliver the program to youth. Visit the council's website, www.scoutingvirginia.org.

Gun safety course offered

The Rappahannock Pistol and Rifle Club will conduct a National Rifle Association First Steps Pistol Orientation course March 7 and 8.

NRA certified instructors will teach the basics of gun safety and firearms familiarization. The program will provide a comprehensive introduction to the safe handling and proper operation of a handgun.

The course is in response to the public's need for a firearm orientation for new gun purchasers and those considering buying a handgun. Successful completion is accepted as the training prerequisite for obtaining a Concealed Handgun Permit in Virginia," said

club president Bob Berry.

The course is divided into two, three-hour sessions. The first session is classroom work including information on gun parts, ammunition, cleaning and storage. The second will be held at the club shooting range near White Stone.

To enroll, call Charlie Austin at 758-2677.

Spinal hygiene clinic set

A spinal hygiene clinic will be held Saturday, February 16, from 10 to 11 a.m., at Pure n' Simple Family Chiropractic Inc. in Kilmarnock.

Dr. Matt Shifflett will teach adults and children simple and fun exercises to improve posture and body function.

The program, developed by Life University College of Chiropractic, is making its way across the nation and the world for its ease, effectiveness and safety, said Dr. Shifflett.

Participants are urged to print the routine from www.straightenupamerica.org prior to attending.

The class, one of Dr. Shifflett's Advanced Wellness Workshops, is free to his patients and \$10 for others. Call 435-2273 to reserve a space.

Dr. Shifflett also will visit church groups, civic organizations, or just a group of friends to teach the Straighten Up America program for a generous donation to the YMCA Camp Kekoka maritime youth camp.

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2008 programming announced at two historical theme parks

JAMESTOWN—New state-of-the-art museum exhibits and a variety of major special events, historical themes and educational programs commemorating the 400th anniversary of the founding of America's first permanent English settlement drew visitors from across the nation and beyond to Virginia's Historic Triangle in 2007, among them the Queen of England and the president of the United States.

Principal themes of the anniversary—the convergence of diverse cultures and development of a American economy and form of representative government—resonate in exhibits and special programs throughout 2008 at Jamestown Settlement and Yorktown Victory Center living-history museums.

Jamestown Settlement's year-old introductory film and expansive permanent exhibition galleries chronicle the nation's 17th-century beginnings in Virginia in the context of its Powhatan Indian, English and African cultures. Visitors can choose to explore the galleries—featuring dioramas, small-theater presentations and more than 500 artifacts representative of the three cultures—on their own or participate on a guided tour offered twice daily.

Curator tours on February 16, March 15 and August 2 will provide an in-depth look at the galleries.

Daily guided tours also are offered of Jamestown Settlement's re-created 17th-century Powhatan Indian village, English ships and colonial fort and the museum's riverfront discovery area, which highlights 17th-century water travel, commerce and cultural exchange, reflecting Powhatan, English and African traditions. In all four areas, costumed historical interpreters demonstrate daily activities and technology of the 1600s.

During three months in 2008, gallery and outdoor tours will focus on themes: "From Africa to Virginia" in February, "Seed to Stalk" in June and "Pastimes of Colonial Virginia" in August. Yorktown Victory Center programming also will be adapted to the June and August themes.

The one-year 400th-anniversary special exhibition "The World of 1607," portraying Jamestown and Virginia as part of an intellectual, social and economic "new world" that brought together peoples and ideas from around the globe, continues through April 9, 2008, at Jamestown Settlement.

"A New World: England's First View of America," a British Museum exhibition of the 16th-century watercolor drawings of John White, the earliest visual record by an Englishman of the flora, fauna and people of the New World, will be presented from July 15 through October 15. The exhibition is accompanied by evening lectures on July 19, August 9 and September 20.

"Jamestown Landing Day" on May 10, commemorating the anniversary of the founding of Jamestown, will feature Jamestown Settlement's Godspeed and Discovery—re-creations of two of the three ships that brought English colonists to Virginia in 1607—sailing in the James River, 17th-century music, children's entertainment, and an educational program with a NASA astronaut comparing 17th- and 21st-century meth-

ods of exploration. Special programming also will take place at Historic Jamestowne, site of the original 1607 settlement.

Among other special events are "African American Heritage Day" on June 7, with storytelling, music, dance and genealogy; "Virginia Indian Heritage Day" on July 26, with intertribal dancing and drumming and panel discussions; and "Children's Day" on September 27, with 17th-century games and entertainment. Family days on June 14, July 12 and August 9 feature family-centered gallery tours and craft activities.

At the Yorktown Victory Center, a museum of the American Revolution, gallery exhibits explore the Declaration of Independence as a "dangerous" document, the impact of the Revolution on men and women from diverse backgrounds, and events that led to the convergence of American, French and British forces at Yorktown in 1781 for the decisive military encounter of the Revolution. "The Legacy of Yorktown: Virginia Beckons," a long-term exhibition created in time for 2007's 400th-anniversary commemoration, tells the story of people who shaped Virginia society and the creation of a new national government with the Constitution and Bill of Rights.

In an outdoor re-created Continental Army encampment, historical interpreters describe and depict the daily life of American soldiers during the last year of the war. A re-created 1780s farm shows how many Americans lived in the decade following the military end of the Revolution.

Special events at the Yorktown Victory Center include "Liberty Celebration" July 4 - 6 and "Yorktown Victory Celebration" October 18 - 19, commemorating the 227th anniversary of America's momentous 1781 Revolutionary War victory at Yorktown with demonstrations of military life and tactics. Jamestown Settlement and the Yorktown Victory Center will feature Virginia foodways during "Foods and Feasts of Colonial Virginia" November 27 through 29 and 17th- and 18th-century holiday traditions during "A Colonial Christmas" December 20 through January 4, 2009.

Jamestown Settlement and the Yorktown Victory Center are open 9 a.m. to 5 p.m. daily, until 6 p.m. from June 15 through August 15. A combination ticket for both museums is \$19.25 for adults, \$9.25 for children ages 6 - 12. Jamestown Settlement admission is \$13.50 for adults, \$6.25 for children ages 6 to 12. Yorktown Victory Center admission is \$9.25 for adults, \$5 for ages 6 to 12. An annual pass also is available. Jamestown Settlement and Yorktown Victory Center admission tickets are included in several Williamsburg area joint tickets and vacation packages.

Jamestown Settlement is on Route 31 South at the Colonial Parkway next to Historic Jamestowne, administered by APVA Preservation Virginia and the National Park Service. The Yorktown Victory Center is on Route 1020 in Yorktown near Yorktown Battlefield, administered by the National Park Service. For reservations, call 888-593-4682 toll free, or 757-253-4838, or visit www.historyisfun.org.



Spaghetti and fellowship

The Kilmarnock United Methodist Men's spaghetti supper last Thursday was again a success, according to Jon Baer. "We thank the friends in the community who came by to savor the meal prepared by the men, the desserts prepared by the women, and to enjoy the company," said Baer. "We also thank the many businesses throughout the lower Northern Neck who supported our efforts." The funds collected for this event will go toward supporting worthwhile activities in the community and the church. From left are Dave and Connie Ruble of Ditchley.

National Black HIV/AIDS Awareness Day is February 7

RICHMOND—"Prevention is power." The message for this year's National Black HIV/AIDS Awareness Day underscores the significance of education, testing and treatment for HIV in communities disproportionately affected by the disease.

In 2005, black males in Virginia were 9 times more likely to be diagnosed with HIV/AIDS compared to white males. The HIV rate among black women in Virginia is approximately four times that of their white counterparts. Although they represent 10 percent of Virginia's population, black women accounted for 21 percent of the new HIV cases reported in 2005.

"While a person's race does not place them at risk for HIV infection, high rates of HIV in the black community makes risky behaviors more likely to result in new HIV infections," said Elaine Martin, director of community services in the Virginia Department of Health's (VDH) Division of Disease Prevention.

Between 2001 and 2005, the primary modes of transmission among blacks in Virginia were through heterosexual contact, injection drug use, and among men who have sex with men. Socioeconomic factors such as poverty and lack of access to healthcare also play a role. Eighty-six percent of HIV reports in Virginia's poorest census tracts were among blacks.

"Stigma and discrimination surrounding HIV and homosexuality in the African American community are barriers we try to overcome through our education and interventions," Martin said.

African American gatekeepers and opinion leaders, such as faith leaders and other community leaders, play a key role in teaching African Americans who are not being reached through other prevention efforts.

Through the 2008 Comprehensive HIV Prevention Plan, VDH and community partners have outlined a course of action to address the behaviors and roadblocks contributing to the disproportionate impact of HIV/AIDS on blacks. Interventions are targeted to specific behaviors and populations and each one is based

on behavioral and/or social science theory and has proven effective in reducing risk behaviors.

Working with our community partners to find effective ways to make this happen is essential to reducing the impact of HIV/AIDS among blacks, Martin said. "Education, testing and treatment are what we need to provide."

New contracts were recently awarded under VDH's minority AIDS Project grant program. This program was established in 1988 and targets communities of color disproportionately affected by HIV/AIDS in the Commonwealth. In addition, VDH's African American Faith Initiative grant program supports partnerships with black churches in Virginia.

The VDH Office of Minority Health and Public Health Policy (OMHPHP) leads multiple initiatives that support the Division of Disease Prevention's work. Among these, OMHPHP is working to address the root causes of the inequities in HIV/AIDS rates and other diseases affecting African Americans by promoting the PBS documentary entitled "Unnatural Causes: Is Inequality Making Us Sick?" which will air beginning in March 2008 (www.unnatural-causes.org).

This documentary seeks to mobilize action among communities and policy makers to address social injustices such as racism, and the related social determinants of health such as poverty, residential racial segregation, and limited educational and employment opportunities that underlie the racial inequities in HIV/AIDS.

OMHPHP promotes access to quality health care, responsible individual behaviors, community participatory interventions, and social justice as prerequisites to achieving health equity.

For a list of National Black HIV/AIDS Awareness Day events, information about HIV/AIDS in Virginia and details on the Comprehensive HIV Prevention Plan, visit vdh.virginia.gov/Epidemiology/DiseasePrevention/.

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Today's Hits, Yesterday's Favorites

A man with a plan to save the world

by Joan McBride

Bernard "Bob" Nadel of Irvington is a man on a mission. He wants to save planet Earth and he has a plan to do it.

It involves recycling, cutting greenhouse gases, limiting America's dependence on foreign oil, and improving air quality.

The 90-year-old inventor with snowy white hair and a twinkle in his eye speaks forcefully of the importance of getting his revolutionary idea into the hands of those in government who can make it happen.

It is a matter of urgency, because of the mounting scientific evidence of the damage that man has done to his home—this planet—by the burning of fossil fuels which destroy the ozone layer and allow the sun's rays to shine on the earth too strongly, he said.

A recent episode of television's "60 Minutes" quoted experts saying significant steps must be taken to correct global warming within the next 20 years, or the damage to the polar icecaps will have become so significant that it can't be reversed.

Nadel said the "60 Minutes" episode didn't go far enough in demonstrating the dangers.

The Hydro-Generator

"A wave can lift a battleship," he said.

Nadel has invented a simple generator which uses the rocking motion of ocean waves to produce hydrogen, the most commonly occurring substance in nature. The hydrogen would then be utilized in fuel cells of varied sizes for different purposes.

Nadel has his sights on power cars, which he guesses would probably involve a cell about 4-feet by 3-feet by 2-feet thick.

"If you can't use the fuel cell in your car, you can't help global warming," said Nadel.

The exhaust from a car powered by a fuel cell might surprise some.

"One can drink what emerges from the tailpipe—it is called water," said Nadel.

His take on the controversy on the relative flammability of gasoline versus hydrogen is that once gasoline catches fire it burns and burns.

"With hydrogen you get one blast, and the rest is water," he said.

The hydrogen molecules combine with oxygen in the air to form water, said Nadel.



Veteran inventor Bernard "Bob" Nadel demonstrates the simplicity of his potentially earth-saving invention designed to convert seawater into hydrogen to safely and cleanly power the energy-hungry world.

According to Nadel, Iceland is already driving hydrogen-fueled vehicles.

If nothing else, Nadel could probably earn the grandmother-of-all prizes for his audacious recycling plan involving not simply stainless steel, but steel battleships.

He wants to recycle old ships—derelicts, decommissioned military ships, or other obsolete vessels destined for scrap—which are moored awaiting salvage.

He proposes placing 50 of his Hydro-Generators (HG) in tandem along a shaft the length of the ship with one dynamo (generator) fore and one aft.

Each HG would apply its own torque to the shaft, and the resulting revolutions per minute (RPMs) from the combined 50 HGs would run the two dynamos and produce DC current.

Passing an electric current through a container of seawater would separate the hydrogen and oxygen atoms from the water (H₂O)—producing two parts hydrogen and one part oxygen gases.

The hydrogen could be utilized in a fuel cell along with some of the oxygen, while a little of the oxygen is released not only harmlessly, but beneficially, into the atmosphere.

As Nadel artfully describes

the workings of his invention, it converts the "boundless energy and substance of sea waves into electricity and hence into useable hydrogen with a kiss of oxygen for the atmosphere rather than pollutants."

Taking it on the road

He keeps his HG prototype in the back of his Hyundai Elantra, so that he can show it to an interested party any time and anywhere.

In his urgency to spread the word about his potential solution for arguably the most serious issue facing the world at this moment, he and wife June even followed up a phone call to Robert Marchick in the U.S. Department of Energy (DOE) by taking the HG to Washington, D.C., last November.

According to Nadel, Marchick had told him that he wanted to set Nadel up for an appointment for a grant. But Nadel says he replied, "I don't want a grant. I'm interested in

you seeing it work and then you implementing it."

So when the couple followed up by traveling to Washington without an appointment and couldn't get the OK to go past the security guards to see Marchick, Nadel asked to call the DOE man personally from the lobby phone.

Shortly thereafter, a "very formidable" SWAT team came to escort Nadel and his 81-year-old wife, June, from the building.

Nadel could say it's tough to be a monogamian prophet these days.

He's also talked to both Sen. Jim Webb and Rep. Rob Wittman by phone, but hasn't been able to show the HG to either of them yet.

The dollars and sense

Nadel said there are thousands of obsolete ships which could be bought for maybe \$14,000 each.

The hold of each of these

"rafts" would become a "factory" where hydrogen is produced and stored.

Since he figures each HG could produce about 20 megawatts per day, then a ship with 50 in tandem could produce about 1,000 megawatts daily to be used to power other nearby equipment or simply be fed back into the electrical grid.

"Once built, the system would pull its own weight and then some," Nadel said.

According to Nadel, when hydrogen and oxygen are combined properly in a fuel cell they produce electrical energy. [A fuel cell can be described as an electrochemical energy-conversion device.]

Like a battery, the fuel cell uses a chemical reaction to provide an external voltage, but the fuel must be continually supplied in the form of hydrogen and oxygen gases.

It produces electrical energy at a higher efficiency than a battery can.

And, hydrogen is plentiful and readily available with no limit to its supply.

The man behind the plan

A multi-talented man with a dry wit, Nadel has always been interested in science and said "it's sort of a hobby." He reportedly took many evening courses

in engineering during his years as a tool-and-die man and later as a government contractor doing metal stamping.

He holds two patents—and is working with a patent attorney to acquire one for his HG—and has worked on other inventions since the 1940s when he made the first prototype zoom lens.

He also has published a science fiction novella titled *Spiral Nebula* which tells the story of a man who blows up the galaxy, and then is forced to rebuild it.

Nadel has focused on research and development for about the last 15 years. His company Jewclcraft Die Service is on Windmill Point Road where he does metal stamping.

Irvington dentist Robert Westbrook can testify to being party to another of Nadel's practical brainstorms.

The two men were conferring over a remedy for a tooth Nadel had broken, and the veteran tool-and-die man reports modestly he examined the X-ray and "suggested some things."

Then he designed a trepanning tool for Westbrook's dental drill that did the trick.

If experience and ingenuity can save a tooth today, they just might be able to help save the world tomorrow.

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Council calls special meeting

KILMARNOCK—Mayor Curtis Smith called a special meeting of the Kilmarnock Town Council for 8:45 a.m. Monday, February 11, to review applications for the vacant position on council after the resignation of Carmen Kilduff on December 31.

Acting town manager Lara Burleson originally advertised for applications by January 22. At last month's council meeting, the deadline was extended to February 22 with plans to make an appointment at the

February 25 meeting.

However, state code requires that when a vacancy occurs in a local governing body, the members must appoint a qualified replacement within 45 days. If they fail to act within the time period, a circuit court judge for the county will make the appointment.

According to Burleson, the town received applications from Rebecca Nunn and Gary Anderson by the original deadline date. No other applications will be accepted, she said.

Three hearings scheduled Feb. 14

HEALTHSVILLE—The board of supervisors for Northumberland County will hold three public hearings Thursday, February 14.

The public hearings will begin at 7 p.m. in the Northumberland County Courts Building at 39 Judicial Place in Heathsville.

The first will address a request from Robert and Beverly Brooks for authorization to divide property with access roads that do not meet minimum requirements. The property is on Wittstat Lane in the Heathsville area.

Supervisors also will consider a request from Jack and

Georgia Sprague to construct a private storage building on residential waterfront property in Southgate subdivision. The building will be the main structure on the R-2 zoned property in the Wicomico district.

The third hearing will deal with a request from Eagle River Construction owner Michael Baughan to place four semi-trailers on property zoned Agriculture (A-1). The property is at 2919 Walmsley Road at Baughan Tire and Automotive in the Lottsburg district. Baughan's application specifies that the trailers will be used for storage.

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